

NSA issuing parking tickets Nov. 1

By MC2 Daron Street
Staff Writer

MANAMA, Bahrain — Base officials held a town forum meeting to discuss the newly instated Naval Support Activity (NSA) Bahrain's parking instruction (NSA BAHRAININST 11200.1C) at the base chapel, Oct. 21.

NSA Executive Officer, Cmdr. Kevin Boykin, and representatives from Naval Security Force fielded questions from military members and their families.

"The focus of the instruction is to educate all personnel, civilian, military and dependents on traffic rules, regulations and consequences of violations while increasing safety and informing members where and how to park," said Boykin.

Boykin stressed to the members in attendance the main reason of the instruction.

"Safety is the most important concern, not convenience," he said.

Some of the new courses of action that will help the parking situation on base are parking passes for short term personnel (less than 6 months) will not be issued, no parking passes will be issued for E-3 and below, one unrestricted pass will be issued for each E-4 and above with one purple restricted pass for the spouse/adult dependent.

The restricted pass gives personnel access from 3 p.m. Sunday through Thursday and 24 hours on the weekends.

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Photo by MC2(AW) Johansen Laurel

Master-at-Arms 3rd Class Adam Jerscheid assigned to Naval Support Activity (NSA) Bahrain's Security Force writes warning tickets for illegally parked vehicles at NSA's parking lot, Oct. 24. Base security will continue to issue warning tickets until Nov. 1 when parking regulations will be fully enforced and real tickets will be issued.

NEX opens new AV Unit facilities

By MC2 Daron Street
Staff Writer

MANAMA, Bahrain — The Navy Exchange (NEX) opened up a new barber shop and laundry services center at the Aviation (AV) Unit in Bahrain with a ribbon cutting ceremony, Oct. 18.

The new facilities offer a one-chair barbershop and laundry services.

"The new shops were opened in a trailer that used to be a call center that was no longer used," said the General Manager of Navy Exchange (NEX) Bahrain, Dan Cougevan. "The shop was renovated at no cost to the U.S. Navy."

Cougevan also said the NEX opened the shop at the request of AV Unit leadership.

"We were thrilled to have the opportunity to serve the folks at the AV Unit," he said.

The new facilities will be open to service members stationed at the AV Unit and service members passing through on traveling flights.

"Folks taking MAC flights can get a haircut prior to their flight," said Cougevan.

The barbershop and laundry services are a welcome addition for the service



Photo by Jennifer Stride

Naval Support Activity (NSA) Bahrain Executive Officer Cmdr. Kevin Boykin, third from left and General Manager of Navy Exchange (NEX) Bahrain, Dan Cougevan, second from left, cut the ribbon at the new barber shop and laundry services center at the Aviation Unit, Oct. 18. Pictured left to right: NEX Barber and Beauty Shop Manager, Allyson Clements, Cougevan, Boykin, and NEX Service Operations Specialist, Hassan Saeed.

members at the AV Unit.

"This new shop will enhance the lives of the military members by making it more convenient to get a haircut and laundering their uniforms," said Cougevan.

AV Unit service members are happy to have these new amenities added closer to where they work.

"I'm glad to see these new additions," said Machinist's Mate 2nd Class Kelvin Hugley, a member of USS Harry S. Truman (CVN 75) Bahrain Detachment. "It just makes being here more convenient."

This shop complements the NEX AV Unit retail store, which brings in over \$1 million annually.

NSA releases holiday mailing dates

By MC2(AW) Johansen Laurel
Staff Writer

MANAMA, Bahrain — Naval Support Activity Bahrain's Postal Office announced mail-by dates for pre-Dec. 25 deliveries of letters, holiday cards and packages, Oct. 17.

Naval Supply Systems Command (NAVSUP) Postal Division releases the dates for military mail addressed to APO/FPO addresses in zip codes beginning with 090-098 and other APO/FPO addresses each year.

Logistics Specialist 1st Class Jeffrey Poon said these dates provide good guidelines for service members and their families mailing during the holidays.

"If you want your packages to reach their destination back in the states before Christmas Eve, there are a lot of ways you can send them home this holiday season," he said.

Express Mail Military Service (EMMS) must be mailed on or before Dec. 18. First-Class Mail, letters, cards and Priority Mail needs to be sent by Dec. 10. Parcel Airlift Mail (PAL) packages should be turned into the post office no later than Dec. 3, Space Available Mail (SAM) by Nov. 26 and Parcel Post by Nov. 12.

