

# HM-15 Honors Fallen Shipmates



Photo by MC1 Richard Doolin

U.S. Navy Sailors bow their heads in prayer during a memorial service for Naval Aircrewman (Helicopter) 2nd Class Joseph P. Fitzmorris, and Chief Naval Aircrewman (Helicopter) Sean P. Sullivan. Both were assigned to Helicopter Mine Countermeasures Squadron (HM) 15, and died in a helicopter crash while conducting heavy lift support operations 58 miles southwest of Muscat, Oman, July 19. HM-15 is assigned to Commander, Task Force (CTF) 52, supporting mine countermeasures in the U.S. 5th Fleet area of responsibility.

By MC2 Tracey L. Whitley

U.S. Naval Forces Central Command Public Affairs

**NAVAL SUPPORT ACTIVITY, Bahrain** — Friends and service members gathered for a memorial service held aboard Naval Support Activity, Bahrain, July 23 to honor the lives of two fallen shipmates assigned to Helicopter Mine Countermeasures Squadron (HM) 15, also known as the 'Blackhawks.'

Naval Aircrewman (Helicopter) 2nd Class Joseph P. Fitzmorris, 31, of West Monroe, La., and Chief Naval Aircrewman (Helicopter) Sean P. Sullivan, 40, of St. Louis, Mo., were killed July 19 when their MH-53E Sea Dragon helicopter crashed 58 miles southeast of Muscat, Oman, while conducting heavy lift support operations.

The memorial service opened with an invocation by Lt. Kenneth Dowdey, command chaplain, followed by remarks from Cmdr. Sara Santoski, HM-15's commanding officer. Santoski spoke about both Sullivan and Fitzmorris' selfless devotion to duty and unwavering commitment to the Navy.

"These men and Sailors were the best of us here at HM-15," said Santoski. "They were honorable men, dedicated to their families, talented and professional soldiers, and true patriots. They certainly were the best America had to offer."

Fitzmorris, commonly known among his friends as "JP," joined the Navy in 2004 as an Aviation Electrician's Mate, and continued his service as a Naval Aircrewman. Fitzmorris completed tours with Helicopter Training Squadron (HT) 8, Helicopter Training Squadron (HT) 28, and HM-15.

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# Financial Education Forum for the Military

By Weam M. Ahmed  
Staff Writer

**NAVAL SUPPORT ACTIVITY, Bahrain** — In an effort to help military service members and families manage their finances, a financial education forum was held at Naval Support Activity (NSA) Bahrain, July 16-18.

Presented by the Financial Industry Regulatory Authority (FINRA) Investor Education Foundation in partnership with Fleet and Family Support Center (FFSC) Bahrain, the forum was conducted for three days and was open free of charge to all active duty, reserve, retired service members, Department of Defense (DoD)/Department of Homeland Security employees and their families.

The forum provided information about investments and discussed concerns like how to solve financial problems, how to save, improving credit scores, investing for the future, picking an investment, saving for retirement, investment risks, fund man-

agement and the Thrift Saving Plan (TSP).

"We are here to help service members all around the world manage their money with confidence," said President of FIRNA Investor Education Foundation Geraldine Walsh. "We've got a memorandum of understanding with DoD and we created a multi-faceted campaign to raise awareness about the importance of getting your financial act together."

FIRNA is an independent not-for-profit organization that regulates securities firms and make sure they operate ethically in order to protect and educate investors, by maintaining fairness of the U.S. capital markets.

"We got started with fine money that had been levied against a financial firm that was mis-selling securities products to military families," said Walsh. "We imposed a fine on that company, required them to pay back investors who had lost money, and then we took the remaining fine money to create this financial education project to help service members achieve their financial goals."

FINANCIAL EDUCATION FORUM Page 4



Photo by Weam M. Ahmed

President of the Financial Industry Regulatory Authority (FINRA) Investor Education Foundation Geraldine Walsh, gives a presentation during a financial education forum at Naval Support Activity (NSA) Bahrain, July 18.

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THESE STORIES AND MORE...

