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:::: The Official Publication of Camp As Sayliyah ::::

DESERT MESH MAGAZINE

Edition 58 December 2008/January 2009



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Desert Mesh layout and design by Dustin Senger. Comments should be addressed to dustin.senger@qatar.army.mil or call 011-974-450-2714 (DSN 318-432-2800).

COVER PAGE: (Top) U.S. Central Command rest and recuperation pass program participants line up for a photograph with Fatima Al Hamadi at the Museum of Islamic Art in Doha, Qatar, Dec. 20. From left to right: U.S. Marine Corps Lance Cpl. Kerby Telemaque, from Coral Springs, Fla.; Army Spc. Daniel Zimmer, from Chicago, Ill.; Hamadi; Army Pfc. Anthony Arnette, from El Paso, Texas; Army Sgt. 1st Class Otis Walker, from Miami, Fla.; Marine Corps Chief Warrant Officer Jeff Moxley, from Louisville, Ky.; and Marine Corps Lance Cpl. Matthew Shimmel, from Phillipsburg, Penn. (Cover Photo-illustration by Dustin Senger)

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Styker repair facility shifts focus

By **DUSTIN SENGER**
ASG-QA public affairs



CAMP AS SAYLIYAH, Qatar – “We want to work ourselves out of a job,” said Rick Hunt, from Newark, Ohio, inside the Stryker battle damage repair facility at Camp As Sayliyah, Qatar, Dec. 23.

“When we don’t get damaged vehicles, it means people are

(Continued on page 8)

Camp profile: Walker leads in off-post sponsor hours

Off-post sponsor boosts respite program success

By **DUSTIN SENGER**
ASG-QA public affairs

DOHA, Qatar – U.S. Army Sgt. 1st Class Otis Walker, from Miami, Fla., sponsored five servicemembers, each participating in the U.S. Central Command rest and recuperation pass program, to travel off the U.S. military installation in Qatar, Dec. 20. Walker maintains a reputation as the person to call when troops want to leave the confines of Camp As Sayliyah, to absorb the genuine Arabic atmosphere found in the Gulf state.

Since 2004, over 175,000 USCENTCOM war fighters have participated in the respite program in Qatar. Several group shopping and cultural tours are offered, but an off-post sponsor provides a more

personalized experience. According to program officials, Walker has sponsored nearly 80 trips off the Qatar base since March. Over recent months, he has volunteered more sponsorship hours than anyone on the installation.

“They know to call me when the R&R desk gets really crowded with people trying to go off post,” said Walker. “It depends on my work day, but when they call, I know they’re desperate.” According to Walker, he also makes an effort to support tenant units requiring sponsorship to travel off post.

Walker’s off-post activities do not distract him from meeting mission requirements on the

“ They know to call me when the R&R desk gets crowded with people trying to go off post.” Army Sgt. 1st Class Otis Walker, Miami, Fla.

installation. In December 2007, he became the Area Support Group Qatar noncommissioned officer in charge of the Camp As Sayliyah transportation motor pool. He is responsible for hundreds of non-tactical vehicle distribution plans and three vehicle lease contracts. Walker must respond to any accident involving government vehicles. Furthermore, he implemented a revised driver’s training program for installation residents.

“I ask people what they want to do – what they have heard about – and I always attempt something cultural. I try and show a different side of Qatar; which, if anything, gives everyone a little more to brag about. If people were only able to take pictures of shopping areas, they’d miss out!”

(Continued on page 28)



U.S. Army Sgt. 1st Class Otis Walker (center), from Miami, Fla.; with U.S. Central Command rest and recuperation pass program participants in Doha, Qatar, Dec. 20. (Official Army Photo/Dustin Senger)



The state of USARCENT



James J. Lovelace

Lieutenant General
Commanding General
USARCENT

The start of the New Year is a time to take stock in the previous year's accomplishments and set goals for the months ahead. We have a great deal to be proud of here in U. S. Army Central and a lot to look forward to as we move into 2009.