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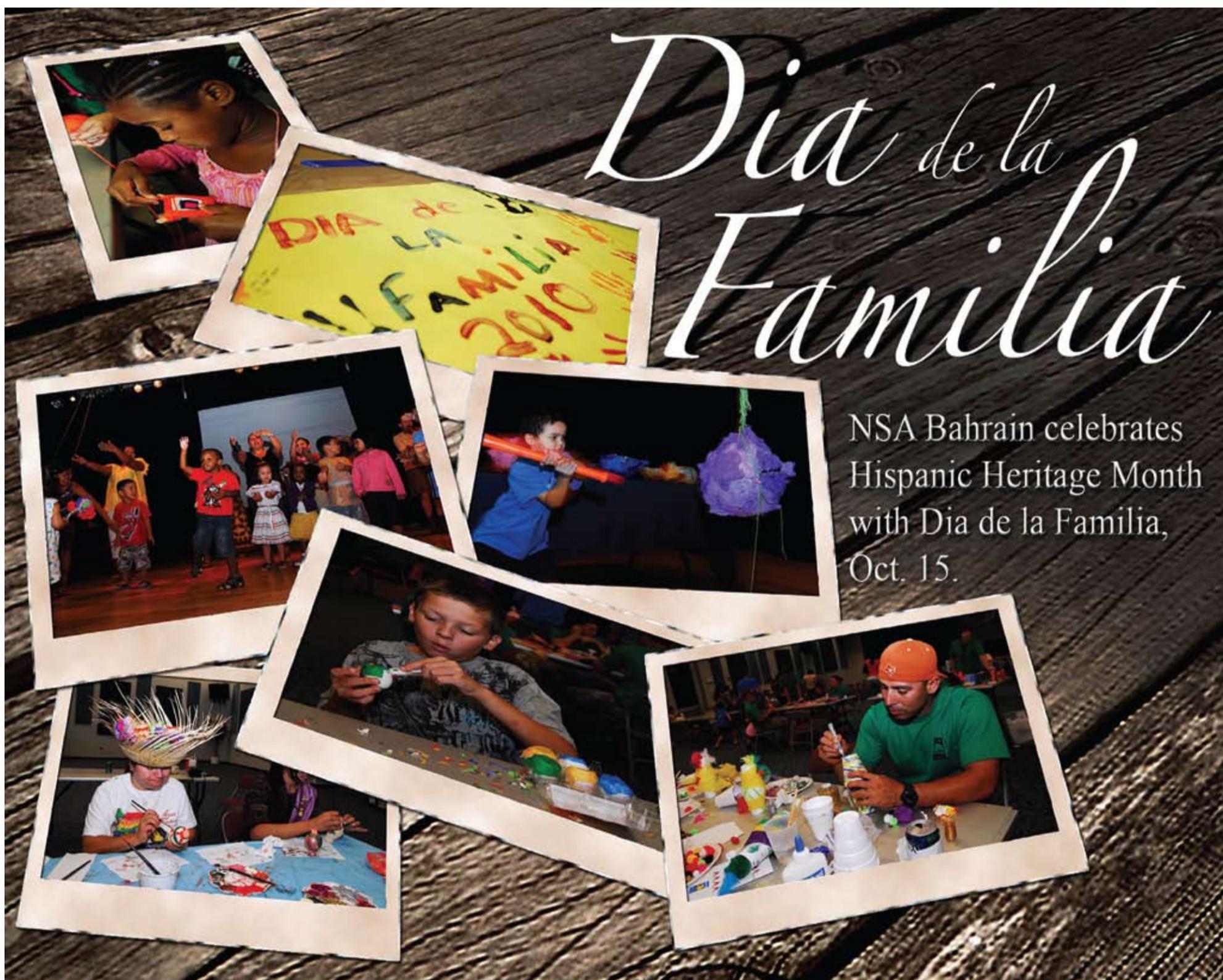
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THESE STORIES AND MORE...

Family Life at NSA Bahrain



DIA de la Familia

NSA Bahrain celebrates Hispanic Heritage Month with Dia de la Familia, Oct. 15.

the Bahrain DESERT TIMES

www.cnic.navy.mil/bahrain

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The Naval Branch Health Clinic Bahrain is now offering all civilian beneficiaries the opportunity to receive the influenza vaccine.

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- Parents who wish to be present can be scheduled for a similar time.
- Children 2 and older will receive the flumist; injectable vaccine is not available at this time.

For more information, contact Victoria Kyte, RN, Bahrain School Nurse at 1771-9815.