# Family Life at NSA Bahrain

## Children Complete Drug Education Program

By Weam M. Ahmed  
Staff Writer

**NAVAL SUPPORT ACTIVITY, Bahrain** — A graduation ceremony for twenty-three children was held to celebrate the completion of phase 1 of the Drug Education For Youth (DEFY) program at Naval Support Activity (NSA) Bahrain, July 12.

DEFY is a program designed for children ages 9-12 to help them build positive behaviors and give them the information they need at that age to stay away from drugs and other destructive habits.

DEFY training incorporates skills like team work, decision making and conflict resolution through theoretical and practical methods as well as educational videos.

“The program teaches kids about how to say no to drugs,” said DEFY Lead Program Coordinator Electronics Technician 1st Class (SW/AW) James Warren. “It teaches them about picking a role model, how to choose a mentor in their life, resolving conflicts, how to stand up for themselves, ways to stop bullying and team work.”



Photos by Weam M. Ahmed

Program participants and organizers pose for a group photo at the graduation ceremony, July 12.



Children participating in the Drug Education For Youth (DEFY) program relax after a group activity, July 8.



Children participating in the Drug Education For Youth (DEFY) program engaged in a game of tug of war, July 8.

For its second year at NSA, the eight-day program included many activities, like fitness exercises and field trips as a part of the educational experience.

“The kids are broken up into teams from day one of camp, and we have different challenges and obstacles that no one person can do, it takes the entire team, which makes them think on how to use each other to overcome that obstacle,” said Warren. “We do educational field trips as well like the Grand Mosque, Bahrain Museum, Seef Museum and bowling.”

“We learned about marijuana, tobacco and alcohol, [and that] some things are not good for you and marijuana is illegal in the United States,” said 10 year old Marryiamawet Anthony. “I don’t know if they are doing it next year, but if they do I am going to enter, I like DEFY, I made so many friends.”

For the 19th year, DEFY is available worldwide to all branches of service and is funded completely by the Department of Defense (DOD).

**the Bahrain**  
**DESERT TIMES**

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

**Commanding Officer**

**Naval Support Activity Bahrain**

Capt. Colin S. Walsh

**NSA Bahrain Executive Officer**

Cmdr. Justin Rubino

**Public Affairs Officer**

Jennifer L. Stride

**Editor**

David Sidney

**Staff Photojournalists**

MC2(EXW) Timothy Wilson

Weam M. Ahmed

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Two children participate in the rock climbing activity as a part of the Drug Education For Youth (DEFY) program, July 12.

## Chaplain's Corner Long Memory Road



By **Cmdr. Brent Johnson**  
NSA Command Chaplain

My relatives in Sweden live on an interesting road in the town of Matfors. Their street is called "Long Memory Road" when you translate it into English. The reason is people have lived on that road for over 2,000 years. They live along a river that empties into the nearby Baltic Sea and was a landing area for Viking long boats in the early Middle Ages. Magnus, a cousin who built a house along that road said he prayed every day the construction guys would not find a spear or arrow head when they dug the foundations because that meant an automatic call to archeologists who would halt the project and investigate the site to ensure there were no cultural artifacts needing to be preserved.

My sons enjoyed visiting their cousin's school in Matfors because the playground had a huge mound in the middle of it that they used for playing King on the Mountain. What really got my boys excited was the fact that it is the burial mound of a chieftain from the Viking

age. That beat any playground on any school they ever attended back home.

We people like to leave memorials. Some are permanent, like the burial mound at the school my boys visited in Sweden. Other memorials are names given to streets and highways in memory of someone, like Lincoln Avenue or Long Memory Road. Some memorials are spontaneous. I saw Sailors walk up to the photographs of two shipmates this week and pull their patches off of their flight suits and leave them as silent tribute to the fallen at the end of a memorial service.

In the Book of Joshua, chapter four, Joshua had a man from each of the twelve tribes of Israel carry a stone from the middle of the River Jordan and set them up in their camp after they finally crossed into their Promised Land. They did this so that they would not forget all God had done to get them there. The stones would prompt future generations to ask, "What do these stones mean to you?" The answer would be that they are a memorial forever.