The dedicated professionals, that serve our command each day, have been the reason for our many successes. Our Soldiers are executing their tasks with energy and excitement... proudly wearing the USARCENT patch on their left sleeve. Our noncommissioned officer corps has truly been the backbone of the organization. Officers are leading from the front, promoting teamwork, and providing the guidance in our pursuit of excellence. Our Civilians have contributed immensely to our success as they faithfully and loyally take care of Soldiers and Families. Our Family members and volunteer leaders have made critical contributions to our command's well-being and quality of life programs.

This past year brought historic changes in the character of this organization. Patton's Own celebrated 90 years of service by going through a defining period.

Our Command has moved rapidly towards Full-Spectrum Operations capability. We reorganized our main and operational command posts, postured the Early Entry Command Post forward and adapted our battle command processes. After two successful FSO rotations, we are well on our way to JTF certification in 2009.

We have become expeditionary; capable of deploying forward "one ocean closer to the fight" to conduct Full-Spectrum Operations. The Army and U.S. Central Command are now realizing the untapped capabilities that can be leveraged from this powerful headquarters.

While we continue to transform ourselves and prepare for challenging missions, our Family Readiness Groups have remained engaged. **The strength of USARCENT relies significantly on the strength of our Families.** The volunteer leaders and members of our FRGs constitute an essential component of our readiness.

We conducted our inaugural Army Family Action Plan Conference as a direct reporting unit to the Department of the Army in 2008. This is a powerful program... an attitude within the organization... that gets to the heart of taking care of people.

I applaud all your efforts, as it has indeed been a combined effort which has made us endlessly successful. Take a moment to revel in the accomplishments of this incredible year... we should all be very proud.

Our command... a command full of exceptionally dedicated professionals... will continue to work hard and maintain a quick pace in 2009. We must take this opportunity to rededicate ourselves to our commitment to **do the mission; protect the force.** Together, we will continue to make USARCENT the premier Army Service Component Command in the United States Army.

As we "ruck up" and prepare to move out on another year, we can confidently say that the state of ARCENT... has never been stronger. We've had an incredibly successful year and it has been on the backs of each of you. The Soldiers, Civilians, and Family Members of our great command are truly making a difference. You all make it a pleasure to come to work each and every day.

Thank you for all you do.

Patton's Own!

John D. Fourhman
Command Sergeant Major
Command Sergeant Major
USARCENT

“I will never leave a fallen comrade.” This is the final part of our Warrior Ethos that each one of us lives by everyday while we serve our great Army.

Never leaving a fallen comrade is more than just taking care of those wounded on the battlefield; it extends to never allowing harm to come to our fellow brothers and sisters in arms, in the barracks, on or off duty.

Sexual harassment and sexual assault are crimes that eat away at the very core of our Army Values and our Warrior Ethos. Right now, the rate of sexual assaults in the Army is twice the rate of the other services. The worst part behind that number is that experts estimate on average only one in five sexual assaults ever get reported.

It is the responsibility of everyone in the command to look out for their fellow brothers and sisters. We must create a positive environment where everyone knows that they can count on their fellow Soldiers to do the right thing ... every Soldier is his brother or sister's keeper.

As Soldiers we are bound together by our values, which help us distinguish ourselves from the rest of society. That bond to the outside eye is something some will never comprehend – such as the sacrifice of one Soldier giving their life for a total stranger simply because they share the same uniform.

The Secretary of the Army, the honorable Pete Geren, spoke at the Association of the United States Army annual meeting and exposition last in October, discussing the Army's continued effort to eradicate sexual harassment and sexual assault.

He spoke about how the Army will become the model for sexual

harassment and assault prevention for the Nation, and how we will accomplish this through our Army Values.

“We will create a climate of zero tolerance for gender-based misconduct – in attitude, word, and deed, and become fully, as our values demand, a band of brothers and sisters,” said Geren, during his speech.