Chaplain's Corner

Enterprising for our future



By Cmdr. Chin Van Dang
Supervisory Chaplain

Two boys are begging in Mexico City. One is holding a cross and one a Star of David. Both are holding hats to collect contributions. People walk by, lift their noses at the boy with the Star of David and drop money in the hat held by the boy with the cross. Soon the hat of the boy with the cross is filled, and the hat of the boy with the Star of David is still empty. A priest approaches them and says to the boy with the Star of David,

"Son, don't you realize that this is a Catholic country? You'll never get any contributions in this country holding a Star of David."

As the priest walks away, the boy with the Star of David turns to the boy with the cross and says,

"Moishe, can you imagine, he's trying to tell us how to run our business?"

We often demonstrate our intelligence, but we don't apply this intelligence to the one thing that really matters: our eternal salvation. We should be as enterprising about our future in God's kingdom as the boys were about their shrewd business. An enterprising kingdom stewardship entails prudent use of wealth, day-to-day fidelity and trustworthiness in the management of earthly goods, and putting

absolute priority on the spiritual reality over material goods.

In the sight of God, we are only stewards in regard to all that we have received from our Creator. For all we have received, including body, health, time and life itself, we have to render an account. The time that each of us has on this earth will end by our rendering an account of our stewardship.

Ambrose, a fourth century bishop said, "The bosoms of the poor, the houses of widows, the mouths of children are the barns which last forever."

True wealth consists not in what we keep but in what we give away. Possession is a great responsibility. The Lord expects us to use them honestly and responsibly and to put them at his service and the service of others. We are God's servants and all that we have belongs to him. He expects us to make a good return on what he gives us. God loves generosity and he gives liberally to those who share his gifts with others. The lovers of money have no room for God or others in their hearts. Love of money and wealth crowd out love of God and love of neighbor.

Two women met for the first time since graduating from high school. One asked the other,

"You were always so well-planned in school. Did you manage to live a well-planned life?"

"Yes," said her friend. "My first marriage was to a millionaire; my second marriage was to an actor; my third marriage was to a preacher; and now I'm married to an undertaker."

"What do those marriages have to do with a well-planned life?" her friend asked.

"One for the money, two for the show, three to get ready and four to go."

Our hearts must either be possessed by God's love or our hearts will be possessed by the love of something else. Wealth and talents can serve God's purposes, but they must never replace God as the center of our attention in life. We need to make prudent use of our time, our wealth and our intelligence to plan for our eternal life in God's kingdom.



Photo by MCC David Sidney

Commander, U.S. Naval Forces Central Command (NAVCENT), Vice Adm. Mark Fox escorts former astronauts Jim Lovell, left, Neil Armstrong, center, and Gene Cernan into NAVCENT headquarters during the kickoff "Legends of Aerospace II" visit to NAVCENT headquarters, located on Naval Support Activity (NSA) Bahrain, Oct. 9. The weeklong tour gave thousands of U.S. service members at NSA Bahrain, Balad Air Base, Iraq and aboard USS Harry S. Truman (CVN 75) the opportunity to meet the astronauts.

Legends of Aerospace give inspiration

By MC2 Daron Street
Staff Writer

MANAMA, Bahrain — The "Legends of Aerospace" paid a visit to Naval Support Activity Bahrain, Oct. 12.

Astronauts Neil Armstrong, Jim Lovell and Eugene Cernan along with moderator David Hartman provided the audience with recollections of their experiences during the years of NASA's Apollo program.

David Hartman, the first anchor of "Good Morning America" and retired Air Force officer, asked the space travelers how they felt and what was going through their minds during specific points of their different missions.

Retired Navy Capt. Lovell spoke about being a part of the first crew to enter lunar orbit during Apollo 8. He also spoke on the thing which he is most famous for, being commander of the Apollo 13 mission, which suffered a critical failure en route to the moon but was brought safely back to Earth by efforts of the crew and the people at mission control.

"That was a classic case of crisis management," Lovell said of Apollo 13. "A case where the attributes and characteristics of a team or organization really come through."

Former Naval Aviator Armstrong spoke on his feelings of being the first person to set foot on the moon while commanding the

Apollo 11 mission. He also compared the technology that was used during Apollo 11 to the technology of today.

"We had a gigantic computer onboard the lunar module which had a memory of 32K with 2K of erasable data. It was the computer there was. It's amazing the progress that has been made since then," said Armstrong.

Retired Navy Capt. Cernan discussed his role during the Apollo 10 and Apollo 17 missions and the significance of Apollo 17, the last Apollo mission.

