

Step Afrika! visits Bahrain to share African dance heritage

By MC2(EXW) Timothy Wilson
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — Members from the African dance troupe Step Afrika! visited Naval Support Activity (NSA) Bahrain to entertain and educate audiences about African dance heritage, May 4 – 6.

Sponsored by NSA Bahrain's Morale, Welfare and Recreation (MWR) and Navy Entertainment, the group gave several performances across the country as part of a regional tour. They educated and entertained crowds by introducing stepping, a dance form that uses the human body as an instrument, creating intricate rhythms and sounds.

"It was an amazing event," said Operations Specialist 2nd Class Antwone Adams, assigned to Commander, Task Force 53. "With the energy they had, you could tell they loved being on the stage and performing."

Founded in 1994 at Howard University in Washington, D.C., the group's art form is rooted in African dance traditions and designed to promote interaction with the audience to educate and inspire others.

"I really enjoyed the night and it brought the origin of stepping here," said Adams. "One of the guys was from my hometown of [Washington] D.C., and I could feel his energy on the stage."

The dancing troupe travels year-round visiting colleges and cultural centers in the U.S., as well as around the world at the request of American embassies overseas, promoting education and cross-cultural understanding.

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Photo by MC2(EXW) Timothy Wilson

Members from the dance troupe Step Afrika! display their talents while stepping, an African-based dance method that showcases dance steps that use the human body to create intricate movements, sounds and rhythms displaying African heritage and unity, May 6.



Photo by Dennis Reinhardt

Marine Lt. Col. Zachary Bennett leans into a sharp turn during a Bahraini Motocross League race. Bennett uses the proper motorcycle safety gear and always rides with safety in mind.

'Moto'vation, rewarding and risky

By Cpl. Fenton Reese
Special to Desert Times

MANAMA, Bahrain — A Marine serving aboard Naval Support Activity (NSA) Bahrain placed in the sixth annual Bahraini Motocross Championship.

Lt. Col. Zachary Bennett walked away with second place overall.

Bennett, a pilot serving as a civil affairs officer, said he's been riding motocross since the age of 13 and doesn't plan on stopping anytime soon.

"Riding is just so much fun," he said. "Aside from flying jets, there is no bigger thrill."

For Bennett riding is a form of fun and thrill. For others like NSA Bahrain Motorcycle safety instructor Master-at-Arms 1st Class Jason Sherrill, it is a passion.

They both enthusiastically agree that motorcycle safety, on or off road, is paramount.

Sherrill, a former motocross rider, has been teaching motorcycle safety for seven years and even with the risks

that come with riding, he encourages others to ride. In fact, he recommends motocross for beginners.

"Motocross is a way to learn to ride without having to worry about traffic or other riders," he said.

Due to the demands of the sport, motocross allows for a rider to gain more than ample control and understanding on the art of riding and much better prepare them for the street, he continued.

"Riding is a feeling of freedom and peace," Sherrill said. "But, just like anything other sport, injuries happen, and safety will make you or break you."

"Racing can be a dangerous sport...I consider it a contact sport," Bennett said. "If you don't pay attention, you can run into another rider, and if you misjudge your obstacle, you can come in contact with the ground. I compare it a little bit to football when it comes not only to injuries, but to endurance, physical fitness and strength."

Sherrill said just like in football, the most important thing is gear. The right gear will tremendously decrease

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Adams said he was impressed with dancer and audience participation alike and that it was critical to the success of the event.

During the show, audience members ranging from young children to adults were invited on stage to participate in the step moves and contribute to the show. The dancers taught specific dance routines, showcased percussion on African drums and wore elaborate costumes highlighting African culture.

"They incorporated the audience into the dance routines showing that stepping is easy and anyone can do it," said Adams. "I expect a step dance team to get started out here. Mostly, I think it's going to get the kids excited to try it more."

Jakari Sherman, artistic director for the troupe, said the dancers and military members have a lot in common since they both employ positive traits like solidarity and cooperation.

"Stepping is all about unity and teamwork," said Sherman. "These things ring true in the military. We talk about commitment and discipline."

Raymond Santiago, community recreation officer for NSA MWR said the group was very excited to visit Bahrain. The group wanted to showcase their skills but mostly wanted to interact with the kids.

