



2024

Welcome To NCTS Bahrain



COMMAND CONTACT NUMBERS

NCTS QUARTERDECK: +973-1785-3014 or

DSN 318-439-3014

NCTS COMMAND DUTY OFFICER:

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NCTS SPONSORSHIP TEAM:

m-ba-ncts-sponsor@us.navy.mil



WELCOME ABOARD

Congratulations on your orders to U.S. Naval Computer and Telecommunications Station (NAVCOMTELSTA) Bahrain, located onboard U.S. Naval Support Activity (NSA), Bahrain. The Navy selected you to join one of the finest Navy Organizations in the world. We are a premier communications station whose mission is to operate and defend mission critical warfighting networks and communication systems necessary for U.S. Naval, Joint, NATO, and Coalition Commanders to conduct secure command and control in the U.S. Central Command Theater of operations.



Commanding Officer
U. S. Naval Computer and Telecommunications Station Bahrain
CAPT Katie M. Abdallah, USN



Captain Abdallah was born and raised in Los Alamos, New Mexico, Captain Katie Abdallah graduated from the U.S. Naval Academy in 2002. Her education includes a Bachelor of Science in Mathematics from the U.S. Naval Academy and a Master of Science in Space Systems Operations from the U.S. Naval Postgraduate School.

In 2003, she lateral transferred to the Information Professional community and now serves as a member of the Navy's Information Warfare community and Space Cadre.

Afloat, Abdallah served aboard USS Blue Ridge (LCC 19) as the Special Intelligence Communications Division Officer and Network Security Division Officer and aboard USS Nimitz (CVN 68) as the Combat Systems Information Officer. She also served on the staff of Commander, Carrier Strike Group Eleven (CSG 11) aboard USS Nimitz

(CVN 68) as the Assistant Chief of Staff for Assured Command and Control (N6) and Information Warfare Commander.

Ashore, Abdallah served as the Commanding Officer of Naval Communications Security Material System, Washington, D.C. and as the Executive Officer at Naval Satellite Operations Center. Other shore tours include network security officer at U.S. Strategic Command, Deputy Chief for Space Control at Joint Functional Component Command for Space, Test and Evaluation officer for communications and space programs at the Office of the Chief of Naval Operations (OPNAV N94), and Naval Information Warfighting Development Center (NIWDC).

Her personal awards include Defense Meritorious Service Medal, Meritorious Service Medal (4), and Navy and Marine Corps Commendation Medal (2).

Executive Officer
U. S. Naval Computer and Telecommunications Station Bahrain
CDR Stanley C. Ware, USN



Commander Ware is a native of Virginia. He joined the United States Navy in 1990 and reported to Recruit Training Command San Diego, CA. After achieving the rank of Chief Petty Officer (ITC), he earned his commission under the Limited Duty Officer (LDO) Program. Ware graduated from Liberty University with a Bachelor of Science, and he was selected for re-designation to Information Professional. He also earned a Master of Arts in National Security and Strategic Affairs from the U.S. Naval War College in 2014.

Duties have included service aboard the USS Theodore Roosevelt (CVN 71); Commander Carrier Strike Group FOUR; Afloat Training Group Norfolk (achieving the rank of ITC and earning his Afloat Training Specialist); USS Carl Vinson (CVN 70) serving as the Communication Officer/Automated Data Process Officer; Riverine Squadron THREE (Department head during a combat deployment); Commander Naval Air Forces Atlantic (Managing carrier requirements for east and west coast aircraft carriers); USS Theodore Roosevelt (CVN 71) as the Combat Systems Information Officer (CSIO); Navy Information Forces (LNO) to

Information Warfare Training Center (IWTC) as the department head for the 20 week Information Professional course; C2/CO lead at Naval Information Warfare Development Center (NIWDC); Commander, Carrier Strike Group TEN as the director of Assured C2/Deputy IWC; Chief Staff Officer at Naval Information Warfare Training Group Headquarters; NAVIFOR Live Virtual Construct (LVC) Program Lead and currently the Executive Officer of NAVCOMTELSTA Bahrain.

His joint Allied Command Transformation (ACT), included duties as the communication project manager for Wireless Capabilities. During his tour, he served as the chairman of the MARITIME implementation working group supporting 21 nations.

He wears the information warfare pin, the surface warfare pin, and the fleet marine force pin.