"Apollo 17 was unique for several reasons," said Cernan. "It became the last flight of the Apollo program. Our mission required a night launch and I had two rookies on that mission whom had never been to space before and one of them was a geologist, not a pilot. It was also unique because it was the longest flight at that time, we landed in a very mountainous area and we brought the most soil and rock samples back from the moon."

The crowd, which was made up of military service members and their families, drew inspiration from the heroic and historic adventures of the astronauts.

"These were the guys that I looked up to as a kid," said Cmdr. Neil Brennan from U.S. Naval Forces Central Command. "They were 'it', and you try to become 'it' in your career. To see them come here and speak is very special for me as an aviator."

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Holiday Mailing Dates 2010 (For Planned Delivery by Christmas Day)

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Express Mail Military Service	18 Dec 10	Not Available	18 Dec 10	18 Dec 10	18 Dec 10
First Class Mail Letters/Cards	10 Dec 10	4 Dec 10	10 Dec 10	10 Dec 10	10 Dec 10
Priority Mail	10 Dec 10	4 Dec 10	10 Dec 10	10 Dec 10	10 Dec 10
Parcel Airlift	3 Dec 10	1 Dec 10	3 Dec 10	3 Dec 10	3 Dec 10
Space Available Mail	26 Nov 10	20 Nov 10	26 Nov 10	26 Nov 10	26 Nov 10
Parcel Post	12 Nov 10	12 Nov 10	12 Nov 10	12 Nov 10	12 Nov 10

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According to Poon, although EMMS is one of the faster services available here at NSA's post office, it is not recommended since all mail and packages sent through this process get downgraded to priority mail once it arrives stateside.

"Plan accordingly," said Poon. "It is better to mail your stuff early, vice last minute. Use proper shipping material for fragile materials as the trip there can get bumpy."

Poon said the best method for shipping is mail priority with insurance. It ensures that the item gets there in a timely fashion and it covers replacements in case of damages.

"It is important to follow the dates on the schedule because Christmas is the busiest time of the year for mail," said Poon. "Also, inclement weather may affect flights that your packages are on."

PAL is a service that provides air transportation for parcels on a space-available basis. It is available for Parcel Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage for each addressed piece sent by PAL service.



Photo by MC2(AW) Johansen Laurel

Logistics Specialist 1st Class Katrina Kyner assigned to U.S. Naval Forces Central Command documents packages that have insurance before distributing them to various commands, Oct. 21.

SAM refers to parcels mailed to APO/FPO addresses at parcel post rates that are first transported domestically by surface and then to overseas destinations by air on a space available basis. The maximum weight and size limits are 15 pounds and 60 inches in length and girth combined. From overseas locations, items mailed at Parcel Post rates are sent to the continental United States by air on a space available basis. The maximum weight and size limit are 70 pounds and 130 inches in length and girth combined.

Logistics Specialist Seaman Carla Chosa, said the mailing dates announced are the same for families back home that want to send mail to their loved ones stationed in Bahrain, but mailing early is still recommended.

"There's so much mail here that goes out and only one truck a day to transport it all," she said. "Make sure that you put the correct addresses on your packages and get them out early."

It is also recommended that customers check with the post office for information on size restrictions and possible need for customs declaration forms. Additionally, customers are advised that certain mail restrictions apply and some items are not allowed to be mailed, such as switchblade knives, pornography, controlled substances and explosive or incendiary devices. If in doubt as to what can or cannot be sent through the mail, contact the post office.

Poon said customers need to think about what they're mailing home.

"I know everyone is excited and getting ready to send their mail out to their families, but we will not ship prohibited items such as alcohol, tobacco products, firearms, contraceptive devices, perishable items and knives," he said.

Packages must also not be mailed in boxes that have markings related to any type of hazardous material, such as bleach, alcohol or cleaning fluids. Parcels found by the U.S. Postal Service with such markings or labels on the outside of the box will not be processed. Instead, they will be handled as hazardous and restricted material, regardless of what is listed on the U.S. Customs form.

For more information on holiday mailing, visit the post office at P911.

PARKING from Page 1

Sponsored dependents may only enter base prior to 3 p.m. on weekdays for child care or medical appointments.

Green passes that have been issued for government vehicles only allow those vehicles to park in the Banz warehouse area, and special two-hour passes will be granted for other parking needs such as loading and unloading.

Derelect vehicles will be removed after 30 days. Special passes will be designated for long-term or TAD/TDY parking and all golf carts must be registered.