"They did a seminar at the school and it was phenomenal," said Santiago.

The group visited Bahrain School, where the majority of Department of Defense children attend classes, May 6.

"I have gotten great feedback, via Web pages, through e-mails or people in the halls, thanking MWR for bringing these people out here," said Santiago. "The artists themselves want to give back and say thank you."

"It's a great opportunity for us all," he added. "We use Navy Entertainment, the USO and Armed Forces Entertainment as the big organizations to help us out here."



Photo by MC2(EXW) Timothy Wilson

Members of the Naval Support Activity Bahrain community step with members of Step Afrika! The group held performances at Bahrain School and on base to entertain and educate audiences about African dance heritage.

Bahrain School NJHS Inducts New Members



Photos by Heather Hasdemir

The Bahrain School Dilmun Chapter of the National Junior Honor Society inducted 14 new members, May 2. NJHS President Malak Azizieh introduced Rasila Savani of the Helping Hands Organization, who gave the opening address. Members are selected on the basis of outstanding scholarship, leadership, service and character, qualities upon which the National Junior Honor Society is based. Newly inducted members are Caroline Cox, Shivay Khanna, Joelle Romeus, Hazirah Ahmad, Sabrina Alsalmi, Tyler Goodridge, Joseph Heard, Danique Hoekstra, Lujain Kanoo, Iman Khan, Eva Catillon, Katherine Crigler, Hamza Majali and Fajr Nishat.

the Bahrain DESERT TIMES

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Chaplain's Corner

Listening To God's Voice In Others



By Cmdr. Chin Van Dang
Supervisory Chaplain

A lady came to the lawyer's office and asked for advice about the divorce. The lawyer asked, "Have you any grounds?" "Ja, ja, an acre and a half," she said. "Perhaps I'm not communicating well," the lawyer said. "Let me try again, do you have a grudge?" "No, I didn't have a grudge, but I did have a double carport." The lawyer said, "Let me try this one more time, a little more to the point, does your husband beat you up?" She answered, "No, I generally get up earlier than he does." Finally the lawyer asked, "Are you sure you really want a divorce?" "No, I don't want a divorce," she said, "It's my husband who wants a divorce. He claims we have dif-

ficulty communicating!"

It is hard to realize how much people fail to listen. This is such common fault that many colleges offer courses "Listening clinics", they call them, to find out and cure the causes of poor listening.

Family life would be a lot happier if all would listen, not only in the sense of letting someone else talk but in trying to hear what they actually say. Communication is not a one-way street. Talking and listening in the right way help married partners to share not only ideas and facts but also their feelings. Try to hear what a person feels as well as what he or she says.

Someone says, "Before marriage, a man will lie awake all night thinking about something his fiancée said. After marriage, he'll fall asleep before she finishes saying it!"

Listening intelligently is also extremely important in church. What does the word of God say? What does it mean? We need to talk to God in prayer but we must also listen to Him.

Perhaps what we are not hearing or even listening for is the voice of God in the voices of one another. Perhaps we are hard of hearing. We are simply content with our own inability to respond to each other as we know we can and must, simply because we choose not to hear.

LDO/CWO Community Managers brief NSA Bahrain leadership seekers

By Weam M. Ahmed
Staff Writer

NAVAL SUPPORT ACTIVITY, Bahrain — Limited Duty Officer (LDO) and Chief Warrant Officer (CWO) Community Managers gave a brief for those interested in applying for a commission at Naval Support Activity (NSA) Bahrain, May 1-2.

Capt. John Jones and Chief Warrant Officer 5 Mitchell Allen gave the presentation to service members to introduce LDO and CWO procedures to Sailors in different commands around the fleet.

The brief discussed the application requirements of the LDO/CWO program, the right way to put together an application package for the program and useful tips to help applicants with the interview appraisal board.

"We came out to brief Sailors on opportunities and the benefits of a commission," Allen said. "This brief focuses on, not just the application process, but also board preparation that will help Sailors prepare for enlisted advancement, Seaman to Admiral 21 and Officer Candidate School."

The session also included one-on-one discussions with the applicants to answer any individual questions.

