

FFSC and MWR host Military Saves Week

By MC2(AW) Jason T. Poplin
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — Naval Support Activity (NSA) Bahrain Commanding Officer, Capt. Colin Walsh, kicked off Military Saves Week during a proclamation signing ceremony held at NSA, Feb. 15.

Sponsored by the Fleet and Family Support Center (FFSC) and Morale, Welfare and Recreation, Military Saves Week events are held at multiple facilities around NSA, which promote multiple financial learning opportunities including seminars directed toward service members and their families.

FFSC Family Life Specialist Jon Ridgel said the program's focus is geared toward giving service members the tools they need to define financial goals such as saving and eliminating debt as well as providing the resources they need to achieve those goals.

"By going out into the [base] community and showing the various programs, people are more apt to ask questions of what they need to do in order to better their finances," Ridgel said.

Master-at-Arms 2nd Class Jack Mitchell, assigned to Naval Security Force Bahrain, said that having personnel available to discuss financial opportunities and learning resources make the task of setting his personal finances on track an easier goal to reach.

"Finances are a huge beast and it's hard to totally get a grip on the subject," Mitchell said. "But working with people who have been doing this a while, they know all the ropes, and they can help lead you through it."

For more information on financial preparedness, contact the command financial specialist or Ridgel at the FFSC at 439-4046.



Photo by MC2(AW) Jason T. Poplin

FFSC's Family Life Specialist Jon Ridgel, right, discusses financial informational resources during the Military Saves Fatten Your Finances seminar held at NSA's Liberty Center, Feb. 21.

Armed Forces Entertainment brings cheer and laughter to NSA



Photo by MC2(AW) Jason T. Poplin

Members of the Seattle Sea Gals cheerleaders perform, Feb. 9.

By MC2(AW) Jason T. Poplin
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — Seattle Sea Gals Cheerleaders entertained members of the Naval Support Activity (NSA) Bahrain community at NSA's Freedom Souq, Feb. 9.

Part of a three-stop Europe, Africa and Southwest Asia tour hosted by Armed Forces Entertainment, the Sea Gals conducted several activities to meet with service members and their families including autograph sessions, a youth cheer clinic and a family variety show.

Sea Gals Director Sherri Thompson said the tour was part of an annual event the Sea Gals undertake to connect with service members, their families and Seattle Seahawk fans.

"The Sea Gals love to perform, and performing for the troops is extra special because it gives the girls an opportunity to bring something that service members may

be missing out on while stationed overseas and away from home," Thompson said.

Joining the Sea Gals on tour, comedian Bryan Ricci performed his standup comedy act at the conclusion of the Sea Gals' family variety show. Ricci said he travels often with various entertainment acts sponsored by Armed Forces Entertainment and was grateful for the opportunity to perform for the troops once again.

"Getting to come out and entertain the troops is just an absolute blessing; it's such a pleasure every time," Ricci said. "One-hundred percent of the time that I've performed for the military everyone is appreciative. It's my job to come out here and try to boost morale around the bases, but I always finish these tours feeling better about myself, which is also a big morale booster for me."

MWR Community Recreation Officer Ray Santiago said that when acts like the Sea Gals and Ricci come to NSA, they

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THESE
STORIES
AND
MORE...

Family Life at NSA Bahrain

Volunteer your artistic skills



Photo by James Myers

Quartermaster 2nd Class Carol Flynn from the Naval Support Activity Bahrain Career Counselor's Office helps paint a mural at American Mission Hospital. Volunteers from NSA Bahrain and Bahrain School helped paint the mural over three months in the waiting room of one of the remodeled pediatric clinics. The mural project is ongoing, so if you'd like to volunteer your skills, please contact James Myers at james.myers@eu.dodea.edu or 3971-3057.