Ware's awards include the Defense Meritorious Service Medal, Navy and Marine Corps Commendation Medal (7), Navy and Marine Corps Achievement Medal (6), Good Conduct Medal (2), Sea Service Deployment Ribbon (4) as well as other various service related awards and campaign ribbons.

Command Master Chief
U. S. Naval Computer and Telecommunications Station Bahrain
CMDCM (IW/SW/AW) Abel Griego, USN



A native of Albuquerque, New Mexico, Master Chief Griego graduated from Manzano High School in May 1993. In March 1994, he enlisted in the Navy and completed Recruit Training at RTC Orlando, Florida. Following PN Class 'A' school in Meridian, Mississippi, he reported to PSD Detroit, Michigan.

He laterally converted to CTT in 1998, completed Class 'A' and 'C' schools in Pensacola, Florida, and reported to Commander Sixth Fleet in Gaeta, Italy on board USS LaSalle (AGF 3) and USS Mount Whitney (LCC 20) and served as an N39 staff analyst. His subsequent sea duty assignments include USS Gonzalez (DDG 66); USS Stout (DDG 55), serving as Electronic Warfare mission LCPO; and on board USS Dwight D. Eisenhower (CVN 69) as EW and INTEL LCPO, as well as Operations department LCPO.

His shore duty assignments include Personnel Support Detachment Detroit, Michigan; Personnel Support Detachment Denver, Colorado; Naval Security Group Activity Denver, Colorado; and as an instructor at Center for Information Dominance Detachment San Angelo, Texas and Joint Forces Staff College Norfolk, Virginia.

He was selected for the Command Master Chief program in 2016 and reported as CMC to the USS Porter (DDG 78) home-ported in Rota, Spain where he led its FDNF mission through five patrols and earning two Battle 'E' awards. Master Chief Griego served as the Command Master Chief of Naval Air Station Patuxent River, Maryland from July 2019 to February 2022, and contributed to earning the regional award for Large Installation Excellence.

Master Chief Griego assumed duties as the Command Master Chief of Naval Computer and Telecommunications Station Bahrain in March 2022.

Master Chief Griego holds an Associate of Science in Computer Information Systems from Columbia College, a Bachelor of Science in Criminal Justice from Excelsior College, and a Master of Science in Technology Management from University of Maryland University College. He is Master Training Specialist qualified, a graduate of the Navy Senior Enlisted Academy (Class 161) and Command Master Chief / Chief of the Boat Course (Class 158).

Passports



You will be required to go through immigration at the airport upon arrival in Bahrain. Ensure to provide your Official (No-Fee/Brown) Passport for visa issuance.

In the past if you did not have an official (No fee/Brown) passport prior to detaching your current command, you were able to enter the country with your orders and your military ID. Per the current DoD Foreign Clearance Guide, service members permanently attached to Bahrain will NOT allowed to enter the country with the items mentioned above.

If you apply for or renew a passport while in Bahrain, you must present proof of U.S. citizenship and other supporting documentation listed at <http://passports.state.gov>. Ensure that you bring all required documents with you.

Housing

All FROCKED E5 and below personnel will be assigned lodging in the barracks onboard NSA Bahrain. The command will not recommend advance temporary lodging allowance (TLA) for Frocked E5 and below personnel prior to reporting. In the event barracks capacity reaches 95%, Frocked E5 & E4 (and potentially newly reporting E3 and below) personnel may be assigned lodging in a hotel on or off base. This will be on a case-by-case basis depending on the current occupancy of the barracks.



E5 and above will be assigned lodging in a hotel off base. You will be required to attend a housing brief prior to house hunting. Personnel residing off base will receive TLA for the actual cost of lodging for a maximum of 45 days. Upon reporting, the sponsor will issue a certificate of non-availability (CNA) prior to checking into your hotel.

Local force protection measures require the sponsor team to make hotel reservations prior to your arrival.

Please convey any special requests or needs regarding these arrangements with the sponsor team upon contact and they will do their best to accommodate you. Funds received regarding TLA claims will be for the single purpose of paying hotel costs only. These funds are not for personal use. TLA is paid in 10-day increments. Members are required to pay TLA up front and provide zero-balanced receipts to the Housing Office.





Preparing Financially

Prior to arriving here at NCTS Bahrain, you should prepare to have a few months of savings. Your BAH entitlement will stop once you are gained to the command until the required forms are submitted to start your overseas housing allowance (OHA) and other required pays. Personnel E5 and above who will obtain housing off base will have to pay their hotel cost 10 days at a time up front, and their first month's rent upon move-in day.