"I got good insight on the program and details on how to do the application process from their experience," said Master-at-Arms 1st Class Kristen Maxwell. "If I didn't come today, I wouldn't have known how to write certain [application sections] and what things they look for in an application."

Both LDO and CWO programs give Sailors the chance for career development and leadership enhancement.

"For the Sailors who applied and didn't make it, I would tell them to keep applying and continue to work on self improvement and continue to work through enlisted advancement," Allen said. "The same things that will help you get advanced there are going to help you get selected for CWO or LDO, so apply, apply, apply. The sooner the better."

For more information about commissioning opportunities contact the command career counselor's office.

From the Desk of the Command Master Chief



By CMDCM Ed Lambert
NSA Bahrain Command Master Chief

Shipmates,

The Navy JAG Corps is seeking mature, challenge-seeking Sailors for conversion to the Legalman (LN) rate. LNs acquire knowledge and skills in the

military and civilian legal systems, including substantive and procedural law, which qualify them to perform paralegal duties under the supervision of a judge advocate or civilian attorney.

LNs receive extensive training in military justice, legal assistance, administrative and civil law, operational law, procedural law, court-martial procedures and non-judicial punishment. JAG Instruction 1440.1E outlines the requirements for conversion to LN, which include a formal interview by a screening board.

The next two LN Conversion Courses scheduled at the Naval Justice School occur in June 2012 and March 2013. Interested personnel should contact the LN conversion coordinator in their local region. Europe & SW Asia: LNCS Masters (leonette.masters@eu.navy.mil); and Reserve Component: LNC Baugher (jeffery.baugher@navy.mil).

MWR NSA BAHRAIN

MEMORIAL DAY

MON, MAY 28
FREEDOM SOUQ COURTYARD

Don't miss these exciting
MEMORIAL DAY SPORTING EVENTS!

Sign up at the fitness center front desk

- 1400 • Water Basketball Tournament (Training Tank)
- 1800 • Softball Homerun Contest (Softball Field)

DJ MUSIC, INFLATABLES, DUNK TANK
AND LIVE ENTERTAINMENT @ 1600

HAMBURGERS, HOTDOGS, BBQ AND MORE!
FOR SALE AT AFFORDABLE PRICES!

Join us in Honoring our Heroes, Past and Present
@ 1500 at the Freedom Souq Courtyard

NSA MEMORIAL DAY CEREMONY

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CALLING ALL TEENS OF 14-18 YEARS OF AGE! EMPLOYMENT OPPORTUNITY FOR YOU!

2012 TEEN SUMMER EMPLOYMENT PROGRAM

Applications will open on 20 May and end on 06 June 2012

Teens must be 14 years of age and older.
Teens must be remained in Bahrain and be available to work the entire eight week program.

Start Date: 27 June 2012
End Date: 22 August 2012

Teens can drop off their applications to:
Brendy Santiago (439-3335) at the SAC/Teen Center
Sundays through Thursdays from 0730-1630.

Teens must provide three references with:
Address, telephone numbers and email addresses.
Reference letters preferred.

FY-13 Chief's Board Package deadline approaches



Photo by MC2(EXW/SCW) John Hulle

Chief Hospital Corpsman Evelyn Escalante is pinned during the Chief Petty Officer pinning ceremony at Naval Support Activity Bahrain, Sept. 16, 2011. Fiscal Year 2013 Active Duty and Selected Reserve Chief Petty Officer Board package deadlines are approaching.

By MC3 Andrea Perez

Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) — Sailors who have submitted a board package to the Fiscal Year 2013 (FY-13) Chief Petty Officer (CPO) Selection Board can confirm its receipt at Navy Personnel Command (NPC) by clicking on the "Selection Board Status" link on www.npc.navy.mil, officials said May 14.

Per NAVADMIN 349/11, the selection board will review the Official Military Personal File (OMPF) of all candidates. If documents are missing from a candidate's OMPF, they may submit those documents, along with a cover letter to the selection board president, to be reviewed by the board.

"Last year, the Customer Service Center (CSC) received more than 16,000 packages for the chief petty officer board," said Greg Moody, deputy director of customer relations management, NPC. "So far this year, we have only received about 900."

Packages submitted to the active-duty CPO board must be received by the NPC CSC by June 4. According to NAVADMIN 108/12, packages submitted by Reservists for the FY-13 Selected Reserve CPO Selection Board must be received by NPC's CSC no later than July 9.