Stopping sexual assault begins with every Soldier doing the right thing at all times. Leaders must inform their Soldiers of the importance of a good sexual harassment and assault prevention program and enforce the standards to prevent these heinous acts from occurring.

U.S. Army Central has proposed several steps in bringing awareness and prevention of sexual harassment and assault to the attention of the command.

These steps include, publishing results of Article 15/Court Martial actions, to send a message that these actions will not be tolerated; maximizing media potential to proliferate the field with command messaging on I. A.M. STRONG; implementing roving patrols for high risk areas; and creating an on-line communication access link for individuals with questions about sexual harassment and assault. The on-line system will also allow individuals to report incidents of sexual harassment and assault.

This is a very serious problem in our Army and something the command takes very seriously.

For more information about the I. A.M. STRONG campaign, go to the following Web site: <http://www.preventsexualassault.army.mil>.

Patton's Own!



Sexual assault prevention





A message from the installation commander



David G. Cotter

Colonel
Commander
Area Support Group Qatar

This edition of the Desert Mesh, should reach you the first week of January. We had a great celebration at Camp As Sayliyah; see pages 20 and 21 in this edition of the Desert Mesh. As we embark on our journey into 2009, we must all resolve to do some old things better and some new things for the first time.

Area Support Group Qatar is committed to the safety and security of every resident at Camp As Sayliyah. I need everyone to be familiar with installation policies and procedures concerning off-post travel, dress and behavior. Adhering to these policies ensures safe and secure enjoyment of Qatar's numerous attractions. Furthermore, applying and advocating these policies will help exhibit yourself as a great ambassador of the United States. Resolve to be a model of excellence to our host nation.

Opportunities to improve physical fitness are abound at Camp As Sayliyah. Aside from using the two outstanding gymnasiums, the ASG-QA Morale, Welfare and Recreation team provides many community activities – from challenges in resistance training to group aerobics sessions. If you have not experienced aerobics with Gina, I think it's safe to say you have not pushed yourself yet!

You can achieve the best shape of your life by taking full advantage of all the fitness equipment,

challenges, and tournaments offered on the installation. Getting started is easy. Go to the gym and ask how to join the next MWR Fitness Mania challenge, an installation-wide event that allows participants to track individual efforts to increase physical fitness. Fitness Mania occurs every other month – January has already started but another will begin in March. Capt. Luis Martinez, ASG-QA finance officer, earned the most points over four consecutive competitions. He redeploys this month in great shape, leaving the coveted lead position in Fitness Mania open to the possibility of a new reigning champion. Resolve to be in fighting shape throughout 2009.

I need everyone to be familiar with installation policies and procedures concerning off-post travel, dress and behavior.

Camp As Sayliyah is starting the new year with an outstanding safety record. At the end of 2008, the safety office tallied 247 days without incident – the most consecutive days ever recorded to date! I want to send a heart-felt "thank you" to every Soldier, Sailor, Airman, Marine and civilian team member who continues to uphold safe environments throughout the installation. Congratulations! We must continue to support this strong momentum by never allowing ourselves to grow complacent, on and off duty. Resolve to continue safety excellence throughout 2009.

Patton's Own!



Michael D. Howard

Command Sergeant Major
Command Sergeant Major
Area Support Group Qatar

First of all, I want to wish Area Support Group Qatar, and all the tenant units of Camp As Sayliyah, a wonderful new year! I want to thank everyone who supported mission accomplishment and troop welfare during 2008.

While moving into 2009, continue to display superior Soldier discipline, workplace motivation and team efforts. As forward-located servicemembers and civilians, we must always take great pride in every day efforts ensuring the success of Operation Enduring Freedom and Operation Iraqi Freedom. Furthermore, we must never forget the sacrifices made by our family members back home.