Some of us do not get to place twelve stones in a public place, or get to name streets, or create spontaneous monuments. We do get to take part in programs that can help someone else. We can give our time, money, or strength to make a change in this world. There is a box near the NEX and another in the Main Chapel where people can leave non-perishable food items, hygiene or paper products, or household items to be donated to local food banks. We call it the Feds Feed Families Program and you can take part. No one remembers the names of the twelve men who carried the stones out of the Jordan, but their act has never been forgotten. What about you?



Photo by Weam M. Ahmed

**Chef Sarah Simington serves her famous French toast and caramelized blackberries at Oasis cafeteria at Naval Support Activity (NSA) Bahrain during the Navy Entertainment and Morale, Welfare and Recreation sponsored visit of Food Network's Messlords, July 25.**

## Celebrity Chefs Serve Up a Home Cooked Treat

By **Weam M. Ahmed**  
Staff Writer

**NAVAL SUPPORT ACTIVITY, Bahrain** — Food Network celebrity chefs prepared and served breakfast and lunch to service members at Oasis cafeteria at Naval Support Activity (NSA) Bahrain, July 25.

Organized by Naval Entertainment and Moral, Welfare and Recreation (MWR), Messlords celebrity chefs: Panini Pete, Sarah Simington, Stretch and Hodad prepared a special one day menu for breakfast and lunch as a part of their tour.

"We've done tours in the states, Japan, Guam, Puerto Rico and Cuba," said Pete. "This is the first time that we came out here to the middle east."

Messlords cook for U.S. troops around the world to bring a taste of home as well as boost morale and provide entertainment.

"MWR brings us out to bring a little love

to the troops," said Pete. "We do some home cooking, show them a good time, tell them we love them and it's a great experience."

Breakfast was served early in the morning and included Simington's famous French toast encrusted with coco puff cereal topped with fresh bananas and peanut butter, Monte Cristo with grilled cheese, turkey and ham served with syrup and caramelized fruit as well as vegetarian omelets with special herbs and spices.

For lunch, the menu included Pete's famous Cuban panini, fresh roasted pork, barbeque ribs, fish tacos or tacos de pescado gringo and Hodad's cheeseburgers.

"Bahrain has been quite frankly my favorite of the bases we've worked at," Simington said. "The kitchen is fantastic and organized and the staff is so pleasant and eager, it's been great."

For more information on MWR events, visit the MWR Bahrain Facebook page.

## From the Desk of the Command Master Chief



By **CMDCM Ed Lambert**  
NSA Bahrain Command Master Chief

Shipmates,

Sailors need to be engaged with their chain of command and the chain of command needs to be engaged with their Sailor. When a Sailor checks into a new command, whether they're coming from boot camp, shore duty, or their fourth sea tour, they should be given a Career Development Board within the first six months. That very first career development board gives a snapshot of where a Sailor is and what they need to do to Perform to Serve.

Personal and professional goals should be set with a path set to achieve them. Perform to Serve is a reality of today's Navy and it is imperative that leadership understand the program and the process so that they can explain it coherently to their Sailors.

For more information contact your Command Career Counselor.



**feds feed families**

Non-perishable food items can be placed in donation boxes located by the NEX in P-911 and in the Chapel.

Donations will go to local charities.

Children and families are in great need of donated food this summer.

Federal employees and the CHCO Council are joining together to collect 2 million pounds of food nationwide.



## It's Not Worth It

The Naval Criminal Investigative Service is launching its next awareness campaign to reduce crime, protect DOD assets and promote good order and discipline. This quarter, in conjunction with the Navy Bureau of Medicine, NCIS is seeking to further inform and educate on the negative effects of the synthetic drug known as Spice. While Spice has been on the scene now for several years, it continually evolves. Be aware, it is never made safer. Below are a few warnings. Military members who consider use of this drug should be aware... <http://www.youtube.com/watch?v=S-5Sm8rNPr8&feature=youtu.be>

- Using Spice has serious medical consequences. It is very important you know and understand the adverse health effects of Spice and other synthetic designer drugs.

- People who manufacture and market synthetic marijuana like Spice use dangerously creative ways to get around the law. Manufacturers constantly change the product ingredients and market the drugs under new names. It is not FDA approved and there is no regulation over how these products are made. The damage these drugs do to your mind, body and career can be permanent.

