

The Scimitar

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CPO selectees lend helping hand

Project fosters community contribution, team-building

By JOC Rodney Furry
Force Chief Journalist



U.S. Navy photo by JOC Rodney Furry

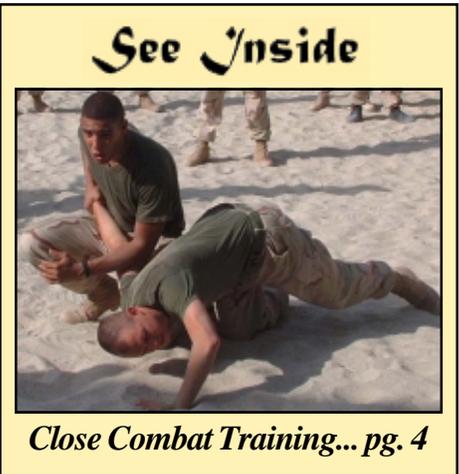
Chief Boatswain's Mate (Select) Vernvan Hinson adds finishing touches to a window frame at the Modern Knowledge School in Juffair. The volunteer project was organized to make improvements to the school by the FY04 Chief Petty Officer selectees. The three-phase project is their effort to contribute to the local community, and develop valuable team-building skills.

MANAMA, Bahrain – A large group of Bahrain's Chief Petty Officers and Chief selectees met at the Modern Knowledge School in Juffair last Saturday to help make improvements to the school and develop their skills as team-builders.

The school, located in a neighborhood near Naval Support Activity, Bahrain, had fallen into serious disrepair in recent years. The CPO community here identified it as a possible service project recently, but it was decided that the project would be a perfect learning opportunity for this year's large group of Chief selectees.

"I've been doing projects like this for years," said Chief Aviation Ordnanceman (EOD/AW) (Select) Buster Stancil of Explosive Ordnance Disposal, Mobile Unit Four. "But as we fix this place up, I'm learning the importance of how a large task can be accomplished by a small group of people through planning and teamwork."

After an early morning start to beat the



Close Combat Training... pg. 4

heat, the group organized into teams of painters and bricklayers. The focus of the day was to get a large covered area in the school's courtyard paved with over 17 pallets of bricks, and paint on the walls of several classrooms. What was once a dirt lot spotted with large holes soon became a clean, safe play area for the kids.

As the project took shape, the mercury rose above 100 degrees to the point where water goes beyond refreshment and becomes a survival tool. Still, they labored into the late morning, rotating in shifts to keep the project on schedule.

See Selectees - page 2

COMUSNAVCENT basketball team brings home championship

By JO3 Shawnee McKain
Staff Photojournalist

MANAMA, Bahrain – In a championship game that could only be described as spectacular as the season itself, COMUSNAVCENT pulled out a 75-74 rally to defeat Security in the summer basketball league championship game Monday night.

"It takes more than raw talent to be a championship team," said Chief Yeoman(AW) (Select) John Robinson, the team's point guard. "It takes intelligence on

the basketball court. The rest of my teammates and I played smart and did everything we could to bring the trophy home to NAVCENT."

COMUSNAVCENT started off the season with a 1-0 record, then lost their second game to Supply. They went on to win their next five before suffering their second and final loss.

"As we moved closer to the end of the season, we got the chemistry together and we knew we were the team to beat," Robinson said.

See Champions - page 3



U.S. Navy Photo by JO3 Shawnee McKain

The COMUSNAVCENT basketball team holds their trophies in victory after beating the Security team 75-74 in Monday's Summer Basketball League championship game.

Selectees from front page

Master Chief Intelligence Specialist (SW/AW) Edward Lavieri, Commander, U.S. Naval Forces Central Command/Commander, 5th Fleet Command Master Chief expressed the value of what generations of Chiefs have already learned.

"It's important that as community leaders, they learn to feel what they are learning in their hearts," he said. "Becoming a Chief Petty Officer is more than just a change of uniform; it's a shift in focus, a completely new way of thinking about our responsibilities."