NSA Security Officer Lt. Cmdr. Mitchell Lott was also in attendance and helped clear up some of the issues brought up by patrons.

"We can't please everyone. We've identified the problem and must address the problem, not the inconvenience. Addressing the issue will mitigate the parking problem," he said.

For more information refer to NSA BAHRAININST 11200.1C.

MWR NSA Bahrain

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Classes cost \$90.00 per month

Payments must be made at the
Fitness Center front desk

For more information contact Freddie Bazen @ 3838-6584
or email: karateman4d@yahoo.com

WORD ON THE STREET:

What additional products would you like to see brought to the Navy Exchange?



Ensign Ryan Brown
NAVCENT

"I would like to see a bigger sporting goods section. I'm an avid golfer and presently there is not a good selection. I would also like to see a selection of fresh meat."



CTR1 Casey Johnson
NAVCENT

"I would like to see more bakeware products such as various types of pans and items such as Pyrex bakeware sets."



Reiko Allred
Military Spouse

"More toddler and baby shoes. There is a nice selection of shoes for older kids, but there's not a lot for those two groups."



ITSN David Nelson
NCTS

"More workout gear such as bands, dumbbells, bags and other Nike and Adidas products."



Lt. Tripp Lynn
CTF57

"I'd like to see more cuts of meats like porter houses and T-bones, a wider fresh butchered selection."



MA3 Darail Porter
NSF

"I'm having a hard time finding soccer socks, basketballs and footballs, so I think a wider sports equipment section would be great."

Background of selective service

Selective Service System

The Selective Service System is an independent agency within the Executive Branch of the federal government. The Director of Selective Service is appointed by the President and confirmed by the Senate.

The legislation under which this agency operates is the Military Selective Service Act. Under this law, the mission of the Selective Service System is twofold: to deliver untrained manpower to the armed forces in time of emergency in accordance with requirements established by the Department of Defense, and to administer the alternative service program for conscientious objectors.

A system of conscription was used during the Civil War and again during World War I with the draft mechanism in both instances being dissolved at the end of hostilities. In 1940, prior to U.S. entry into World War II, the first peacetime draft in our nation's history was enacted in response to increased world tension and the system was able to fill wartime manpower needs smoothly and rapidly after the attack on Pearl Harbor. At the end of the war the draft law was allowed to expire, but it was reenacted less than two years later to maintain necessary military manpower levels as a result of the Cold War. From 1948 until 1973, during both peacetime and periods of conflict, men were drafted to fill vacancies in the armed forces which could not be filled through voluntary means. Induction authority expired in 1973, but the Selective Service System remained in existence in a "standby" posture to support the all-volunteer force in case an emergency should make it necessary for Congress to authorize a resumption of inductions.

Registration was suspended early in 1975 and the Selective Service System entered into a "deep standby" posture. Beginning in late 1979, a series of "revitalization" efforts were begun in an effort to upgrade the sys-

tem's capability for rapid mobilization in an emergency, and in the summer of 1980 the registration requirement was resumed. Presently, young men must register within 30 days of their 18th birthday.

The Military Selective Service Act, along with its implementing regulations, provides that the structure of the agency will include a National Headquarters, a State Headquarters in each state, plus one for New York City, one for the District of Columbia, one for Guam, one for Puerto Rico and one for the Virgin Islands. The Act and regulations also provide for local boards, allocated according to county or corresponding political subdivisions. There is also a provision for Appeal Boards, which cover the same areas served by federal judicial districts plus a National Appeal Board. The Appeal Boards act in cases of persons who do not agree with the decisions of the Local Boards.

The approximately 129 full-time paid employees of the Selective Service System are primarily civilians hired under the rules prescribed by the Officer of Personnel Management (formerly U.S. Civil Service Commission). Reserve forces are composed of approximately 150 National Guard and Reserve officers who are assigned to Selective Service for their monthly drills and two-week active duty training sessions each year. In the event of an emergency, these officers could be called to active duty to augment the full-time staff.

The present structure of the agency consists of the National Headquarters, Data Management Center, and three Region Headquarters. State and local offices were closed in 1976 and would be reactivated only if inductions should be resumed.

In the event of a mobilization, Selective Service Reserve Forces Officers would be called to active duty to establish State Headquarters and Area Offices at predetermined locations, and at the same time the Local and Appeal Boards would be acti-



ated. A lottery drawing would be conducted to determine the order in which men would be called, and induction orders would be issued, in lottery number order, by means of the U.S. Postal Service. The first priority group would consist of men in the calendar year of their 20th birthday. Registrants receiving induction orders would either report to the Military Entrance

Processing Station for examination and possible immediate induction, or file a claim for postponement, deferment or exemption from military service. Such claims would be considered by the Area Office or the Local Board, depending on the nature of the claim. Agency mobilization plans are designed to meet the needs of the Department of Defense.