- The Navy is working with the Armed Forces Medical Examiner System to develop testing for the ever changing market of designer drugs. Because this is a moving target and some chemicals will not show up in routine testing, Commanding Officers do not need a positive urinalysis to begin administrative separation. The damage these drugs do to your mind, body and career can be permanent. It's not legal, It's not healthy, It's not worth it. More information on the negative health effects of Spice can be found at: <http://www.med.navy.mil/Pages/Spice.aspx>

For more information, or to schedule a formal command brief, please contact NCIS, Middle East Field Office, Bahrain at 973-1785-4271.

**CNE-CNA-C6F/CNREURAFSWA**

### IG HOTLINE

**Report fraud, waste, abuse, and mismanagement in Navy activities to:  
Office of the Inspector General, Naples, Italy Leave a recorded message  
24/7: DSN 626-2983, COMM 081-568-2983 Speak to the IG Investigator:**

**DSN 626-2964, COMM 081-568-2964**

**E-Mail: [ighotline@eu.navy.mil](mailto:ighotline@eu.navy.mil)**

**Web Site: [www.cnic.navy.mil/europe/index.htm](http://www.cnic.navy.mil/europe/index.htm)**

**You can choose to remain anonymous or confidential.**

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His friends remembered him as fun-loving with an undeniable zest for life.

"Fitz loved a lot of things," said Lt. Michael McDonald. "He loved his wife Jackie, he loved his dogs, he loved his truck, he loved ordering Firehouse for lunch, he loved LSU Football, country music, beer, flying, and he loved us."

Sullivan enlisted in the Navy as an Aviation Structural Mechanic in 1992, continuing on as a Naval Aircrewman. His tours included Naval Air Facility Atsugi, Helicopter Training Squadron (HT) 8, Helicopter Combat Support Squadron (HC) 4, Naval Recruiting District St. Louis, and HM-15.

Aviation Warfare Systems Operator 1st Class Eddie King remembered the passion Sullivan shared as a member of the 'Blackhawk' team.

"I've never met anyone that loved flying as much as he did. Anytime that bird was going up he wanted to be out there," said King. "No matter what mission we were going to do, no matter the place, the time, the danger; no one's hand went up before Chief Sullivan's."

King continued, "I know in my heart he would have my back when I say to all of HM-15, 'It's time to get back to work. Let's not mourn them, let's honor them.'"

Fitzmorris is survived by his wife Jacqueline and his mother Florence.

Sullivan is survived by his wife Amy and his parents Timothy and Kathy.

HM-15 is assigned to Commander, Task Force (CTF) 52, supporting mine countermeasures in the U.S. 5th Fleet area of responsibility.



## Safety Note:

### Proper Usage of Golf Carts

NSA Bahrain is unique in that it is a predominately pedestrian base. Narrow roadways and walkways limit traffic access to vehicles required for base delivery operations and security measures. While golf carts and low speed vehicles have been authorized for transportation in areas where other vehicles are not practical, their use should be restricted to official business only.

While driving a golf cart/utility vehicle (carts), the safety of yourself and others shall be your top priority. Carts shall be operated with the utmost courtesy, care and consideration for the safety and convenience of other vehicles and pedestrians. Responsible driving requires concentration, sound judgment, and common sense on your part.

#### **DO's and DONT's when operating this potentially dangerous vehicle:**

Following these operating rules will help you avoid or minimize golf cart accidents.