"Sailors need to make sure they send a cover letter, don't send classified documents and that each document in their package is marked with their full social security number," said Moody. "And please

don't wait until the last minute to send in your package."

NAVADMIN 349/11 provides guidance and mailing information for those who wish to submit a package.

Documents reviewed by the CPO board can include:

- Procurement, enlistment/reenlistment data;
- Navy Enlisted Classifications and Warfare Designations;
- Evaluations and Fitness Reports;
- Administrative remarks;
- Training and education;
- Decorations, medals, and awards.

Letters sent to a selection board for consideration will not be added to a service member's OMPF permanently. BUPERSINST 1070.27 outlines all items that should or should not be submitted by service members and how to submit those documents.

The FY-13 Active CPO Selection Board is scheduled to convene June 18. The active duty CPO selection board is the largest selection board conducted in the Navy. The board typically lasts five weeks, with results forwarded to the Chief of Naval Personnel for final approval.

The FY-13 Reserve CPO Selection Board is scheduled to convene July 23.

For more information, visit the NPC Selection Boards Web Page at <http://www.public.navy.mil/BUPERS-NPC/BOARDS/Pages/default.aspx> or call the NPC CSC at 1-866-U-ASK-NPC.

Photo From The Fleet

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



Photo by MCSN Mason D. Campbell

An EA-6B Prowler assigned to the Lancers of Electronic Attack Squadron (VAQ) 131 launches from the flight deck of the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72), May 14. Lincoln is deployed to the U.S. 5th Fleet area of responsibility conducting maritime security operations, theater security cooperation efforts and support missions as part of Operation Enduring Freedom.

MWR OASIS RESTAURANT
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B.B.Q.
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NEW TIME, STARTING MAY



EVERY THURSDAY NIGHT
at the OASIS Hall
1700-2000

NAVSUP announces lithium battery mailing prohibited by USPS

By Debbie Dortch

NAVSUP Corporate Communications

MECHANICSBURG, Pa. (NNS) — Naval Supply Systems Command (NAVSUP), which oversees Navy postal operations, announced May 11, it is providing guidance to the fleet about new United States Postal Service (USPS) prohibitions regarding lithium batteries.

According to the USPS announcement, beginning May 16, mail to or from APOs/FPOs are prohibited from containing lithium or products containing lithium. The prohibition also applies to international mail. The prohibition is in effect pending further USPS review of investigations for safety.

"Customers should understand that postal clerks at these locations have been instructed to question patrons and check customs labels for any declarations of lithium batteries or electronic equipment to determine whether lithium batteries are in the shipment," said NAVSUP Navy Postal Subject Matter Expert Tom Rittle. "Upon identification of packages containing lithium batteries, customers will have the option to remove the batteries or not mail the package."

The prohibition applies regardless of quantity, size, watt-hours, and whether the cells or batteries are packed in equipment, with equipment, or without equipment.

For more information about the prohibition, see USPS Postal Bulletin 22336 at <http://about.usps.com/postal-bulletin/2012/pb22336/pdf/pb22336.pdf>.

The NAVSUP and Navy Supply Corps team share one mission-to deliver sustained global logistics capabilities to the Navy and Joint warfighter. NAVSUP/Navy Supply Corps' diverse team of more than 25,000 civilian and military personnel oversee a diverse portfolio including supply chain management for material support to Navy, Marine Corps, joint and coalition partners, supply operations, conventional ordnance, contracting, resale, fuel, transportation, security assistance, and quality of life issues for our naval forces, including food service, postal services, Navy Exchanges, and movement of household goods.

The NAVSUP/Navy Supply Corps team forms a vast network of professionals who deliver unparalleled products and services to customers in the Fleet and across the world.

Dedication Ceremony honors fallen Sailors, Coast Guardsman



Photo by MC2 Toni Burton

U.S. Coast Guard Patrol Forces Southwest Asia (PATFORSWA) Command Master Chief Rodney Storle speaks at the Firebolt Memorial ceremony, April 24. PATFORSWA held the ceremony in remembrance of the eighth anniversary of the attack on the coastal patrol ship USS Firebolt (PC 10), which claimed the lives of three U.S. service members, April 24, 2004. Firebolt was conducting maritime security operations in the Northern Arabian Gulf.

