

Chief's Mess welcomes newest members



By MCI(SW) Sonja M. Chambers
Staff Writer

MANAMA, Bahrain — The chief petty officers on board Naval Support Activity Bahrain welcomed 43 new members into their ranks during a pinning ceremony, Sept. 16.

The ceremony marked the end of the six-week induction season during which chief selects are taught leadership principles, teamwork and what it means to be called a chief.

Assistant Chief of Staff for Logistics and Infrastructure (N4), Commander U.S. Fifth Fleet, Capt. Martin Fields, a prior chief petty officer, spoke of the importance of leadership and mentoring junior Sailors. He said the next great Navy leaders will come from those Sailors the newest chiefs are charged with leading.

NSA Bahrain Command Master Chief Ed Lambert said this year's group of selects are going to make great chief petty officers.

"The highlight of the season was when the light went on in their eyes and you saw that they understood what it meant to be a chief petty officer," he said.

Lambert said the pinning ceremony is something chiefs will always remember.

"This tradition we have is a wonderful

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Photo by MC1 Felix Garza

Vice Adm. Mark Fox, Commander, U.S. Naval Forces Central Central Command, congratulates Chief Aviation Maintenance Administrationman Alishia Howard during the Chief Petty Officer pinning ceremony at Naval Support Activity Bahrain, Sept. 16.

Fitness competition showcases hard work

By MCI(SW) Sonja M. Chambers
Staff Writer

MANAMA, Bahrain — Naval Support Activity (NSA) Bahrain's Morale, Welfare and Recreation (MWR) held its third Hard Body Competition in the multipurpose room, Sept. 15.



Photo by MC1(SW) Sonja M. Chambers

Lance Cpl. Axel Alvarez from FASTCENT and Dee Bert from U.S. Naval Forces Central Command pose off during the final of the men's bodybuilding competition. Alvarez went on to win overall.

The competition featured contestants in the men's bodybuilding, women's figure and women's bikini categories.

Lance Cpl. Axel Alvarez from Fleet Antiterrorism Security Team Central Command won overall in men's bodybuilding, Master-at-Arms Seaman LaKwantiera Braddy from Naval Security Forces won the women's figure category and Alyssa Martinez won the women's bikini division.

Alvarez started training eight months ago.

"I went to the gym five or six days a week," he said. "I was nervous about doing my own routine, but I got some confidence and did my thing."

Braddy said she started training six months ago for this, her third competition.

"I alternate upper and lower body to isolate the muscles."

She said it felt good to win, but training wasn't the only key to her success.

"Get a lot of support," she said. "It takes discipline, but support is the most important thing."

Dee Bert, who works at U.S. Naval Forces Central Command and has won a previous competition, placed second in men's bodybuilding.

"It feels better to lose overall," he said. "It lets me know I need to work harder. You can't get complacent or take anything for granted."

Bert advises aspiring athletes to stick with it.

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Photo by MASN Luis Lopez

Lance Cpl. Axel Alvarez from Fleet Antiterrorism Security Team Central Command (FASTCENT) cheers as he is announced the winner of the men's bodybuilding category of Naval Support Activity Bahrain's Morale, Welfare and Recreation Hard Body Competition, Sept. 15.

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Family Life at NSA Bahrain

Transition benefits: Federal employment workshops provide insight to Sailors

By MCI Monique K. Hilley

Commander, Navy Installations Command
Public Affairs

WASHINGTON (NNS) — Federal Employment System workshops, offered at all Commander, Navy Installations Command Fleet and Family Support Centers, provide Sailors transitioning out of the Navy guidance on navigating the federal employment system.

"Federal Employment workshops are extremely beneficial to Sailors departing the Naval service because they offer a unique opportunity to gain insight on obtaining federal employment and provide assistance with developing a federal resume," said Ed Cannon, CNIC N9 Fleet and Family Readiness Programs Director.

As Sailors leave military service, many seek federal employment for their first post-military job because of the benefits, pay, work environment and stability that federal jobs offer. While it can often prove difficult to find a job in the private sector due to the current economy, there are literally thousands of opportunities in the federal government.