One of the responsibilities instilled in every new Chief is a sense of giving something back. Not just to the community, but to the Sailors and Chiefs who helped them reach this milestone in their careers.

"This has been a dream of mine for along time," said Chief Cryptologic Technician/Administration (Select) Vickie Thomas from COMUSNAVCENT. "Community service, training, mentoring – these are all things I've built my career on, so I'm eager to pass them on to young Sailors."

Stancil agreed that giving something back and giving credit where it is due is a key to success. "I have medals that were given to

me because a Chief recognized my contributions and made sure I got credit for my work. I'm looking forward to the chance to be the kind of Chief that passes that recognition on to the Sailors who deserve it," he said.

As the group of Selectees, and the Chiefs serving as their mentors, work on the project over the next two weekends, the focus will continue to be on team-building and leadership. But aside from the lessons they plan to take away from the experience, the selectees and their sponsors feel confident their work will have a lasting and positive impact on the children and their learning experience here. What the children will never know is that the best learning experience was gained by the future Chief's who will pass on the lessons to future generations of Sailors. 🇺🇸



Commander, U.S. Naval Forces Central Command and Commander, U.S. 5th Fleet, is **Vice Adm. Timothy J. Keating**.

The Scimitar is an authorized publication for the men, women and families serving overseas in the U.S. Naval Forces Central Command area. The editorial content of The Scimitar is prepared, edited and provided by Commander, U.S. Naval Forces Central Command/Commander, U.S. Fifth Fleet Public Affairs Office. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Navy and do not imply endorsement thereof. Questions and comments can be directed to the Public Affairs Office. The Editor of the Scimitar can be reached at 724-510 or 724-027. Stories and input may be submitted via e-mail to: scimitar@cusnc.navy.mil.

PAO: CDR Hal Pittman

Editor: JO1(SW) Dennis Herring

Layout Editor: JO2 Denny Lester

Staff Photojournalists:

PH1(AW) Ernest Hunt
PH1(AW) Shane Wallenda
PH2 Veronica Birmingham
PH2 Daniel Lapierre
JO3 Shawnee McKain
JOSN Erica Gardner

BLINK 182

LIVE IN CONCERT

MAINSTREET PARK

1900

MONDAY, AUGUST 25th

MWR SPONSORED

POC: DAN x9193

Still photo cameras are welcome however no video equipment allowed.
Adult content may not be suitable for audience under 18.
Parental guidance advised.

Champions from front page

The team won every game from that point on.

When they took the court for the championship game, they were a force to be reckoned with and were not going to accept defeat. That is, until a roster error was uncovered and their star player was confined to the bench.

“We had a controversy before the game because they wouldn’t let our start player play,” said Yeoman 1st Class Kimothy Jones, the team’s forward. “He didn’t join the team until the middle of the season. Since the other team had the original roster from the beginning of the season and he wasn’t on it, he couldn’t play according to league rules.”

Even with this setback, the team stepped up and stunned the opposition.

COMUSNAVCENT started off the game down by seven and was still losing at halftime.

They came back in the second half to tie the game at 70 before moving into overtime. Information Systems Technician 3rd Class(SW) Kevin “Kilo” Lewis scored the game winning basket to pull COMUSNAVCENT ahead and win the game.

“They played as a team and it was a total team effort throughout the season,” said Operations Specialist Chief (SW/AW) Curtis Barnes, the team’s coach. “The game was a true testament to what you can do as a team.”

“We would like to thank all the fans who came out and supported us during the season and at the game,” Robinson said.

COMUSNAVCENT ended the season with a 12-2 record.

(right) Security team player, Kevin Mazique, rebounds the ball in the Summer Basketball League championship game Monday night. COMUSNAVCENT went on to win 75-74 in overtime. U.S. Navy Photo by JO3 Shawnee McKain.