By L.T. Jg Meaghan Gies

U.S. Coast Guard Patrol Forces Southwest Asia

NAVAL SUPPORT ACTIVITY, Bahrain

— U.S. Coast Guard Patrol Forces Southwest Asia (PATFORSWA) hosted a ceremony aboard Naval Support Activity Bahrain, in remembrance of the eighth anniversary of the attack on the coastal patrol ship USS Firebolt (PC 10), April 24.

The attack occurred April 24, 2004, at Iraq's oil terminals claiming the lives of three U.S. service members from USS Firebolt (PC 10), while the crew was conducting maritime security operations in the Northern Arabian Gulf.

Lt. Cmdr. Austin Duff, USS Firebolt (PC 10) commanding officer, and Cmdr. Joseph Sundland, PATFORSWA's deputy

commander, addressed approximately 80 service members attending the remembrance ceremony.

Sundland spoke of the memorial dedicated in the courtyard outside the U.S. Coast Guard Office aboard NSA Bahrain. "This memorial will remind us every day of the ultimate sacrifice that Navy Petty Officers Michael Pemaselli and Christopher Watts, and Coast Guard Petty Officer Nathan Bruckenthal gave that day 8 years ago," said Sundland.

PATFORSWA is assigned as Commander, Task Group (CTG) 55.1, responsible for the operational, logistics, and administrative support of Coast Guard personnel conducting maritime security operations and theater security operations in the U.S. 5th Fleet area of responsibility.

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your chance of injury. If the gear is wrong in any way, you're wrong.

"From head to toe make sure you are covered in every aspect with the best quality protective pieces that you can manage," Bennett said. "You may pay a little bit more initially, but it is worth it."

According to the NSA Bahrain Traffic Safety regulations, all military riders and passengers, on or off base, and all riders with passengers shall have the required personal protective gear while riding motorcycles.

First and foremost, a rider must have a helmet meeting Department of Transportation, Snell Memorial Foundation Certification or host nation certification and must be worn and properly fastened under the chin.

Riders and passengers must always wear eye protection designed for motorcycle operators.

Riders and passengers must have sturdy over the ankle footwear that affords protec-

tion for the feet and ankles.

Finally, riders and passengers must have protective clothing. All must wear a long-sleeved shirt or jacket, long trousers and full-fingered gloves or mittens designed for use on a motorcycle.

Bennett prepares his motocross gear and plan as if he were going into combat.

"Honestly, would you put a price on your life and health?" the runner-up champion said. "And second, always check and double check your area and/or path you plan to ride because the last thing you want is to be surprised by anything that may have changed since the last time you rode.

"Finally, know your machine in and out. Take the time to practice balance and understand how you and it work together."

Bennett said riders should have fun and enjoy what they do, but always remember safety first above all else.

"Don't rush into things," he said. "That's how you get hurt...patience can save your life."



Photo by Dennis Reinhardt

Marine Lt. Col. Zachary Bennett gets some air during one of his practice runs at the Bahraini Motocross Championship, April 6. He placed second overall.



Safety Reminder from NSA's Safety Office

Grill It Safely

Here are some safety tips to make sure you have a safe and enjoyable Memorial Day weekend. You need to make safety your number one priority while using a grill.

While you're mastering the art of the perfectly-cooked steak or cooking some of your favorites like hotdog and hamburgers this Memorial Day weekend, make sure children and pets stay away from the grill.

- Always supervise a barbecue grill when in use.
- Never add charcoal starter fluid when coals have already been ignited.
- Keep the grill out in the open, away from the house, the deck, tree branches or anything that could catch fire.
- Finally, keep yourself safe by using the long-handled tools especially made for cooking on the grill.

What you need to know:

Germs such as norovirus, Salmonella, and E. coli cause thousands of illnesses and deaths in the United States each year according to the Centers for Disease Control and Prevention.

Many outbreaks result from food being contaminated when it is being prepared or served by a food worker with unwashed or improperly washed

hands. Scientific evidence shows that preventing illness begins with the basics.

- Wash your hands thoroughly, with soap, before and after handling food.
- When you're preparing, be sure not to cut meat, poultry and vegetables on the same chopping board, to avoid contamination.