Scouting in Bahrain: Opportunities for fun and learning

By MCI(SW) Sonja M. Chambers
Staff Writer

Since the return of dependents to Bahrain, parents have been looking for extra-curricular activities for their children.

Girl, Cub and Boy Scouts offer kids a way to learn and have fun at the same time.

Cub Scouts are boys in first through fifth grade and Cubmaster, Jimmy Wiley, said that Cub Scouting is fun with a purpose.

"It helps the boys grow into good citizens who are strong in character and personally fit," he said. "The boys develop skills while following an advancement plan. In the

end we want it to be a positive place where the boys can learn about their duty to God and their country."

Wiley, an Eagle Scout who recently earned the most advanced training available for Boy Scouts of America scout leaders, started Cub Scouting back up in Bahrain in January 2010. He said Cub Scouting means "doing."

"Cub Scouts go camping as a pack, race model cars at the Pinewood Derby, go on field trips or do projects that help the community and the people who live there," he said.

When boys finish fifth grade, they become Boy Scouts. Boy Scouting, which has been going for two years in Bahrain, is a program that helps youth develop academic skills, self-confidence, ethics and leadership skills primarily in an outdoor setting. Camping is a core part of scouting, and the troop tries to spend at least 10 nights per year camping.

Although Cub and Boy Scouts have been meeting for awhile, Girl Scouts is just starting back up. Dawn Bunting, U.S.A. Girls Scouts Overseas (USAGSO) Bahrain registrar and troop leader, wanted to see a full program back in place.

"We transferred from England where Girl Scouts were very active," she said. "When we arrived here, we were sad to see there weren't any Girl Scouts here at all."

Bunting got volunteers together and started up USAGSO

Bahrain that had been dormant since 2004.

"A very active Girl Scout neighborhood can provide fun activities for kids and a connection to something they are familiar with back in the states. A little bit of home," she said.

USAGSO Bahrain's Overseas Committee Co-Chair and teacher at Bahrain School, Bev Fields, said Girl Scouts helps girls express themselves through creativity and builds character, confidence and self-awareness.

"Scouting helps all children who may or may not have the opportunity to learn and share the differences of their peers," she said. "Scouting gets our students out into the community to not only learn but give back to their community through different outing and service projects."

All areas of scouting are always looking for volunteers.

"You don't need to have a daughter in Girl Scouts to volunteer," Bunting said. "USAGSO Bahrain still needs volunteers to help organize neighborhood events."

USAGSO Bahrain will have a registration table set up at Bahrain School Nov. 1-3 after school for interested girls.

For more information, to volunteer or to register for Girl Scouts, email bahraingirlscouts@gmail.com; Cub Scouts, email bahraincubscouts@hotmail.com; and Boy Scouts, email Troop826Bahrain@gmail.com.



NSA's Fil-Am Association wins first game

By MC2(AW) Johansen Laurel
Staff Writer

MANAMA, Bahrain — Naval Support Activity (NSA) Bahrain's Filipino-American (Fil-Am) Association won their first basketball game in this year's tournament against local teams, Oct. 15.

The game was held at the Muharraq Club gym in Arad with many service members and their families in attendance. Although the event was organized by the Filipino Club Basketball Group, it was open to all nationalities.

According to Fil-Am President Chief Warrant Officer 3



Photos by MC2(AW) Johansen Laurel

Members of the Fil-Am Association basketball team compete with one of 53 local teams during a basketball tournament held at the Muharraq Club gym in Arad.

Joselito Sarmiento, the Fil-Am team was created to represent not only the association but also NSA.

"Having a team shows sportsmanship, camaraderie and helps improve our relationship with locals," he said. "This also shows that we are active ambassadors for the base."

Sarmiento stated that joining events outside the base gives the members a chance to interact with the community and learn from each other.

"Having access to the community helps us create programs and services to assist in improving the quality of life for those in need," he said.

NSA Commanding Officer, Capt. Rick Sadsad, was among the guest speakers who opened up the event along with the Philippine Ambassador to Bahrain, Maria Corazon Yap Bahjin and Filipino Club president Agustus Cesar Navarro.

Fifty-three teams from different organizations in Bahrain have entered the competition. Forty teams are in the inter-color league, nine are in the commercial league, and another four are in the senior league.