Command Religious Program Naval Support Activity Bahrain



Weekly Schedule of Events

Monday	1200 - Catholic Mass, Chaplain’s Office Chapel Annex 1700 - Gospel Choir Practice, Chapel/Training Facility
Tuesday	1200 - Catholic Mass, Chaplain’s Office Chapel Annex 1830 - Gospel Bible Study, Chaplain Parker’s flat
Wednesday	1200 - Catholic Mass, Chapel/Training Facility 1630 - Catholic Choir Practice, Chapel/Training Facility 1730 - Protestant Choir Practice, Chapel/Training Facility 1830 - Gospel Choir Practice, Chapel/Training Facility 1830-2000 - Alien Youth Group Bible Study (grades 9-12), Bahrain School Room NTC 2000 - Gospel Praise Dancer’s rehearsal, POC Elder Sorrells
Thursday	1200 - Catholic Mass, Chaplain’s Office Chapel Annex 1630-1700 – Confessions, Chapel/Training Facility 1730 - Catholic Vigil Mass, Chapel/Training Facility 1830 - Gospel Intercosy Prayer Ministry, POC Evangelist Shabazz-Fentress
Friday	0930 - Catholic Mass, Chapel/Training Facility 0930 - Protestant Adult Friday School II in the CPO Lounge at the Dome 1100 - Protestant Worship Service, Chapel/Training Facility 1130 - Gospel Friday School Class, Navy College Classroom #2 1300 - Gospel Service, Chapel/Training Facility 1330 - Gospel Children’s Church ages 5-10 in the CDC, POC Mrs. Fulson 1800 - Protestant Evening Worship/Fellowship/Potluck at Chaplain Parker’s flat 1830 - Catholic Study Group, Chaplain Borger’s flat
Saturday	0730 - Protestant Single and Geo-Bachelor Men’s Study in the Dome Conference room
Sunday	1200 - Catholic Mass, Chaplain’s Office Chapel Annex 1700 - Church of Christ Service, Chaplain’s Office Chapel Annex 1800 - Protestant Evening Worship Service, Chapel/Training Facility 1900 - Gospel Praise Dancer’s rehearsal, POC Elder Sorrells

- Laypeople:**
 Muslim- CTCIM Young
 Church of Christ- SSG Veasey
 Int’l Church of Christ- PH2 Lapierre
 Latter Day Saints- CDR Hansen
 Jewish- LTJG Frey
 United Pentacostal- CW3 Moody
- NSA Chaplain Staff:**
 Capt. Parker, Command Chaplain
 Lt. Borger, Catholic Chaplain
 RP1(SW) Jefferson-Brooks
 RP2 Harris
- NAVCENT Chaplain Staff:**
 Capt. Tidd, Command Chaplain
 Cdr. Parisi, Catholic Chaplain
 RP2 Redfield
 RP2 Mosqueda

Questions regarding Command Religious Programs, please contact NSA Bahrain Chaplain’s office at 439-4235/4303 or 724-235/303, Sunday – Thursday.

Event participation contingent upon Force Protection Conditions

Sailors, Marines keep close combat skills sharp

By **JOSN Erica R. Gardner**
Staff Photojournalist

MANAMA, Bahrain – Each morning, the volleyball court at Naval Support Activity Bahrain is busy with combat training conducted in the sand. Here, the Marine Corps is making sure Marines and Sailors attached to their units are well-trained for close combat.

When asked about this training, Sergeant Alex Ferguson, B company, 1st Battalion, 3rd Marines said, “I recently saw a picture on a Marine website that showed a Marine executing a hard handhold on an Iraqi prisoner of war.” Ferguson explained that he felt the picture on the website was a perfect example of how the program teaches Marines to perform in times of chaos.

Several years ago, the Commandant of the Marine Corps accepted the concept of warrior-type combat training and a program was developed in July, 2000 creating the Marine Corps Martial Arts Program. The program goals are designed to improve an

individual Marine’s war-fighting capabilities and enhance self-confidence, pride and discipline.