Navigating the federal employment system can be a bit of a challenge for the first time federal job seeker. For this reason, FFSC's hold federal employment workshops throughout the year to help lessen the task and provide Sailors with an understanding of how the system works.

In this single session workshop, participants can gain an advantage in their job search by learning how to find vacancies and job listings and complete the application process. Participants also receive information on standard qualifications and testing requirements.

Sailors who attend Federal Employment System workshops will gain the skills necessary to locate resources for federal job announcements, understand the compo-

nents of those announcements, and write knowledge, skills and abilities (KSA) assessments, which some agencies ask for.

Participants are also taught how to develop a federal resume, which is different from a corporate resume and goes through an entirely different hiring process.

"The Federal Employment workshop made all the difference in the world for me," said Timothy McGough, CNIC N9 Communications Liaison. "My resume was good, but it was not even close to being complete. The workshop taught me how to write a proper resume for federal employment and also taught me it's a living document that changes with each job you apply for."

FFSC workshop instructors recommend that even those familiar with the federal employment system attend the workshop because policies are continually changing. For instance, there is no longer a mandatory 180 days before being hired into the federal system and there are no longer dual compensation penalties.

Workshop attendees will also receive tips on expectations in the federal employment hiring process. Many leaving military service are unaware of what to expect, and are often surprised that it is not as simple a process as they might have expected.

Finding federal employment can take time, and may require one to be willing to relocate, depending on the job and pay grade one wants to start at. Attending a workshop can help put things into perspective for those leaving the Navy and ensure they are well prepared to enter the civilian job market.

Federal Employment workshops are one of many transition benefits available to separating Sailors including those affected by the Enlisted Retention Board (ERB). For the latest ERB information, visit the Navy Personnel Command's ERB Web site at www.public.navy.mil/bupers-npc/boards/ERB/Pages/default2.aspx



Parent Information Night

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Chaplain's Corner

Anger



By Cmdr. Chin Van Dang
Supervisory Chaplain

I live next door to a bully. One day he came up to me with a hand extended. As I reached to shake hands, he grabbed me forcefully and threw me over his shoulder.

"That's judo," he said, "Picked it up in Japan."

I went into my garage and came back out and cracked him over the head.

"That's a crowbar," I said, "Picked it up at Sears."

Have you ever been upset? Have you ever been livid? Have you ever been angry? Of course you have! Anger (with its many faces) is a fact of life..... sometimes, in fact, a very volatile fact of life. Like any emotion, it cannot be denied or suppressed.

As emotions go, anger itself is not sinful any more than joy, fear or happiness would be considered sinful. However, how we deal with anger — or fail to deal with anger — determines whether our anger results in virtue or vice and whether it ultimately results in something constructive or something destructive.

Few of us plan to grow angry. Anger is an intense response or reaction to an injury

or injustice, whether actual or perceived. As such, it often catches us off guard. Herein lies the difficulty with this 'pesky' emotion. Precisely because of its spontaneity and intensity, anger can quickly get the upper hand...and even more quickly get out of hand. Anger can become, as it were, an uninvited guest that quickly becomes the master of the house.

While waiting for a bus, the blind man's dog decided to go to the bathroom all over the blind man's legs. The blind man bent down and patted his head. A passerby commented to the blind man, "What! That dog just went to the bathroom all over your legs, and you're petting him?"

The blind man replied, "I know! I know! I just want to find his head before I can kick his butt."

Most importantly, anger should not be nourished or fed. Repeatedly indulging in anger can have tragic results for us. When we brood over injuries, when we revisit old hurts, when we hold onto resentment, we cease being people who get angry, we gradually become angry people. Being addicted to anger is like drinking poison, but expecting everyone else to die. While our anger may indeed hurt others on the outside, the poison that it produces eventually kills us from the inside.