Experts at the Department of Food and Agriculture say foods need to reach a certain temperature before they're safe to eat.

- 145°F for whole meats (allowing the meat to rest for 3 minutes before carving or consuming)
- 160°F for ground meats
- 165°F for all poultry

Other food safety tips:

- Keep refrigerator below 40°F and refrigerate food that will spoil.
- Don't prepare food for others if you have diarrhea or have been vomiting.
- Be especially careful when preparing food for children, pregnant women, those in poor health and older adults.

Remember not to use a grill inside your house, only use outside in a well-ventilated area. There's carbon Monoxide (CO) that comes off of them. You should also never dump gas on a grill and if a fire does start, call the local fire department 999 and or base fire department 439-4911.

You also need to have a fire extinguisher handy and if possible use it or evacuate immediately.

Slowing down and relaxing, having a good time, that's what the holidays are all about, just take that same approach with a grill and you'll have a great weekend.

HR Classified Ads

CONUS:

Announcement: SE20802-12-660553N5320348

Position: MECHANICAL ENGINEERING TECH, GS-0802-12

Department: NSSA, Bahrain

Opening Date: 11 May 2012 - **Closing Date:** 21 May 2012

Announcement: SE2221012-662346N5324570

Position: INFORMATION TECHNOLOGY SPECIALIST

(CUSTSPT), GS-2210-12

Department: MSFSC, Bahrain

Opening Date: 15 May 2012 - **Closing Date:** 24 May 2012

Announcement: SE21102-11-12-662221N629066

Position: CONTRACT SPECIALIST, GS-1102-11/12

Department: NAVFAC, Bahrain

Opening Date: 15 May 2012 - **Closing Date:** 21 May 2012

LOCAL U.S. POSITIONS:

Announcement: NSA-12-046

Position: CONTACT REPRESENTATIVE (OA), GS-0962-06

Department: BRANCH MEDICAL CLINIC, NSA BAHRAIN

Opening Date: 09 May 2012 - **Closing Date:** 22 May 2012

Who May Apply: VRA Eligible sponsored in the commuting area; Military Spouses; Overseas Family Members; and Current Permanent Federal Civilian employees (in the competitive service and are not self sponsored) residing in the commuting area.

Announcement: NSA-12-047

Position: WORKING AIDE, SUMMER HIRE, AD-3502-00

Department: NAVFAC, NSA BAHRAIN

Opening Date: 14 May 2012 - **Closing Date:** 14 June 2012

Who May Apply: U. S. citizen family members residing with their active duty military or DoD Civilians sponsor stationed in NSA Bahrain who are 14-23 years of age.

LOCAL NATIONAL POSITIONS:

Who May Apply: BAHRAINI CITIZENS, NON-U.S.; CITIZEN Spouses; ARAB NATIONALS; THIRD COUNTRY NATIONALS; AND CURRENT BG EMPLOYEES.

Announcement: NSA-12-048

Position: ENVIRONMENTAL PROTECTION ASSISTANT,

BG-0029-07/09

Department: ENVIRONMENTAL, NAVFAC Bahrain

Opening Date: 13 May 2012 - **Closing Date:** 03 June 2012

Announcement: NSA-12-051

Position: CHILD & YOUTH PROGRAM ASSISTANT, BG-1702-04/05/06

Department: CDC, MWR Bahrain

Opening Date: 14 May 2012 - **Closing Date:** 27 May 2012



ITT

Belly Dancing Dinner Show

Thursday, May 17

- Time: 2030
- Min 10 people; ITT Price: \$30.00

Camel Farm & Saudi Causeway

Friday, May 18

- Time: 1100 – 1400
- Min 5 people; Cost: \$5.00

Pearl "Snorkel" Hunt

Saturday, May 19

- Time: TBA; Min 8 people – Max 10 people; ITT Price: \$47.00 per person

Guided Cultural Tour Of Bahrain

Sunday, May 20

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

Go-Kart Racing

Thursday, May 24

- Time: 1700
- Min 6 people; ITT Price: \$27.00

Group Fishing Trip

Friday, May 25

- Time: 0530 – 1000
- Max 8 people; Group Cost: \$352

Al Dar Island Day Trip

Saturday, May 26

- Time: 0930 – 1400
- Min 5 people; ITT Price: \$12

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

All dates and times are subject to change

Movie Schedule

Friday, May 18

Theater A

- 10 a.m. - The Three Stooges (PG)
- 12 p.m. - We Bought A Zoo (PG)
- 2 p.m. - Arthur (PG-13)
- 4 p.m. - Best Exotic Marigold Hotel (PG13)
- 7 p.m. - Your Highness (R)
- 9 p.m. - Full Metal Jacket (R)