According to Marine instructors here, this program helps the personal development of each Sailor and Marine in a team environment. Using a uniform, easy to learn and effective close combat system, the program enhances minds, bodies and spirits, improving overall unit readiness. A combination of judo, taekwon do, jujitsu, wrestling and kempo make up the curriculum of hand-to-hand combat training.

Since Marines are only given enough training in boot camp to achieve a tan belt, training sessions are conducted several times a week to further enhance their skills. These sessions help provide additional training to guide them through the ranks over the course of their career. As they improve, they advance through a system of belt rankings from tan belt, all the way up to sixth degree black belt. When awarded, the colored belts are actually worn with the camouflage utility uniform in place of the traditional uniform belt.



U.S. Navy photo by JOSN Erica Gardner
Cpl. Daniel Collins and Cpl. Ernest Ham demonstrate a take down execution while others watch for form and execution. Recently, Sailors and Marines participated in weekly hand-to-hand combat at the volleyball court as part of the Marine Corps warrior-combat training program.

The program’s belt system is comparable to other martial arts, and it has a graded progression from basic to advanced fighting skills. This program is unique in its requirement for the Marine to display equal mastery of the mental and character disciplines.

A tan belt provides the basic fundamentals of the mental,

physical and character disciplines. Grey belts symbolize an introduction to the intermediate fundamentals of each discipline. An intermediate level of discipline is represented by a green belt. A brown belt symbolizes an introduction to the advanced fundamentals of each discipline and finally, a black belt equates to mastery of the advanced fundamentals.

In addition to displaying proficiency in mental, physical and character disciplines, promotion to each belt level depends upon the length of time in military rank. Other requirements include age, performance evaluations, and a recommendation from the chain of command.

Only non-commissioned officers and above are allowed to advance to the green belt. If they follow the prescribed training listed in the program, a black belt can be achieved.

“Attaining a higher level of

See Close Combat -- page 5



Commander, U.S. Naval Forces Central Command/Commander, U.S. 5th Fleet Vice Adm. Timothy J. Keating greets H.E. Sabih Uddin Bokhari, Pakistani ambassador to Bahrain during a diplomatic meeting at COMUSNAVCENT/COMFIFTHFLT headquarters in Bahrain Tuesday.

U.S. Navy Photo by PH2 Daniel Lapierre

<http://www.cusnc.navy.mil/afn/tvsked.pdf>

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Close Combat from page 4

belt is a sure way of gaining admiration and respect from your fellow Marines," said Marine Staff Sergeant James Sanders, a black belt instructor for B Company, 1st Battalion, 3rd Marines. He also warned, "Achieving the belts and training is not a hand-out. You have to earn the belt. This type of training is physical and very demanding."

Ferguson and fellow brown belt instructor Cpl. Francis

Fabiano III, also of B Company, 1st Battalion, 3rd Marines, state that they enjoy teaching the techniques since this type of combat training ensures combat readiness. Bayonet and knife techniques, ground fighting, armed and unarmed constraints along with various strikes, throws and sweeping techniques are some of the experiences Sailors and Marines walk away with.

Due to the physical nature of the training and the tools

they use, Cpl. Fabiano expressed that the training produces, "a lot of sweat and bloody knuckles."

Competency drills and body fighting are used to test the skills of Sailors and Marines as well as test the proficiency of the instructors. The way an executed technique is performed will determine if the desire effect is achieved.

"We must focus on teaching instructors to ensure Sailors and Marines are being

taught correctly," said Saunders, "I am a technique person. Other instructors may be lenient on some things, but form is important."