- Only authorized drivers (valid state, international, Bahrain motor vehicle operator's license) are allowed to operate carts following approval by their supervisors.
- Familiarize yourself with the controls used to start, stop, park, accelerate, and backup the cart. If the cart is not operating properly, park in a safe location, remove the key and any valuables, and notify your supervisor immediately.
- Never operate the cart under the influence of drugs or alcohol that may impair your driving ability. If you are taking prescribed medication that makes you drowsy or if you are impaired in any way, tell your supervisor and do not drive the cart.
- Do not operate carts or vehicle on sidewalks.
- Do not block entrances to buildings, stairways, fire exits, disability ramps or main thoroughfares.
- All occupants in the vehicle shall keep hands, arms, legs and feet within the confines of the cart while it is in motion.
- Drivers shall stop carts at all blind intersections and sound their horns (if equipped) before cautiously proceeding.
- Carts should be operated at speeds no greater than 10 miles per hour.
- Do not wear headphones, use cell phones or use/operate any other device that may cause a distraction while driving.
- Carts shall not be modified in any manner that affects the recommended mode of operation, speed, or safety of the vehicle.
- Never exceed the maximum load capacity recommended by the manufacturer, either by number of occupants or weight of the passengers and load.
- All accidents involving carts shall be reported immediately to the supervisor of the department to which the cart is registered and to Safety Office. Regardless of whether property damage or personal injury occurred, accidents must be reported.
- Each driver shall be responsible to provide timely notification of safety and maintenance concerns to the supervisor of the department to which the cart is registered.

Even at relatively slow speed, golf carts can cause serious injury. If we all do our part to ensure that these vehicles are operated in a safe manner, we can continue to enjoy the benefits and advantages they afford.

For more information about golf cart and other safety concerns please contact NSA Safety at 439-8226.

*FINANCIAL EDUCATION FORUM from Page 1*

"I came to get some information about FINRA, and see what they had to say about investing. I think it was great, it's an excellent organization," said Cmdr Christopher Scott McClellan.

Attendees received a package of advisory brochures and booklets and were able to inquire and discuss related questions and concerns.

"I wanted to start investing, and this training really helped me out and it gave me

more clarification on TSP and how to manage your money best," said Operation Specialist 2nd Class (SW/AW/IDW) Christelle Byll.

A free website, [www.saveandinvest.org](http://www.saveandinvest.org) was created by FIRNA and is a resource available to help military members learn more about managing their money, learn about investments and help get credit or debt under control.

For more information on financial management, contact FFSC at 439-4046.

# Navy Releases Voluntary Sea Duty Program Update

From Navy Personnel Command Public Affairs

**MILLINGTON, Tenn. (NNS)** — Navy released additional guidance for the Voluntary Sea Duty Program (VSDP) which provides incentives to Sailors who extend at sea or return to sea duty early officials said, July 13.

“This program allows Sailors and their families to stay in their same duty location or relocate to a duty location of their choice,” said Capt. Kent Miller, director, Enlisted Distribution Division, Navy Personnel Command (NPC). “Applicants may also be eligible to defer Perform-to-Serve (PTS), providing an opportunity to enhance their record with operational duty.”

VSDP was announced in January to support the Navy’s war-fighting mission of operating forward and maintaining readiness. The program encourages highly trained and motivated Sailors to voluntarily extend their enlistment in their current sea duty billet beyond their prescribed sea tour, to terminate shore duty and accept new orders to a sea duty billet or to accept back-to-back sea duty orders beyond their prescribed sea/shore flow.