Theater B

- 11 a.m. - Happy Feet 2 (PG)
- 1 p.m. - The Muppets (PG)
- 3 p.m. - This Means War (PG-13)
- 5 p.m. - The Darkest Hour (PG-13)
- 7 p.m. - The Change Up (R)
- 9 p.m. - Sherlock Holmes: Game Of Shadows (PG-13)

Saturday, May 19

Theater A

- 11 a.m. - Spiderman 2 (PG13)
- 1 p.m. - Chronicle (PG13)
- 3 p.m. - This Means War (PG-13)
- 5 p.m. - Swordfish (R)
- 7 p.m. - Contraband (R)
- 9 p.m. - Killer Elite (R)

Theater B

- 11 a.m. - Spy Kids 4 (PG)
- 1 p.m. - The Three Stooges (PG)
- 3 p.m. - Johnny English Reborn (PG)
- 5 p.m. - Larry Crowne (PG-13)
- 7 p.m. - The Devil Inside (R)
- 9 p.m. - The Grey (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.

MWR NSA BAHRAIN

Youth SWIMMING LESSONS

at the Family Pool!

CONDUCTED BY CERTIFIED AMERICAN RED CROSS INSTRUCTORS
\$35 per Child, \$30 per additional family member

<p>AQUA TOTS Parent & Child Level 1 & 2 6 mo. to 3 years</p> <p>Every MON & WED 1600 - 1700</p>	<p>PRESCHOOL AQUATICS Level 1, 2, 3 4-5 years</p> <p>Every TUES & THURS 1600 - 1700</p>	<p>LEARN TO SWIM (LTS) Level 1 & 2 6+ years</p> <p>Every MON & WED 1700 - 1800</p>	<p>LEARN TO SWIM (LTS) Level 3, 4, 5 6+ years</p> <p>Every TUES & THURS 1700 - 1800</p>
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STARTS JUNE 25 through JULY 19
4 WEEKS - EVERY MON, TUE, WED & THURS

Sign up at Fitness Center front desk starting from May 20 - June 21
 Orientation will be on Sunday, June 24 @ 1600 at the Family Pool

For detailed description of lesson plans for each level, please come to the Fitness Center front desk or call:
 1785-3567 or 1785-8738
 or mobile no. 3944 3456 or 3942-2969

106.3 THE HEAT

Lunch Jams Start @ 11 a.m. - 1 p.m.

Sunday - Thursday

PARTY STARTS @ 6 A.M. - 9 A.M.

FEATURING THE BEST DJs IN THE FLEET

"FELIX THE CAT" | "BIG JOE" | "ICE" | "LADY B" | "TENACIOUS T" | "HOT CHOCOLATE"

<p>Thursday, May 17 Spades Tournament • Time: 1730</p> <p>Friday, May 18 Lost Paradise Water Park • Time: 1000</p> <p>Saturday, May 19 Armed Forces Day Celebration! • Time: 1730</p> <p>Sunday, May 20 Sunday Sundaes • Make your own ice cream sundaes! Free</p> <p>Monday, May 21 Speed Pool • Time: 1200; Free Pizza for Players</p> <p>Wednesday, May 23 Free Throw Challenge • Time: 1200</p>	<p>Friday, May 25 Dolphin Resort Trip • Time: 1000</p> <p>Saturday, May 26 Al Dar Island Trip! • Time: TBA</p> <p>Sunday, May 27 Sunday Sundaes • Make your own ice cream sundaes! Free</p> <p>Monday, May 28 Speed Pool • Time: 1200; Free Pizza for Players</p> <p>Tuesday, May 29 Chess Tournament • Time: 1800</p>
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For more information, call the Liberty Center at 439-3192