After earning the prestigious award last year, Department of the Army Connelly Award program officials returned to evaluate the Camp As Sayliyah dining facility on Dec. 10. I want to thank the dining facility team for presenting another great run from Southwest Asia. Although we didn't earn consecutive honors, we did make the top six for large garrison dining facilities. Outstanding job! You are number one to each U.S. Central Command war fighter who walks through your doors while participating in the R&R program in Qatar. They are the big winners for the efforts you put forth at each and every meal.

As ASG-QA command sergeant major, I am seeing a horrible trend on the installation. Many of you are becoming increasingly more active in community and personal fitness

endeavors – that's great news! The problem is the use of certain fat-loss supplements offered at the AAFES Post Exchange, as well as online. Before you try a product to augment your weight-loss or muscle-building efforts, check with Maj. Bascom Bradshaw, troop medical clinic director, and his team of health experts to identify personal contradictions. Be sure to ask about concerns with mixing specific pills, powders or drinks. Most importantly, seek help before spending your hard-earned money. If it's likely to deliver more harm than good, you don't need it. Read the labels.

In case you missed the grand opening, AAFES revitalized the post movie theater on Jan. 6. The upgrade projects movies using 35 millimeter film, allowing first-run movies to be presented on a huge, theater-size screen. Ask for a movie schedule from the ASG-QA Morale, Welfare and Recreation team.

To the Noncommissioned Officers: always remember, you are the bearers of standards. You keep everyone pointed in the right direction on the installation. I need your help to ensure everyone reviews recent policy updates. A lot has changed over the past month. Take the time to guarantee compliance within your respective unit.

Soldier First, Leader Always!



Commit to new year resolutions in Qatar



President-elect
Barack Obama
• Jan. 20: Inaugural Ceremony
in Washington, DC



President-elect Barack Obama and President George W. Bush walk the Colonnade to the Oval Office Monday, Nov. 10, 2008, as the President and Laura Bush welcomed the president-elect and his wife, Michelle, to the White House. (Official White House Photo/Eric Draper)

CAS in the News!

DVIDS provides a timely connection between media organizations around the world.



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- ❖ Associated Press; New York, NY
- ❖ Bloomberg News; New York, NY
- ❖ Dining Out Magazine; Denver CO
- ❖ Getty Images; New York, NY
- ❖ Military.com; San Francisco, CA
- ❖ Museum Magazine; Washington, D.C.
- ❖ Reuters
- ❖ Runner's World; Philadelphia, PA
- ❖ USO; Arlington, VA

Contact Dustin Senger, ASG-QA public affairs specialist, for more information.

THE WIRE

Stryker

(Continued from page 2)

going home in one piece.”

Hunt is the General Dynamics Land Systems site manager at the Qatar site, responsible for receiving, repairing and returning Stryker combat vehicles protecting U.S. Central Command war fighters.

A recent decrease in combat-damaged Strykers led to discussions about the fate of the repair facility at the U.S. military installation in Qatar. A new mission was needed to retain the team of experienced mechanics, welders and material controllers. In November, discussions between U.S. government and GDLS officials shifted the focus of the site to refurbishing, or “resetting,” worn out Strykers on the battlefield.

Strykers urgently needing the reset service were removed from combat operations and sent to Camp As Sayliyah. Recent shipments of the light-armored combat vehicle

contained a mixture of eight Stryker variants: infantry carrier (most common), motor carrier, medical evacuation, engineer support, fire support, command, reconnaissance, and anti-tank guided missile vehicles.

“The vehicles we received are the oldest in the Stryker fleet,” said Hunt. “They spent most of their ‘lives’ in battle – they look nasty first getting here.” Strykers were first introduced to combat in 2003, but several were constructed as early as 2001. According to Hunt, many vehicles missed their regularly scheduled reset dates by two years, due to operational requirements and unit transitions.

“We intend to do a ‘reset plus’ on each vehicle,” said Hunt, “taking them beyond reset requirements.” Reset procedures consist of completing annual service tasks, installing upgrades, steam cleaning, as well as removing and servicing all hydraulic pumps, wheel drives and gears. At the Qatar site, Strykers are also repainted, inside and out, to give passengers an increased sense of security and comfort.