Heed these words from the Book of Sirach: "Wrath and anger are hateful things, yet the sinner hugs them tight. Should a person nourish anger against others and expect healing from the Lord? As a stone falls back upon the one who throws it up, so a blow struck in anger injures more than one. Forgive your neighbor's injustice; then, when you pray, your own sins will be forgiven." (Sir 27: 25; 28: 2-3)

Phase I Enlisted Retention Board adjourns

By MCC(SW) Maria Yager
Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) — The first phase of the Enlisted Retention Board (ERB) adjourned and forwarded its recommendations to Navy Personnel Command (NPC), officials said Sept. 16.

ERB Phase I results will likely be released in mid-to-late October after the Bureau of Naval Personnel (BUPERS) reconciles the results and processes those who applied for conversion, according to Rear Adm. Don P. Quinn, acting chief of naval personnel.

As announced in NAVADMIN 180/11, conversion applications were held until the board completed deliberations. Only those Sailors not selected for retention in-rate by the ERB will be considered for conversion into selected undermanned ratings for which they qualify. Conversion waivers will be granted based on the needs of the Navy.

Once BUPERS reviews the recommendations for conversion opportunities, board results will be forwarded to the Chief of Naval Personnel for approval.

"A conversion package is a second opportunity to stay Navy and we want to have all those decisions made before results are released," said Quinn. NPC received more than 2,000 conversion requests from ERB eligible Sailors.

The Phase I ERB reviewed the records of ERB-eligible E-4 and E-5 Sailors from 31 overmanned ratings.

The board was charged with reviewing each candidate's official military personnel file and any correspondence submitted by the member to identify the best qualified Sailors to receive the finite number of retention quotas available.

Once the board results are approved, NPC will notify commanding officers so they may personally contact and provide counseling to each Sailor not being retained.

Sailors not selected for retention will have access to the Navy's transition assistance management program and other benefits, for members who are involuntary separated.

To learn more about the ERB, visit [www. http://www.public.navy.mil/bupers-npc/boards/ERB/Pages/default2.aspx](http://www.public.navy.mil/bupers-npc/boards/ERB/Pages/default2.aspx).

NEX Bahrain Receives Award



Photo by MC2 Russell Smith

The Navy Exchange Bahrain received the 2010 Bingham Award for outstanding performance in customer service and exchange operations. Pictured left to right: NEX Bahrain General Manager Dan Cougevan, Acting Commander, Navy Exchange Service Command, Capt. Christopher Bower, and Commanding Officer, Naval Support Activity Bahrain, Capt. Rick Sadsad.

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Photo by MC2 John Hulle

Chief Master-at-Arms Andrew Wakefield is presented with his combination cover by his daughter.



Photo by MC2 John Hulle

Chief Hospital Corpsman Evelyn Escalante is pinned during the Chief Petty Officer pinning ceremony at Naval Support Activity (NSA) Bahrain, Sept. 16.

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thing," he said. "It's to welcome the new chiefs, but more importantly to always remember the chiefs who taught us what it meant to be a chief petty officer."

Newly pinned Chief Legalman Amy Alexander said that becoming a Chief

was the best experience of her life and the pinning ceremony was the highlight of the season.

"I will never forget it," she said. "I will always remember the way we were welcomed into the mess and actually wearing the anchors and wearing them with pride."

Senior Master-at-Arms speaks to NSF



Photo by MC1(SW) Sonja M. Chambers

Capt. Tito Arandela, the most senior Security Limited Duty Officer in the Navy and Master-at-Arms (MA) Community Program Sponsor, speaks to Naval Security Forces personnel during an all-hands brief, Sept. 19. He spoke of how the MA rating has had to adapt to meet new threats, current manning and training opportunities for the MA community.



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Photo by MC3 Deven B. King

Sailors from guided-missile destroyer USS Mitscher (DDG 57) and members of a Coast Guard advanced interdiction team embarked aboard Mitscher approach the Yemeni-flagged fishing dhow Leymun Al-Mahra in a rigid-hull inflatable boat. Mitscher is deployed to the U.S. 5th Fleet area of responsibility conducting maritime security operations as part of Combined Maritime Forces, Combined Task Force 151.