"Participating in sports events such as this is just one of many volunteer programs the association has for its members," said Sarmiento. "Regardless of your age, sex, race, rank, and ethnic origin, the group is open for anyone."



NSA Commanding Officer, Capt. Rick Sadsad, was one of the main speakers for the opening of the tournament.



More than 400 people attended the opening of the Annual Bahrain basketball tournament.

Staying in tip-top, Ship Shape

By MC2(AW) Jason T. Poplin
Staff Writer

MANAMA, Bahrain — Service members have multiple health and wellness programs available to enhance their quality of life.

At Naval Support Activity (NSA) Bahrain's Naval Branch Health Clinic, Health Promotion Coordinator, Lt. Michelle Sanabia, plays a vital role in maintaining individual physical readiness as facilitator of the U.S. Navy Bureau of Medicine and Surgery's Ship Shape program.

Ship Shape is an eight-week behavior health program specifically designed for individuals who exceed Navy body composition standards and is the Navy's official weight management program. Throughout the program, participants meet in a classroom setting to learn the importance of maintaining a healthy lifestyle while receiving information about nutrition, exercise, healthy eating behaviors and stress and weight management.

"We promote optimal health performance through knowledge and education," Sanabia said. "We want to help people to make better choices to make them healthy individuals."

Ship Shape is available to all military, family members, retirees and Department of Defense civilians. Active duty personnel interested in participating in the program should obtain a recommendation and referral from their commander, commanding officer or division officer through their command fitness leader.

Yeoman 1st Class Toni Octave, assigned to U.S. Naval Forces Central Command Combined Maritime Force Coalition Coordination Center, said that the program's largest benefit stems from support received by her fellow classmates.

"This program is a great starting point to develop positive lifestyle habits," Octave said. "It gives you a support group where you learn about each other's challenges and habits. Through idea sharing and education, you learn to make a healthy lifestyle change."

Ship Shape is part of a larger Department of the Navy initiative to promote health and wellness programs that screen, educate and manage health concerns for the purposes of improving military readiness by encouraging healthy lifestyles, overall wellness, maximizing individual fitness and improving quality of life.

Sanabia said many programs at NSA

such as drug/alcohol abuse prevention and control, tobacco use prevention and cessation, stress/anger management, fleet and family services and Morale, Welfare and Recreation fitness centers also fall under the health and wellness promotion program umbrella.

"These services put people in contact

with the right information to optimize their lifestyle and maintain healthy living through properly informed choices," Sanabia said. "Being fit is using what you can to overcome obstacles to become better physically and mentally."

For more information, contact Sanabia at 439-3465.



Photo by MC2(AW) Jason T. Poplin

Lt. Michelle Sanabia, center, discusses healthy food portion sizes with Ship Shape class members at Naval Branch Health Clinic Bahrain, Oct. 25.

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-10-089

Position: Contact Representative (OA), GS-0962-06
Department: Medical Clinic, NSA Bahrain
Opening Date: 25 Oct 2010 - **Closing Date:** 07 Nov 2010

BG POSITIONS:

Announcement: NSA-10-075R

Position: Environmental Protection Specialist, BG-0028-11/12
Department: Environmental, NAVFAC Bahrain
Opening Date: 20 Oct 2010 - **Closing Date:** 01 Nov 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.

Announcement: NSA-10-088

Position: Customer Service Clerk (Top Floor), BG-2091-05
Department: NEX, NSA Bahrain
Opening Date: 14 Oct 2010 - **Closing Date:** 03 Nov 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.

Announcement: NSA-10-088

Position: Telephone Billing Technician, BG-0303-06
Department: NCTS, Bahrain
Opening Date: 14 Oct 2010 - **Closing Date:** 03 Nov 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.