Cost of Living

Living in Bahrain can be expensive due to the currency exchange rate of Bahrain Dinar (BHD) to United States Dollar (USD). To get the current COLA rates for Bahrain you can go to this link:

<https://www.defensetravel.dod.mil/site/colaCalc.cfm>.

Pay Entitlements While in Bahrain

Bahrain is in a tax free zone. Single personnel who PCS to Bahrain receive Single COLA and BAS at current rate. Unaccompanied personnel do receive the same entitlements as single personnel in addition to their Dependent BAH (if entitled) and FSA at \$250.00 dollars a month. Service members will also receive Hazardous Duty pay and Basic Allowance for Subsistence (BAS) if living in economy.

BAS Rates: \$452.56 for Enlisted & \$ 311.68 for Officers.

Hazardous Duty Rate: \$100.00

Cell phone

If you have a cell phone and would like to use it in Bahrain, it must be unlocked. Most U.S carriers will unlock the phone if asked. You can purchase a SIM card for your unlocked phone upon arrival, which will provide you with a local Bahrain number. Unlocked phones may also be purchased locally ranging in price from \$25 to \$1000 depending on the type of phone you would like to use. It is highly encouraged that you have a phone with local cell phone service while in Bahrain for safety and command recall purposes.



Pets



The Kingdom of Bahrain requires that all pets arriving from a country that is not considered rabies-free have a valid rabies titer test (FAVN). Our agreement with the host nation precludes service members and DoD employees from having to obtain a FAVN, provided the following guidelines are adhered to by all pets affiliated with NSA Bahrain. Please note that there are no exceptions to these guidelines, as they are mandated by the Kingdom of Bahrain. We recommend starting the entry process at least three-four months in advance of your arrival date.

You can email the NSA Bahrain Veterinarian with any questions at NSABahrain.Vetclinic@gmail.com.

1. If your pet has not had a required vaccination: There is a 21-day waiting period between vaccinations in a series, and pets cannot travel for 30 calendar days after receiving a vaccination.
2. Please provide your pets complete vaccination information as well as the provided checklist to our office via email (NSA.vetclinic@me.navy.mil).
3. Dogs: Previous Rabies, DA2PP, Leptospirosis. Current Rabies, DA2PP, Leptospirosis.
Cats: Previous Rabies, FVRCP. Current Rabies, FVRCP

Prior to Travel:

1. Your pet(s) must receive a Health Certificate within 10 days of travel:
 - a. APHIS Form 7001 (United States Interstate and International Certificate of Health Examination).
 - b. All vaccinations required for entry must be noted on this form (see vaccination requirements on previous page).
 - c. Health certificates must be endorsed/stamped by the USDA unless completed by an active duty U.S. Army veterinarian. If you are using a civilian veterinarian, USDA endorsement is required and your veterinarian can direct you as to how to complete this step.
2. You must have your pet's current, signed, original rabies certificate (signature in blue ink) on hand during travel.

AMC TRAVEL: Contact PSD or the AMC terminal directly to verify that your pet(s) have a space reserved on your flight(s). Also verify their shipping kennel requirements, weight restrictions, fees and any special shipping procedures or documents they may require upon check-in.

COMMERCIAL TRAVEL: Contact your airline directly to verify that your pet(s) have a space reserved on your flight(s). Also verify their shipping kennel requirements, weight restrictions, fees and any special shipping procedures or documents they may require upon check-in. Please note that when flying commercially all pets are required to arrive as manifested cargo, not in cabin or as checked baggage (contact airline for further information). Please remember that some airline companies have travel restrictions based on time of year or heat indexes.



Power for Electronics

Electronics: Electricity Voltage in Bahrain is 220 Volts! If you bring electronics, make sure they are 110V/220V. Be advised that your flat or villa may come with the electronics you need (TV/DVD/Surround System/ Appliances). Be sure you don't plug in expensive electronics without first checking the voltage and using the appropriate transformer if necessary. Transformers vs. Adapters: Transformers only change the voltage not the frequency; adapters only adapt the plug to fit. Converters are available for sale at various locations and/or can be obtained when negotiating a housing lease.