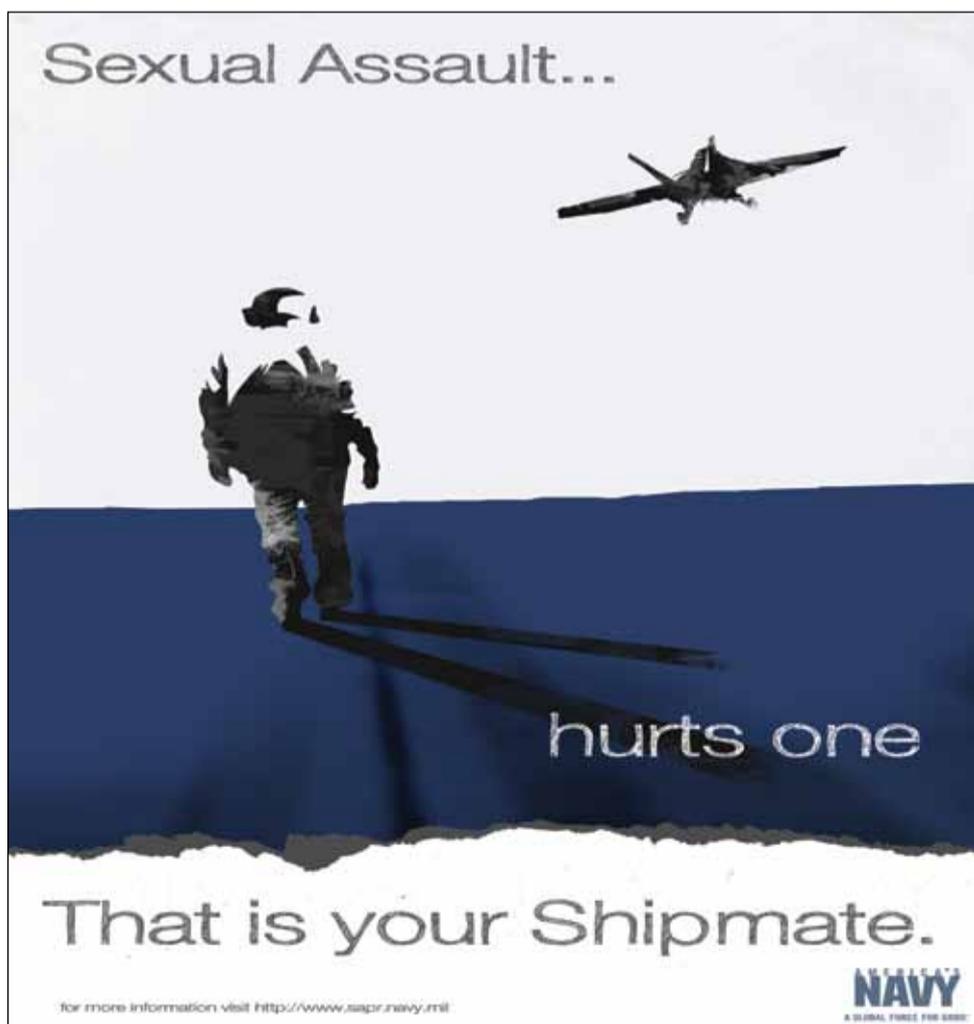
The sea duty assignment may be on board ships, squadrons, or other qualified sea duty assignments. NAVADMIN 205/12 clarifies 15 items from the initial message. Among the updates:

- Sailors in the PTS eligibility window who wish to apply for VSDP must have their VSDP application submitted for consideration no later than the last day of the month, two months prior to their final PTS application.
- VSDP orders will not be cancelled for Sailors who subsequently receive a PTS quota after VSDP orders have been negotiated.
- Sailors on shore duty must submit their VSDP request no later than 12 months prior to their projected rotation date.
- VSDP requests for Sailors who have completed less than 24 months on their current shore tour will be considered on a case-by-case basis based on orders requested and current command manning.
- Sailors serving overseas, or in a DoD-area tour, can request to extend their current sea tour, curtail their current shore tour if they remain in the same geographical area, or request back-to-back sea duty in any area of their choice with a valid billet.

Consecutive Overseas Tour requirements may apply. Volunteers will not be required to accept a billet they do not desire. Detailers will work with volunteers during two Career Management System/Interactive Detailing (CMS/ID) cycles to find desirable orders. If no match is found during this time period their VSDP application will expire and Sailors still desiring VSDP must reapply.

This program does not change eligibility or benefits for the Sea Duty Incentive Pay, which provides eligible Sailors an additional \$500 to \$1,000 a month for extending their sea tour or returning to sea duty early. Sailors may take advantage of both programs concurrently. Requests will be accepted until Sep. 30.

All 1306/7 requests should be forwarded to NPC via the chain of command. Sailors interested in applying for VSDP should read NAVDMINS 043/12 and 205/12 for complete details and talk with their chain of command.



## Photo From The Fleet

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



Photo by MC3 Scott Pittman

**Cryptologic Technician (Technical) 1st Class Chris Medick, left, and Cryptologic Technician (Technical) 3rd Class Jonathan Hernandez stand watch at an SLQ-32 console, the primary anti-missile defense system aboard aircraft carrier USS Enterprise (CVN 65). Enterprise 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.**

## Command Triads Reminded to Register for Sapr-Leadership Preparatory Training

From Chief of Naval Personnel Public Affairs

**WASHINGTON (NNS)** — Command triads must register now for Sexual Assault Prevention and Response-Leadership (SAPR-L) training, Navy officials announced July 19.