USS Mitscher aids vessel in distress

By MC3 Deven B. King
U.S. Naval Forces Central Command

GULF OF ADEN — Combined Maritime Forces (CMF) warship guided-missile destroyer USS Mitscher (DDG 57), assigned to the CMF's counter-piracy mission Combined Task Force (CTF) 151, repaired a vessel in distress in the Gulf of Aden, Sept. 17.

Mitscher assisted the Yemeni-flagged fishing dhow Leymun Al-Mahra, which had been adrift for seven days after its battery died. Sailors aboard Mitscher spotted the five-man crew waving water jugs in the air at approximately 7:30 a.m. local time, Sept. 15, while on a routine patrol in the Internationally Recommended Transit Corridor (IRTC) in the Gulf of Aden.

Over the course of their assistance, Mitscher remained within 100 yards of Leymun Al-Mahra to ensure its safety as the dhow was drifting through the major shipping lanes of the IRTC. Mitscher provided water, food and engineering assistance

to the crew: two three-gallon containers of potable water, four cases of bottled water, 15 loaves of bread, six gallons of distilled water for the dhow's radiator and eight quarts of motor oil. Sailors from Mitscher were able to make repairs and charge the dhow's batteries, allowing the Leymun Al-Mahra to continue safely on its way to port.

In accordance with International Maritime Laws and United Nations Security Council Resolutions, and in cooperation with non-member forces, CTF 151's mission is to disrupt piracy and armed robbery at sea and to engage with regional and other partners to build capacity and improve relevant capabilities, in order to protect global maritime commerce and secure freedom of navigation.

CTF 151 is one of three task forces operating under the US-led Combined Maritime Forces (CMF), a 25-nation coalition. CTF 151's counter-piracy operations focus on the Gulf of Aden, Southern Red Sea, Arabian Sea and Somali basin, an area encompassing 2.5 million square miles.

FITNESS from Page 1

"It's going to get tough and there are going to be times when you just want to stop, but in the end, it's all worth it."

MWR Fitness Coordinator Erica Realmuto said the competition had a great turnout.

"We had a great audience and a lot of great competitors on stage who were highly prepared for the show."

Realmuto said this competition is as big as it gets on NSA Bahrain and she hopes to keep it that way.

"Hopefully, in the years to come we'll be able to continue this competition and we'll also be able to continue the really strong relationship we have with the Bahrain Bodybuilding Federation and the certified panel of International Federation of Bodybuilding and Fitness judges."



Photo by MC1(SW) Sonja M. Chambers

Contestants in the men's bodybuilding competition pose for the judges.

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HR Classified Ads

LOCAL POSITIONS:

Announcement: NSA-11-097R
Position: Supply Technician (OA), GS-2005-07
Department: Branch Medical Clinic, Bahrain
Opening Date: 18 Sept 2011 - **Closing Date:** 01 Oct 2011
Who May Apply: Current DOD, Military Spouse and Veterans Employment Opportunity Act (VEOA) Eligible residing in the commuting area.

Announcement: NSA-11-103
Position: Dental Hygienist, GS-0682-08
Department: Branch Medical Clinic, Bahrain
Opening Date: 15 Sept 2011 - **Closing Date:** 28 Sept 2011
Who May Apply: Current Federal Employees and Military Spouse Preference/Family Member's eligible's residing in the commuting area.

Announcement: SA-11-104
Position: Family Life Specialist, GS-0101-09
Department: FFSC, NSA Bahrain
Opening Date: 21 Sept 2011 - **Closing Date:** 05 Oct 2011
Who May Apply: Current Department of Navy Employees and Military Spouse Preference/Family Member's eligible's residing in the commuting area.

BG POSITIONS:

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-11-105
Position: Cashier Stocker, BG-2091-04
Department: NEX Isa base Bahrain
Opening Date: 21 Sept 2011 - **Closing Date:** 04 Oct 2011

Announcement: NSA-11-106
Position: Store Worker, BG-6914-03
Department: NEX Isa base Bahrain
Opening Date: 21 Sept 2011 - **Closing Date:** 04 Oct 2011
Who May Apply: CURRENT BG EMPLOYEES OF MWR (CSSO) ONLY.