Pack Out

Choosing what to bring on orders to Bahrain is a highly personal choice. You will want to be comfortable in your home in Bahrain just as you would want to be comfortable in your home anywhere else. You may want to bring your mattress and/or mattress pads—Bahrain's beds can be hard. A large number of homes are furnished or semi-furnished so do take that into consideration. If you like water sports, bring your items but keep in mind there is NO surfing in Bahrain. If your shipment is late arriving and you have exhausted Temporary Living Allowance, Bahrain housing may be able to assign you to a month-to-month fully-furnished apartment until your shipment arrives. Below is the limit for your PCS weight.

PCS Gross Weight Allowance				
Pay Grade	With Dependents		Without Dependents	
O6-O10	18,000		18,000	
O5/W5	17,500		16,000	
O4/W4	17,000		14,000	
O3/W3	14,500		13,000	
O2/W2	13,500		12,500	
O1/W1	12,000		10,000	
E9	14,500		12,000	
E8	13,500		11,000	
E7	12,500		10,500	
E6	11,000		8,000	
E5	9,000		7,000	
E4	8,000		7,000	
E1-3	8,000		5,000	

CHECKLISTS

Before your pack out, please make sure you have the following items in your carry-on (if applicable):

1. Copies of orders
2. Updated copy of pg. 2
3. Valid military I.D. cards
4. Completed overseas screening for service member and all dependents
5. Health records
6. Immunization records
7. Dental records
8. Birth certificate(s)
9. Marriage certificate/divorce decree
10. Citizenship/naturalization papers
11. Social security cards
12. No-fee Passports
13. Travel receipts
14. A valid driver's license (Bahrain does not accept expired driver's license regardless of state laws)
15. Power of attorney if necessary

For pet owners bringing pets:

16. Pet health certificate must be current (within 10 days) before your flight

If you are bringing a vehicle to Bahrain, you must:

17. Bring a valid U.S. vehicle registration
18. Present a power of attorney if the active duty sponsor is not present



BASE SERVICE PHONE NUMBERS:

To call a number below from base, dial 439 and the 4-digit extension. When calling an on-base number from an off-base phone (cell), dial 1785 and the last four numbers of the phone number. To call from the U.S. dial, (Commercial) 011-973-1785-XXXX or (DSN) 318-439-XXXX.

Fleet and Family Support Center: FFSC 011-973-1785-4046, DSN 318-439-4046

Housing: The Housing Office will assist you in finding a place to live and in executing a lease. Rent is paid in Bahrain Dinars. Call the Navy Housing Office, at 011-973-1785-4104, DSN 318-439-4104 for availability or questions you may have.

NSA Bahrain Base Services:

Navy Exchange Office: 439-6931, 6885

Beauty/Barber Shop: 439-4229, 3623, 2068

Navy Federal Credit Union: 439-4313

Medical Services: 011-973-1785-4260/6110, DSN 318-439-4260/6110. The clinic fax is DSN: 318-439-4860.

Dental Clinic: 011-973-1785-4211, DSN 318-439-4211

Just so you know

* **Motorcycle:** NSA Bahrain is unable to provide Level 1 motorcycle training (BRC1).

Any service members who wish to ride motorcycles in Bahrain must complete Level 1 BRC training INCONUS prior to reporting to Bahrain.

* **Civilian Attire/Dress Code:** U.S. personnel and their families must be aware of local sensitivities and cultural values in order to minimize the impact of the U.S. military presence and reduce any potential host-nation friction. Unless otherwise directed in writing by higher authority, all U.S. Navy personnel attached to COMUSNAVCENT/COMFIFTHFLT units and family members must adhere to the requirement of General Order OPOD 1000-20 (U).

* **U.S. Naval Forces Central Command “New Arrivals” information can be found at:**

<https://www.cusnc.navy.mil/AboutUs/New-Arrivals/>

Social Media Pages and Informational Websites



Check our Facebook pages for daily updates and links to resources:

NCTS Bahrain - <https://www.facebook.com/NCTSBahrain>

NCTS Bahrain Ombudsman - <https://www.facebook.com/groups/471555603535801>

NSA Bahrain - <https://www.facebook.com/NSABahrain>

<https://cnreurafcen.cn.navy.mil/Installations/NSA-Bahrain/>

Fleet and Family Support Center - <https://www.facebook.com/Fleet-and-Family-Support-Center-NSA-Bahrain-282724796518>

Family Readiness Group - <https://www.facebook.com/BahrainFamilyReadinessGroup>

Morale, Welfare and Recreation - <https://www.facebook.com/MWR.Bahrain>

<https://www.navymwrbahrain.com/>

Shipping a Vehicle - <https://www.pcsmypov.com/>

Once again, Welcome Aboard!