As outlined in NAVADMIN 199/12, command leadership triads (commanding officer/officer in charge, executive officer/assistant officer in charge, and command master chief/chief of the boat/senior enlisted advisor) in fleet areas and other locations must complete SAPR-L training.

SAPR Master Mobile Training Teams (MMTTs) began deployments to worldwide regions July 13, and are conducting SAPR-L training for command triads with nearly 650 training sessions at 95 global sites through July and August. Commanders must sign up for training now through Enterprise Safety Applications Management System (ESAMS). The full training schedule can be accessed at [https://esams.cnmc.navy.mil/ESAMS\\_GEN\\_2/External/Ext\\_CourseSearch.aspx?c=s636044316952466414](https://esams.cnmc.navy.mil/ESAMS_GEN_2/External/Ext_CourseSearch.aspx?c=s636044316952466414).

Enrollment instructions are available at <http://www.public.navy.mil/bupers-npc/support/sapr/Documents/ESAMS%20SAPR%20Instructionsv2print.pdf>. SAPR training is part of the Navy’s aggressive efforts to prevent sexual assaults and promote positive relationships to instill a culture of professionalism. The SAPR-L “train the trainer” training will prepare command triads and provide the tools to conduct SAPR-L training within their commands to Chief Petty Officers and officers.

All E-7 and above personnel must receive SAPR-L training by Sept. 30, and SAPR-L training completion will be documented by commands via the Fleet Training Management and Planning System (FLTMPS). More information on FLTMPS reporting will be released in a future NAVADMIN. To ensure all hands are trained, command leadership will then deliver SAPR-Fleet (SAPR-F) training to all Sailors E-6 and below starting in October. This training will focus on bystander intervention and equip Sailors with the skills necessary to positively influence behavior.

“Both SAPR-L and SAPR-F training will provide our team the critical tools to eliminate sexual assault and promote the Navy’s core values of honor, courage and commitment that define our culture of respect and professionalism,” said Rear Adm. Martha Herb, director of personal readiness and community support. SAPR is an important element of the readiness area of the 21st Century Sailor and Marine initiative, which builds resiliency to hone the most combat-effective force in the history of the Department of the Navy (DON). Additional information regarding SAPR training efforts can be found at the SAPR L/F training Web pages at [www.sapr.navy.mil](http://www.sapr.navy.mil).

## HR Classified Ads

### LOCAL NATIONAL POSITIONS:

#### Announcement: NSA-12-067

**Position:** Mail & File Clerk (Finance), BG-0305-05 FPL BG-07  
**Department:** Supply Division, FLSCI NAVSUP  
**Opening Date:** 16 Jul 2012 - **Closing Date:** 30 Jul 2012

#### Announcement: NSA-12-068

**Position:** Secretary (OA), GS-0318-05 FPL GS-06  
**Department:** NAVSUP, FLSCI - Bahrain  
**Opening Date:** 25 Jul 2012 - **Closing Date:** 08 Aug 2012

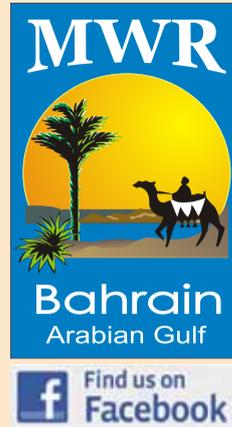
#### Announcement: NSA-12-053R

**Position:** Recreation Aid (Lifeguard), BG-0189-05  
**Department:** MWR Bahrain  
**Opening Date:** 22 Jul 2012 - **Closing Date:** 12 Aug 2012

The mission of the Human Resources Office (HRO) is to administer Human Resources Management programs for U.S. civil servants and Foreign National employees of the Naval Support Activity Bahrain. HRO provides consultative advice and guidance to various commands and activities in the following program areas: position management and classification; recruitment and staffing; labor management advisory services; Equal Employment Opportunity Program; employee development; employee relations matters; and benefit entitlements.

Questions?