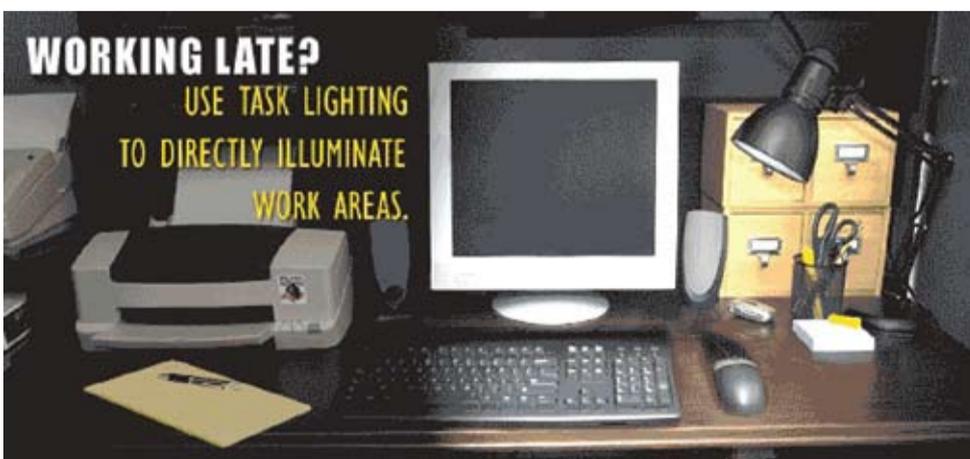
Edwin McCain visits NSA



Photo by MC2(AW) Johansen Laurel

Alternative rock singer-songwriter Edwin McCain entertains service members and their families during a United Services Organization concert at Naval Support Activity Bahrain, Oct. 19.

WORKING LATE?
USE TASK LIGHTING
TO DIRECTLY ILLUMINATE
WORK AREAS.



ITT

Hummer 4x4 Obstacle Rides

Thursday, November 4

- Time: 1400 – 1900
- Min 4 people; ITT Price: \$30.00

Camel Farm & Saudi Causeway

Friday, November 5

- Time: 1100 – 1300
- Min 5 people; Cost: \$5.00

Go-Kart Racing

Saturday, November 6

- Time: 1600
- Min 6 people; ITT Price: \$23.00

Guided Cultural Tour Of Bahrain

Sunday, November 7

- Time: 0900 – 1600
- Min 14 people; ITT Price: \$35.00

Belly Dancing Dinner Show

Thursday, November 11

- Time: 2000
- Min 10 people; ITT Price: \$30.00

Hawar Island Day Trip

Friday, November 12

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

SWIM WITH THE DOLPHINS

Saturday, November 13

- Time: 1000 – 1300
- Min 5 people; ITT Price: \$37.00

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

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

Movie Schedule

Friday, October 29

Theater A

- 10 a.m. - Tooth Fairy (PG)
- 12 p.m. - Year One (PG13)
- 2 p.m. - Imagine That (PG)
- 4 p.m. - My Life In Ruins (PG13)
- 7 p.m. - Never Let Me Go (R)
- 9 p.m. - Good Fellas (R)

Theater B

- 11 a.m. - Ramona And Beezus (G)
- 1 p.m. - Toy Story (G)
- 3 p.m. - Letters To Juliet (PG)
- 5 p.m. - Home Sweet Alabama (PG13)
- 7 p.m. - She's Out Of My League (R)
- 9 p.m. - Kickass (R)

Saturday, October 30

Theater A

- 10 a.m. - Diary Of A Wimpy Kid (PG)
- 12 p.m. - Shrek Forever After (PG)
- 2 p.m. - Knight And Day (PG13)
- 4 p.m. - Our Family Wedding (PG13)
- 7 p.m. - Friday Night Lights (R)
- 9 p.m. - The Rock (R)

Theater B

- 11 a.m. - Toy Story (G)
- 1 p.m. - Romana And Beezus (G)
- 3 p.m. - Vampires Suck (PG13)
- 5 p.m. - She's Out Of My League (R)
- 7 p.m. - The Craziest (R)
- 9 p.m. - Twilight: Eclipse (PG13)

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 to the above address.



Friday, November 5

Liberty Island Tour

- 0900
- E6 & Below \$3; E7 & Above \$5
- Video Game Friday**
- 1200
- Sand Volleyball Tournament**
- 1630

Saturday, November 6

Tree of Life Bike Tour

- 0800 - 1500
- E6 & Below \$10; E7 & Above \$15
- Min: 12 riders; Max: 15 riders

Sunday, November 7

Miniature Golf Competition

- 0930 - 1200, Freedom Souq

Monday, November 8

On a Bargain Hunters Trail:

- Manama Souq & Indian Dinner**
- 1700
- E6 & Below \$3; E7 & Above \$5

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

Monday, November 1

Poker Bowling

- 1200, Bowling alley
- Hard Rock Café**
- 1700
- Free Transportation

Tuesday, November 2

Puzzle Madness

- 1200
- Pool Hall Challenge**
- 1800

Wednesday, November 3

Trip to Grand Mosque & Lunch

- 0930
- E6 & Below \$3; E7 & Above \$5

Thursday, November 4

Visit to Animal Shelter

- 0900
- Free Transportation