An onsite warehouse of nearly 4,000 parts fuels a fast turnover tempo. Mechanics have immediate access to nuts, bolts, drive trains, shocks, transmissions – if something is not available, a forward-repair area in Iraq can usually provide it within two days. If not, parts are expedited from a logistics center in the United States.

“The hardest thing to do is getting everyone to



Gabriel Byers, a welder from Utica, N.Y., completes repairs on a Stryker vehicle inside the battle damage repair facility at Camp As Sayliyah, Qatar, Dec. 23. In November, discussions between U.S. government and General Dynamics Land Systems officials shifted the focus of the site to refurbishing, or “resetting,” worn out Strykers on the battlefield. (Official Army Photo/Dustin Senger)

slow down,” said Hunt, pleased by the enthusiasm in the facility. “They are used to ripping Strykers apart to repair battle damage.” Extensive damage in combat requires roughly 60 days for repairs, but a basic reset is accomplished in 10 days: one day prepping, two days welding, one day for suspension and preassembly, then the remaining time spent in assembly and road testing. A quality assurance and control supervisor inspects the entire process as it unfolds.

“This vehicle will grow based on what we have learned on the battlefield,” said Malcom Monroe, a senior wheel vehicle mechanic from Deridder, La. “The reset Strykers all have common stress fractures, broken bolts and bent brackets. The engineers are learning which areas need to be beefed up.” Damage trends made slat armor a required addition for each vehicle in 2003. The cage armor wraps around the hull to protect occupants from

“ We intend to do a ‘reset-plus’ on each vehicle - taking them beyond reset requirements.” Rick Hunt, Newark, Ohio



Rick Hunt, from Newark, Ohio, talks with Malcom Monroe, from Deridder, La., next to a worn out Stryker vehicle outside a battle damage repair facility at Camp As Sayliyah, Qatar, Dec. 23. Hunt is the General Dynamics Land Systems site manager at the Stryker repair facility in Qatar. (Official Army Photo/Dustin Senger)

chemical-energy rounds, such as rocket-propelled grenades.

would put their own children in, or get into themselves.”

“I have zero disciplinary issues with my team,” said Hunt. “They just want to work and have proven their flexibility. Most of us here either have family in the military or served in the military ourselves. Everyone is motivated to send out a product they

On Dec. 21, the Qatar site's first four refurbished Strykers were returned to troops in Iraq. **A**



A refurbished Stryker vehicle outside the battle damage repair facility at Camp As Sayliyah, Qatar, Dec. 23. The vehicle recently finished a reset process after spending most of its “life” in battle. (Official Army Photo/Dustin Senger)

U.S. Army Central Standards Book

- Army Values
- Military Customs and Courtesies
- Soldier Conduct
- Wear and Appearance of the uniform
- Safety/Force Protection
- Various References



The 3rd Edition (May 2008) is now available. Download here: <http://www-qa.arcent.army.mil>

CAS in the news!

Find Camp As Sayliyah news on the DVIDS Web site at: <http://www.dvidshub.net>

THE WIRE

USO Qatar recognizes Greatness in Uniform

By **DUSTIN SENGER**
ASG-QA public affairs

CAMP AS SAYLIYAH, Qatar – U.S. Marine Corps Sgt. Mark Frederickson, from Linda Vista, Calif., earned the first United Service Organization Qatar Greatness in Uniform award at Camp As Sayliyah, Qatar, Dec. 13. The presentation was created to recognize positive influences on others at the U.S. military installation.

“The Greatness in Uniform award gives us an opportunity to support our installation’s permanent party,” said Larry Cooke, USO Qatar center manager. According to Cooke, each month nearly 4,000 customers seek out the ambience and services in the USO lounge at Camp As Sayliyah.