To speak to a Human Resources Specialist, please call: 1785-4763 or DSN (318) 439-4763.



## Movie Schedule

### Friday, July 27

#### Theater A

10 a.m. - The Hunger Games (PG-13)  
 12 p.m. - Gone (PG-13)  
 2 p.m. - One For The Money (PG-13)  
 4 p.m. - Man On A Ledge (PG-13)  
 7 p.m. - Safe House (R)  
 9 p.m. - 21 Jump Street (R)

#### Theater B

11 a.m. - Dr Seuss: The Lorax (PG)  
 1 p.m. - The Three Stooges (PG)  
 3 p.m. - War Of The Worlds (PG-13)  
 5 p.m. - Act Of Valor (R)  
 7 p.m. - Cabin In The Woods (R)  
 9 p.m. - Wonderlust (R)

### Saturday, July 28

#### Theater A

11 a.m. - Dr Seuss: The Lorax (PG)  
 1 p.m. - Mirror Mirror (PG)  
 3 p.m. - War Of The Worlds (PG-13)  
 5 p.m. - The Lucky One (PG-13)  
 7 p.m. - One For The Money (PG-13)  
 9 p.m. - Aliens (R)

#### Theater B

11 a.m. - The Three Stooges (PG)  
 1 p.m. - Man On A Ledge (PG-13)  
 3 p.m. - A Thousand Words (PG-13)  
 5 p.m. - Wrath Of The Titans (PG-13)  
 7 p.m. - The Lockout (PG-13)  
 9 p.m. - Act Of Valor (R)

## Comments & Suggestions

All are welcome to send comments or suggestions to MWR Bahrain. Please e-mail them to: [MWRsuggestionBox@me.navy.mil](mailto:MWRsuggestionBox@me.navy.mil)

If you would like to receive MWR Bahrain's e-mail announcements, just send your official e-mail to the above address.

## ITT

### Ramadan Iftar Buffet

Thursday, July 26

- Time: 1630 - 1900
- Min 5 people; Buffet is on your own expense!!

### Group Fishing Trip

Friday, July 27

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

### Al Areen Wildlife Park

Saturday, July 28

- Time: 0900
- Min 5 people; ITT Price: \$5.00

### SWIM WITH THE DOLPHINS

Friday, August 3

- Time: 1000 - 1300
- Min 5 people; ITT Price: \$44

### PEARL "SNORKEL" HUNT

Saturday, August 4

- Time: 0630
- Min 8 - Max 10 people;
- ITT Price: \$47.00 per person

### GROUP BOOKING TOURS

More group tours are available, stop by the ITT Office.

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

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

**May I Kiss You?**  
 A Candid Look at Dating, Communication, Respect, & Sexual Assault Awareness

**Free Admission**

**Win T-Shirts**

*Through Humor and Honesty, Mike Domitrz gets people to take action!*

Brought to you by:  
**07 August 2012**  
**Freedom Souq MPR**  
**@ 1000, 1300 and 1430**

INFO: 439-4046

**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"



Thursday, July 26  
**FIFA 12' Tournament**  
 • Time: 1730

Friday, July 27  
**\$3 Mall Shuttle to City Center Mall**  
 • Time: 1700-2100

Saturday, July 28  
**Summer Water Balloon Wars!**  
 • Time: @1700

Sunday, July 29  
**Sunday Sundaes**  
 • Time: 1100; Free Ice Cream Sundae!

Monday, July 30  
**Speed Pool**  
 • Time: 1200; Free Pizza For Players

Tuesday, July 31  
**Sailor Vs Food: Hot Wing Challenge**  
 • Time: 1700

Wednesday, August 1  
**Darts Tournament**  
 • Time: 1700

Thursday, August 2  
**FIFA Tournament**  
 • Time: 1730

Friday, August 3  
**\$3 Mall Shuttle**  
 • Time: 1700-2100

Saturday, August 4  
**Grand Mosque Tour**  
 • Time: 1400; With lunch

Sunday, August 5  
**Sunday Sundaes**  
 • Time: 1100; Free Ice Cream Sundae!

Monday, August 6  
**Speed Pool**  
 • Time: 1200; Free Pizza For Players

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