JEA Brings Valentine's Day Treats to CDC



Photo by MC1(SW) Sonja Chambers

Members from the Naval Support Activity (NSA) Bahrain Naval Security Forces Junior Enlisted Association (JEA) and NSA First Class Petty Officers Association hand out Valentine's Day balloons to children at the Child Development Center, Feb. 14. The JEA sponsored the event by making a balloon and candy bag for each child. For more information, contact JEA President MA2 Cassandra Boyle at 439-4409 or at cassandra.boyle@me.navy.mil

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439-4520

www.cnic.navy.mil/bahrain

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Chaplain's Corner

A Lenten Call To Serve God's People



By Cmdr. Chin Van Dang
Supervisory Chaplain

There is a story that comes out of World War II about a little Jewish boy who was living in a small Polish village when he and all the other Jews in the vicinity were rounded up by the Nazi troops and sentenced to death. This boy joined his neighbors in digging a ditch for their own graves. Then they were lined up against a wall and machine-gunned. Their corpses fell into the shallow grave and the Nazis covered their bodies with dirt. But none of the bullets hit the little boy. His naked body was splattered with blood of his parents and as he fell into the ditch, he pretended to be dead.

Several hours later, when darkness fell, this 10-year-old boy crawled out of his grave. With blood and dirt caked to his little body, he made his way to the nearest home and begged for help. A woman answered the door and immediately recognized him as one of the Jewish boys marked for death by the Nazis. She

screamed at him to go away and slammed the door. Dirty, bloody and shivering, this little boy limped down from one house to the next begging for help, but he always got the same response.

He came to the last house and knocked on the door, and just before the lady of the house could tell him to leave, he said, "Recognize me! I'm the Jesus you say you love." The lady froze in her tracks for what seemed like an eternity to the little boy. Then with tears streaming down her face, she threw open her arms. She picked up the boy and took him to safety.

During Lent, we are reminded that we have been called to be witnesses of God's presence and God's love in our world. When we are active in reaching out to others, in fighting for human rights, then we are bringing God's way into our world. We help make God's kingdom more and more a reality upon the earth. As God's children, we are challenged to make our commitment to never be indifferent to our needy, neglected brothers and sisters who live in our midst.

The observance of Lent begins on Ash Wednesday. Three traditional pillars of Lenten observance are prayer, fasting and almsgiving. The fasting is but a sign of the daily Lenten discipline of individuals and households: fasting for certain periods of time, fasting from certain foods, but also fasting from other things and activities. Likewise, the giving of alms is some effort to share this world equally—not only through the distribution of money, but through the sharing of our time and talents to serve God and God's people.

Transition Benefits: Outplacement firm ready to help Sailors launch new careers

By MC3 Andrea Perez
Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) — Navy's contract for job search and assistance to help Sailors separating by the Enlisted Retention Board (ERB) is well underway, an official said Feb. 17.

"Navy has contracted Challenger, Gray and Christmas, Inc. (CGC), an outplacement service company, to personally coach and assist ERB separating Sailor's transition to the civilian workforce," said Capt. Kate Janac, Transition Assistance Program Manager. "The Sept. 1 separation date is approaching and ERB Sailors should immediately contact CGC via a toll-free number or email to begin their job placement process."

An employment outplacement service assists clients in making the transition to reemployment. Founded in the early 1960s, CGC has more than four decades of experience in the career transition industry.

The CGC team provides Sailors with individualized career assessment and professional resume writing, job search and preparation for interviews. The company assigns each Sailor a civilian coach who proactively works their case through each step of the process and also a prior military advisor to help in the transition.

"Our goal is to connect every ERB separating Sailor to this service. Command leadership needs to encourage and provide Sailors opportunity to enroll and move for-

ward," said Janac. Those stationed overseas or deployed should also initiate contact and will receive support tailored to their unique situations.

"What really stands out is the high level of individual and professional service our Sailors will receive," said Janac. Sailors can engage with their coach to learn the skills needed to develop a personal marketing plan customized to their expertise and specific goals.

CGC began contacting ERB Sailors via email in December. Approximately 1,000 Sailors are using services provided by CGC, a third of eligible recipients. CGC representatives have joined Navy Personnel Command's Fleet Engagement Team during its briefs in fleet concentration areas to facilitate enrollment.

ERB separating Sailors should contact CGC using their toll free number 1-800-971-4288 or email CGCUSNavy@challengergray.com. Sailors can then work with their coach to establish an account on the CGC website, found at <https://www.icareermanager.com/login/challengerTops/login.aspx>.