Announcement: NSA-11-107
Position: Financial Technician (3 vacancies), BG-0503-07/08/09
Department: MWR, NSA Bahrain
Opening Date: 21 Sept 2011 - **Closing Date:** 27 Sept 2011



ITT

MANN Live @ The Wrangler
Thursday, September 22
 • Time: 2000
 • ITT Price: \$35

Belly Dancing Dinner Show
Thursday, September 22
 • Time: 2030
 • Min 10 people; ITT Price: \$30.00

Guided Cultural Tour Of Bahrain
Sunday, September 25
 • Time: 0900 – 1600
 • Min 14 people; ITT Price: \$35.00

Go-Kart Racing
Thursday, September 29
 • Time: 1600
 • Min 6 people; ITT Price: \$27.00

SCUBA DIVE
Friday, September 30
 • Time: 0800
 • Min 4 people; ITT Price: \$82.00

Oktoberfest At The Gulf Hotel
Thursday, October 6
 • ITT Price: \$60
Friday, October 7
 • ITT Price: \$56

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

All dates and times are subject to change

Movie Schedule

Saturday, September 24

Theater A
 10 a.m. - Source Code (PG-13)
 12 p.m. - Kung Fu Panda 2 (PG)
 2 p.m. - Sucker Punch (PG-13)
 4 p.m. - Hanna (PG-13)
 7 p.m. - Win Win (R)
 9 p.m. - The Lincoln Lawyer (R)

Theater B
 11 a.m. - Monte Carlo (PG)
 1 p.m. - Rango (PG)
 3 p.m. - Prom (PG)
 5 p.m. - Arthur (PG-13)
 7 p.m. - Priest (PG-13)
 9 p.m. - Bridesmaids (R)

Sunday, September 25

Theater A
 10 a.m. - Fast Five (PG-13)
 12 p.m. - Priest (PG-13)
 3 p.m. - Just Go With It (PG-13)
 5 p.m. - Scream 4 (R)
 7 p.m. - Your Highness (R)
 9 p.m. - Kill Bill: Vol. 2 (R)

Theater B
 11 a.m. - Soul Surfer (PG)
 1 p.m. - Mr. Popper's Penguins (PG)
 3 p.m. - Source Code (PG-13)
 5 p.m. - Just Go With It (PG-13)
 7 p.m. - Sucker Punch (R)
 9 p.m. - Paul (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 to the above address.

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11-1	11-1	11-1	11-1	11-1
"Smooth Groove"	"The Old Show"	"Urban Nation"	"Classic Rock With"	"Country Hits"
Smooth Jazz and R&B With	Best of the 80's and 90's	Best of Hip-hop and R&B With	Barnacle Biller	Best of Country With Felix The Cat
Dj Audity	Big Joe	Guest Dj		

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Thursday, September 22
Texas Hold'em
 • Time: 1800

Friday, September 23
\$3 Mall Shuttle: Seef Mall
 • Time: 1200 - 1600

Saturday, September 24
Al Dar Island Beach Trip!
 • E4 & Below: \$15; Others: \$18

Sunday, September 25
Sunday Sundaes
 • Make your own ice cream sundaes! Free

Monday, September 26
Speed Pool
 • Time: 1200

Tuesday, September 27
Open Mic Poetry Night!
 • Time: 1730

Thursday, September 29
Taste of Brazil!
 • Time: TBD
 • Join us for dinner at Brazil Rodizio Grill
 • Cost: TBD

Friday, September 30
\$3 Mall Shuttle: Seef Mall
 • Time: 1200 - 1600

Sunday, October 2
Sunday Sundaes
 • Make your own ice cream sundaes! Free

Monday, October 3
Speed Pool
 • Time: 1200

Tuesday, October 4
Minature Golf
 • Adhari

Wednesday, October 5
Madden 12' Tournament
 • Time: 1700

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