Of those, most are participating in the U.S. Central Command rest and recuperation pass program at the Qatar base. “Since we’re often focused on the R&R, this is an outreach to our permanent community.” USO Qatar plans to select one servicemember each month.

“I enjoy my job,” said Frederickson, a ground communication repairman who volunteered for assignment in Qatar as a liaison officer who helps facilitate the USCENCOM respite program. Since its 2004 inception, over 170,000 USCENCOM war fighters have participated.” My command asked for someone to fill an individual augmentation billet in Qatar, so I raised my hand for it. I had recently returned home from Iraq and had never been to Qatar before.”

USO officials presented Frederickson with the first Greatness in Uniform award for his exceptional performance and conduct while stationed in Qatar. After the presentation, he was handed a gift certificate to the installation day spa, a 300-minute phone card and a \$25 gift certificate for Operation Mail Call, an Internet-based greeting card service that sends personalized mail to loved ones. Furthermore, USO staff recorded the presentation onto a DVD to send home. Time is provided for private comments, as well as remarks by the individuals who nominated the award recipient.

“It feels good to be recognized for having a positive effect on others,” said Frederickson. “If R&R participants look for positive opportunities, they always have a great time here. The other day I took a Marine lieutenant, who just graduated from Texas A&M, to the campus in Qatar. We got a tour and everything. He said it really made his trip worth it.” **A**



Officials from the United Service Organization Southwest Asia stand beside U.S. Marine Corps Sgt. Mark Frederickson (center), from Linda Vista, Calif., after the first Greatness in Uniform award presentation at Camp As Sayliyah, Qatar, Dec. 13. The award recognized Frederickson for his positive influence on others at the U.S. military installation. From left to right: John Robertson, USO Kuwait duty manager; Jonathan Matthews, USO Southwest Asia director of operations; Frederickson; Larry Cooke, United Service Organization Qatar center manager; and R. Kevin Meade, USO Southwest Asia regional vice president. (Official Army Photo/Dustin Senger)

Qatar dining competes for repeat honors

By **DUSTIN SENGER**
ASG-QA public affairs

CAMP AS SAYLIYAH, Qatar – A Department of the Army Philip A. Connelly Award committee evaluated the Area Support Group Qatar food service operations at Camp As Sayliyah, Qatar, Dec. 10. The command earned the Connelly Award in 2007, for providing the best large garrison food operation in the Army. It was the first evaluation, and subsequent win, for dining facilities in Southwest Asia. Although two-year winning streaks are uncommon, they intend to repeat the honors.

“The Connelly competition gets stiffer each year – everyone

gains experience and learns the tricks of the trade,” said James D. Riddle, International Food Service Executives Association committee chairman. The IFSEA is a professional organization dedicated to raising food service industry standards. Riddle was joined by two Army evaluators: Chief Warrant Officer Jack C. Van Zanten and Sgt. Maj. L’Tanya Williams, from Fort Bliss, Texas. They visited finalists in Hawaii, Germany, Korea, South Carolina, Maryland and Washington – Qatar is the committee’s seventh and final stop.

According to the evaluators, areas of interests for an award-winning program include: command support; administration; headcount procedures; receipt and storage; sanitation and food handling; training and management; appearance; serving; equipment; and food preparation.

“There is such a wide variety here,” said Williams, while observing lunch time service in the Qatar facility. “They cater to just about anything you’re after. People walk up and say ‘this is the best dining facility’ or ‘we need more of this’ – I have not heard one negative comment.”

“Camp As Sayliyah has a great chance at earning the Connelly again,” said Chief Warrant Officer Eunice Buffington, from Memphis, Tenn. In September, she assumed duties as the installation food service officer. According to Buffington, the dining facility is under continuous scrutiny to find ways to improve.

“The staff here works hard to make each diner feel they have personalized service,” said Buffington, a three-time veteran of Connelly competitions. “To me, that’s what a successful food service operation is all about.”