For more information, contact the NPC customer service center at 1-866-U-ASK-NPC (1-866-827-5672) or email cscmail-box@navy.mil.

For more information about transition benefits visit the Transition Assistance Web Page available under the Hot Links section of the Navy Personnel Command at www.npc.navy.mil.

Lincoln recognizes Navy College



Photo by MC2(AW) Jason T. Poplin

USS Abraham Lincoln (CVN 72)'s Education Service Officer Ensign Bryan Gill presents Navy College Director Mirza Henderson with a letter of appreciation, Feb. 21. Henderson was recognized for her performance in facilitating the administration of ACT/SAT examinations to Lincoln Sailors during the ship's recent port visit.

From the Desk of the Command Master Chief



By CMDCM Ed Lambert
NSA Bahrain Command Master Chief
Shipmates,

NAVADMIN 030/12 discusses changes to the high year tenure (HYT) policy and the merging of the Active and Reserve policy into one Total Force policy to take effect July 1, 2012.

E-2 Sailors will now reach HYT at 4

years vice 6. HYT for E-3 Sailors will be 5 years, down from 6, regardless of whether or not they have Passed Not Advanced for Navy-Wide Advancement Exam and have had a minimum of six opportunities for advancement before reaching HYT. HYT policy for E-4 through E-9 has not changed.

The new policy directs separation within 180 days of Reduction in Rate when the HYT date for the reduced pay grade is before a member's EAOS. Sailors may remain longer with a HYT waiver or if their rate is reinstated, and this change will not affect Sailors who have reached sanctuary, 18 years of cumulative active duty. Sailors who have been granted a HYT waiver for a specific assignment and cannot fulfill their commitment will have their HYT waiver cancelled and will have to separate, transfer to the Reserve, or retire. Nuclear rated Sailors will be managed separately by their community manager. Involuntary separation pay may be available to Sailors who meet the requirements outlined in OPNAVINST 1900.4.

CNE-CNA-C6F/CNREURAFSWA IG HOTLINE

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Photo by MC2(AW) Jason T. Poplin

Comedian Bryan Ricci performs his stand up comedy act at NSA.

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provide a service that helps the NSA community experience events that it would not be able to enjoy otherwise.

"We can't just go out the gates here and get this type of entertainment, so when they come over to help us out, it's phenomenal for all of us," Santiago said.

Master-at-Arms 2nd Class Cassandra Boyle, assigned to Naval Security Forces Bahrain, said having entertainment acts come over to visit service members helps to remind them of the important job they're doing being stationed far from home.

"This to me is one of the coolest things I've ever seen," Boyle said. "When I was stationed back in the States, we never had anyone visit us, but being here and seeing celebrities come out makes me feel really special. It makes me feel kind of like I'm a small celebrity."



Photo by MC2(AW) Jason T. Poplin

Seattle Sea Gals cheerleaders perform their Family Variety Show segment for the NSA Bahrain community at the Freedom Souq, Feb. 9.



Photo by Michelle Arnold

The Seattle Sea Gals teach kids cheer techniques during the Youth Cheer Clinic.

Dept. of Veterans Affairs visits NSA Bahrain

26 - 29 February 2012

VETERAN'S AFFAIRS BENEFITS BRIEF

- Bldg. 109
27 Feb 12: 0900 - 1130
29 Feb 12: 1300 - 1530

POST 9/11 GI BILL BENFITS BRIEF

- Bldg. 109
26 Feb 12: 0900 - 1030
28 Feb 12: 1300 - 1430

As a veteran you may be eligible for a broad range of programs and services provided by the Veteran's Affairs Department. Come out and get your questions answered regarding the New 9/11 GI Bill, Home Loan Guaranty, Vocational Rehabilitation, Life Insurance, Medical Record Screening or other services and programs.

30 Minute Appointments can be scheduled with the VA. Representative 26 - 29 February 2012. For additional information or to schedule an appointment please call the FFSC at 439-4046 or COMM: (973)1785-4046.