The techniques learned in the early morning drills may make one think twice about crossing the students. These Marines are training their fellow Sailors and Marines to become lethal fighting machines. With the dedication of the instructors, it makes one glad they are on our side. ☺

NOW SHOWING

THURSDAY

21 1530 Beauty and the Beast (G)
1730 Fatal Blade (R)
1930 The Hours (PG-13)

FRIDAY

22 1530 The Santa Clause 2 (G)
1730 Daddy Day Care (PG)
1930 A Man Apart (R)

SATURDAY

23 1530 The Lizzie McGuire Movie (PG)
1730 Malibu's Most Wanted (PG-13)
1930 Bulletproof Monk (PG-13)

SUNDAY

24 1730 Interstate 60 (R)
1930 Daddy Day Care (PG)

MONDAY

25 1730 A Man Apart (R)
1930 Catch 22 (R)

TUESDAY

26 1730 It Runs in the Family (PG-13)
1930 Holes (PG)

WEDNESDAY

27 1530 Reversal (PG-13)
1730 Catch 22 (R)
1930 A Man Apart (R)

NSA Paradise Theater

DADDY DAY CARE (PG) Eddie Murphy & Steve Zahn: Two fathers lose their jobs in product development at a large food company and are forced to take their sons out of the exclusive Chapman Academy and become stay-at-home fathers. With no job possibilities on the horizon, they open their own day care facility and employ some unconventional methods of childcare. (94 min)

MALIBU'S MOST WANTED (PG-13) Jamie Kennedy & Anthony Anderson: Malibu's most unwanted rapper maintains a hip-hop lifestyle that is seriously hindering his father's bid for governor. When his dad's campaign manager tries to neutralize the problem and teach him a lesson, the rapper proves he is for real. (86min)

BULLETPROOF MONK (PG-13) Chow Yun-Fat & Seann William Scott: For many years, a mysterious monk with no name has zig-zagged the globe to protect an ancient scroll which holds the key to unlimited power. He mentors a street-wise young man whose only interest is himself. When the young man saves the monk from capture, the two become partners in a scheme to protect the scroll from a thief. (104min)

A MAN APART (R) Vin Diesel & Larenz Tate: Two men who grew up on the streets of L.A. and later join the DEA to fight the ever rising plague of drug traffic coming into the U.S. from Mexico, go to war when a major new player known as "Diablo" orders a hit on them that results in the death of one cop's wife. Now, consumed by revenge, nothing will stop them from getting their man. (109min)

CATCH 22 (R) Alan Arkin & Martin Balsam: A bombardier in World War II tries desperately to escape the insanity of the war. Sometimes, however, insanity is the only same way to cope with a crazy situation. (122min)

IT RUNS IN THE FAMILY (PG-13) Michael Douglas & Kirk Douglas: Alex Gromberg is a man caught in the middle trying to avoid the mistakes his father made while coming to terms with the ones

he's already passed on to his own sons. Alex is navigating the tricky role of father, son and husband. It's a story about the loving, frustrating, reassuring, insane, and inescapable bonds of family. (109 min)

HOLES (PG) Sigourney Weaver & Jon Voight: This is the story of Stanly Yelnats, an unusual young hero dogged by bad luck stemming from an ancient family curse. He is unfairly sentenced to a month of detention at Camp Green Lake for a crime he did not commit. He is forced by the menacing warden to dig holes along with other campmates to build character. (111 min)

REVERSAL (PG-13) Danny Moussetis & Kelly Vint: The seven-year-old son of a wrestling coach knows just how to win his father's approval by keeping his weight down and winning every match. Now, ten years later, he's the high school wrestling champion but his destructive striving for perfection will soon threaten his relationship with his girlfriend, his family and possibly his future. (109 min)

INTERSTATE 60 (R) James Marsden & Gary Oldman: When a young artist whose father doesn't want him to go away to college meets a magician who grants him one wish, he asks simply for "answers". Now he must travel to a non-existent city on a non-existent highway in search of the girl of his dreams whose picture appears on the highway billboards he sees along the way. (112 min)

FATAL BLADE (R) Gary Daniels & Eric Lutes: Slick fighting and martial arts action take center stage in this Los Angeles based movie about the battle for control of crime in the city by the Japanese Yakuza, drug lords and the LAPD. (98 min)

THE HOURS (PG-13) Meryl Streep & Nicole Kidman: The lives of two desperate women, one struggling with a terminally ill husband and the other with a terminally ill marriage, are examined through the common thread that connects them, the life and writings of Virginia Wolfe. (115min)