Many customers are participating in the U.S. Central Command rest and recuperation pass program. Since 2004, ASG-QA has recharged over 170,000 USCENTCOM war fighters. According to Buffington, the dining facility staff provides “a restaurant feel, with a taste of home.”

“The food looks really good,” said Spc. Justin Clark, from Bremerton, Wa. Clark left Iraq to participate in the R&R program in Qatar, along with Marine Corps Cpl. Darius Brown, from Ashburn, Ga. “This food looks much better than what we get in Iraq!” said Brown.

“I have been eating here for the last four years,” said Robert Hamilton, a contractor from Tampa, Fla. “During that time, I have seen a lot of transformations. They keep getting better each year!” **A**



James D. Riddle, International Food Service Executives Association committee chairman, and U.S. Army Sgt. Maj. L’Tanya Williams, food services evaluator, inspect fresh produce at Camp As Sayliyah, Qatar, Dec. 10. In 2007, Area Support Group Qatar was recognized for providing the best large garrison food operation in the Army. It was the first evaluation, and subsequent win, for dining facilities in Southwest Asia. Although two-year winning streaks are uncommon, they intend to repeat the honors. (Official Army Photo/Dustin Senger)

Optical Fabrication Laboratory

The optical fabrication lab provides: glasses and inserts; repairs and adjustments; and replacement parts.

- Monday thru Thursday:

9 a.m. to 4 p.m.

- Friday:

Appointments only

- Saturday:

Closed

- Sunday:

9 a.m. to 3 p.m.

Contact SPC Armond Alphabet, 427th MLC optical lab specialist, for more information.

Troop Medical Clinic

Sick call supports acute injuries or illness requiring treatment or a disposition for duty status – E-6 and below must present DD form 689, signed by their first-line supervisor.

- Saturday thru Thursday:

8 a.m. to 11:30 a.m.

4 p.m. to 6 p.m.

- Friday:

No sick call sign-in (EMS coverage only)

Routine appointments are for evaluation or re-evaluation of chronic medical conditions, medication refills and post-deployment health assessments.

- Saturday thru Wednesday:

1 p.m. to 4 p.m.

7 p.m. to 9 p.m.

Contact Maj. Bascom Bradshaw, TMC director, for more information.

THE WIRE

Reserve general visits Soldiers in Qatar

By **DUSTIN SENGER**
ASG-QA public affairs

CAMP AS SAYLIYAH, Qatar – U.S. Army Lt. Gen. Jack C. Stultz, Army Reserve commanding general, and Command Sgt. Maj. Leon Caffie, Army Reserve command sergeant major, visited various reserve units at Camp As Sayliyah, Qatar, Nov. 25. Stultz and Caffie were touring U.S. military

installations in Southwest Asia, an effort to demonstrate support for deployed Soldiers during a holiday season away from home.

Capt. Christopher Spencer, a reservist from New Braunfels, Texas, provided a detailed overview of the U.S. Central Command rest and recuperation pass program at Camp As Sayliyah. In June 2008, Spencer deployed with the 350th Human

" We recently received his holiday message, so it was an honor to see him too." Army Staff Sgt. Diana Carter, Jonesboro, Ark.

Resources Company, a reserve unit from Grand Prairie, Texas, to manage the respite program in Qatar. Since its 2004 inception, over 170,000 war fighters were recharged at the Qatar base.

Sgt. Bill Belanger, a reservist from Kennesaw, Ga., met the leadership duo at a work center deep inside a medical warehouse. He was busy repairing an infusion pump, equipment needed to deliver intravenous medication for USCENTCOM troops receiving emergency medical care in contingency areas. Belanger explained how the skills developed during six years in the Army reserve resulted in greater opportunities in civilian life. Back home, he is a biomedical technician at St. Joseph's Hospital. Belanger deployed to Qatar last summer with the 427th Medical Logistics Battalion, a reserve unit from Fort Gillem, Ga.