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Synthetic chemical compound abuse — Sailors who use, will lose

By MC1 LaTunya Howard
Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) — The Navy continued to emphasize the policy of zero tolerance for substance abuse by separating 1,515 Sailors in fiscal year 2011 for synthetic chemical compounds, commonly called Spice, and other drug usage according to an official Feb. 21.

“Currently, we are discharging a number of Sailors for use of synthetic chemical compounds also known as Spice, sighting failure to obey a direct order,” said Lanorfeia Holder, deputy director of Navy Alcohol and Drug Abuse Prevention (NADAP). “Those that are tested by our Armed Forces Medical Examiner System (AFMES) are discharged under an Article 92 misconduct or an Article 112A which is drug abuse.”

A ban was placed on five synthetic cannabis compounds commonly found in the designer drug Spice, but also sold under different names, just one year ago March 1. AFMES has the ability to test for those five compounds via Navy Criminal Investigative Services (NCIS) at the request of unit commanders if probable cause is determined.

Spice is a synthetic chemical compound that is sold as herbal incense and mimics the effects of the drug marijuana. Some of the compounds were initially developed as research to help individuals with certain brain conditions, but the research did not

reach its fruition, according to Holder.

Some of the short-term effects include auditory and visual hallucinations, painless head pressure, panic attacks, time distortion and delirium. Long-term effects from the designer drug can include permanent physical impairment, mental illness or death.

“We have Sailors who are having mental conditions that they will never recover from,” said Holder. “Using synthetic chemical compounds is like playing Russian roulette; you never know what is in the package. As detection catches up with manufacturers, makers alter the ingredients in an attempt to avoid detection.”

OPNAVINST 5350.4D defines the scope of drug abuse as the wrongful use of controlled substances to include designer drugs, illicit-use anabolic steroids, prescription or over-the-counter medication.

The unlawful possession or use by Department of the Navy personnel of controlled substance analogues (designer drugs), natural substances, chemicals wrongfully used as inhalants, propellants, prescribed or over-the-counter medication or pharmaceutical compound with the intent to induce intoxication, excitement or stupefaction of the central nervous system is prohibited via SECNAVINST 5300.28D. Violators are subject to punitive action under the Uniform Code of Military Justice, Article 92.

“If a Sailor is having issues with drug

abuse or synthetic chemical compound use specifically, we recommend that they reach out to Military-One Source for confidential assessment and counseling at no cost to the Sailor,” said Holder. “We also recommend members seeking substance use counseling talk with their doctor, chain-of-command or self-refer to a substance abuse rehabili-

tation program.”

For more information about synthetic chemical compounds like Spice or other designer drugs visit the NADAP page on the Navy Personnel Command website at http://www.public.navy.mil/bupers-npc/support/nadap/education_training/pages/spice.aspx.

Photo From The Fleet

Find out what our fellow shipmates are doing around the fleet at www.navy.mil



Photo by MC1 David McKee

Hospital Corpsman 3rd Class Alexandria Greterman pays respects to Hospital Corpsman 3rd Class Kyle L. Estrada during a memorial service aboard the amphibious assault ship USS Makin Island (LHD 8), Feb. 17. Estrada, who was assigned to the 11th Marine Expeditionary Unit (11th MEU), died while conducting night live-fire and maneuver training in Djibouti. Makin Island and embarked Marines assigned to the 11th MEU are deployed supporting maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

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HR Classified Ads

CONUS:
Announcement: SE208XX-13-591542N5242961
Position: Supervisory Interdisciplinary Engineer-Architect
Department: NAVFAC Bahrain
Opening Date: 14 Feb 2012 - **Closing Date:** 27 Feb 2012

LOCAL NATIONAL 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-12-018
Position: Recreation Aid (Lifeguard), BG-0189-05
Department: MWR, NSA BAHRAIN
Opening Date: 21 Feb 2012 - **Closing Date:** 12 Mar 2012

Announcement: NSA-12-016
Position: Transportation Assistant, BG-2102-07/08/09
Department: PSD, NSA Bahrain
Opening Date: 12 Feb 2012 - **Closing Date:** 4 Mar 2012

Announcement: NSA-12-014
Position: Firefighter, BG-0081-05/06/07/08
Department: Fire Dept, NSA Bahrain
Opening Date: 13 Feb 2012 - **Closing Date:** 4 Mar 2012

Announcement: NSA-12-017
Position: Loss Prevention Investigator, BG-0083-05/06
Department: Navy Exchange, Bahrain
Opening Date: 16 Feb 2012 - **Closing Date:** 29 Feb 2012

NAVY ENTERTAINMENT PRESENTS

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THE HEAT 106.3

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0600-0900	0600-0900	0600-0900	0600-0900	0600-0900
"Morning Mix"	"Morning Mix"	"Morning Mix"	"Morning Mix"	"Morning Mix"
11-1	11-1	11-1	11-1	11-1
"Smooth Groove"	"The Old Show"	"Urban Nation"	"Classic Rock With"	"Country Hits"
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ITT

Arabian Experience
Friday, February 24
 • Time: 1000
 • Min 6 people; ITT Price: \$27.00

Al Areen Wildlife Park
Saturday, February 25
 • Time: 0900
 • Min 5 people; ITT Price: \$5.00

Guided Cultural Tour of Bahrain
Sunday, February 26
 • Time: 0900 – 1600
 • Min 14 people; ITT Price: \$35.00

Cooking Demonstration Of Arabic Food & Dinner
Thursday, March 1 & 22
 • Time: 1645
 • Min 5 people; ITT Price: \$23.00

Arabian Experience
Friday, March 2 & 23
 • Time: 1400 – 1900
 • Min 5 people; ITT Price: \$18.00

Guided Cultural Tour of Bahrain
Sunday, March 4, 11, 18 & 25
 • Time: 0900 – 1600
 • Min 14 people; ITT Price: \$35.00

Belly Dancing Dinner Show
Sunday, March 8 & 29
 • Time: 2030
 • Min 10 people; ITT Price: \$30.00

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

All dates and times are subject to change

Movie Schedule

Friday, February 24

Theater A
 10 a.m. - Puss In Boots (PG)
 12 p.m. - Johnny English Reborn (PG)
 2 p.m. - In Time (PG-13)
 4 p.m. - The Three Musketeers 2011 (PG-13)
 7 p.m. - Final Destination-5 (R)
 9 p.m. - The Debt (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 (R)
 9 p.m. - Bridesmaids (R)

Saturday, February 25

Theater A
 10 a.m. - Dolphin Tale (PG)
 12 p.m. - Jack And Jill (PG)
 3 p.m. - Apollo 18 (PG-13)
 5 p.m. - Contagion (PG-13)
 7 p.m. - 30 Minutes Or Less (R)
 9 p.m. - The Rum Diary (R)

Theater B
 11 a.m. - Mr. Popper's Penguins (PG)
 1 p.m. - Alvin And The Chipmunks: Chipwrecked (PG)
 3 p.m. - Cars 2 (G)
 5 p.m. - Bad Teacher (R)
 7 p.m. - Rise Of The Planet Of The Apes (PG-13)
 9 p.m. - Transformers: Dark Of The Moon (PG-13)

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, February 24
National Tortilla Chips Day!
 • Free chips & salsa!

Sunday, February 26
Sunday Sundaes
 • Make your own ice cream sundaes! Free

Monday, February 27
Speed Pool
 • Time: 1200

Tuesday, February 29
Leap Year Party
 • Time: 1800

Thursday, March 1
Dinner @ Hard Rock Café

Friday, March 2
\$3 Mall Shuttle-City Center Mall
 • Time: 1200-1600

Saturday, March 3
Al Bander Beach Resort

Sunday, March 4
Sunday Sundaes
 • Make your own ice cream sundaes! Free

Monday, March 5
Speed Pool
 • Time: 1200

Tuesday, March 6
NBA Trivia
 • Time: 1200

Wednesday, March 7
Tricycle Racing
 • Time: 1730

Friday, March 9
\$3 Mall Shuttle-City Center Mall
 • Time: 1200-1600

Saturday, March 10
Go-Kart Racing
 • Time: 1200; BIC

Sunday, March 11
Sunday Sundaes
 • Make your own ice cream sundaes! Free

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