U.S. Army Lt. Gen. Jack C. Stultz, Army Reserve commanding general, meets mobilized reservists at Camp As Sayliyah, Qatar, Nov. 25. Stultz joined reservists for a lunch buffet, which was immediately followed by a discussion regarding training, leader development, mobilization, employer support, family readiness and quality of life. (Official Army Photo/Dustin Senger)

"We recently received his holiday message, so it was an honor to see him too," said Staff Sgt. Diana Carter, a reservist from Jonesboro, Ark, after explaining the process of medical supply stock control at the Qatar base. Carter is part of the 427th MEDLOG team responsible for maintaining a substantial inventory of medical materials at the prepositioning depot. The supplies are eventually distributed

throughout the USCENTCOM area of responsibility. "I was excited – I had never met a three-star general before!"

Prior to departing Camp As Sayliyah, the Army leadership joined reservists for a lunch buffet, which was immediately followed by a discussion regarding training, leader development, mobilization, employer support, family readiness and quality of life. Caffie, well known for his dynamic enthusiasm, closed the dialogue with a motivational speech highlighting the importance of military service and leadership responsibility. **A**



U.S. Army Command Sgt. Maj. Leon Caffie (right), Army Reserve command sergeant major, meets mobilized reservists at Camp As Sayliyah, Qatar, Nov. 25. (Official Army Photo/Dustin Senger)

:: ASG-QA Soldier and NCO of the Quarter



U.S. Army Sgt. Bernina Blackwater, Area Support Group Qatar chaplain assistant, Col. David G. Cotter, ASG-QA commander, Command Sgt. Maj. Michael D. Howard, ASG-QA command sergeant major, Pfc. Crystal Miller, human resources specialist, at Camp As Sayliyah, Qatar, Dec. 31. Blackwater, from Shiprock, N.M., and Miller, from Auburn, N.Y., were recognized as the ASG-QA Noncommissioned Officer of the Quarter and Soldier of the Quarter, respectively. (Official Army Photo/Dustin Senger)

Rest and Recuperation Pass Program Donations

Help R2P2 participants enjoy the program's opportunities by donating your new or used items.



- Call the R&R front desk for more information.

Contact Capt. Christopher A. Spencer, ASG-QA rest and recuperation pass program officer, for more information.

Camp Policies

Policies are posted on the ASG-QA Intranet Web site:
<http://www.arcentqa.mil>*
*ASG-QA domain access required.

Equality Observance

Participate in base celebrations of our country's heritage and historic periods.

Martin Luther King Jr. Birthday celebration

- Jan. 19: Observance at 11 a.m. in community activity center.
- Jan 19: Observance at 7 p.m. in R&R briefing room.

Black History Month

- Feb. 4: Opening Ceremony at noon in large dining facility.
- Feb. 18: Observance at noon in community activity center.
- Feb. 18: Finale at 7 p.m. in Top-Off Club.

Contact Sgt. 1st Class Tammy Theis, ASG-QA equal opportunity advisor, for more information.

THE WIRE

Rest and relaxation

By Spc. ELAYSEAH
WOODARD-HINTON
20th Public Affairs Detachment

CAMP AS SAYLIYAH, Qatar - Located within the Arabian Peninsula, on the coast of the Persian Gulf, is a little known retreat called Qatar, where servicemembers can take a few days to rest and relax while deployed to the Middle East.

Qatar is home to Camp As Sayliyah, where troops stay while visiting a country with beaches, shopping, dining, golf and year-round tropical weather.

Even with all the country has to offer, the minor inconveniences that come with travel time and the transportation process to get there keeps many servicemembers from going.

"There's a couple of Soldiers in my unit who have chosen to take their four day pass [and stay on the forward operating base]," said U.S. Army Sgt. Victor Toldoya, who is currently deployed to Iraq. "I've had some bad transportation issues; but once I got [to Qatar], everything I've done in the last two days really makes up for the two days inconvenience it took to get here."

Although getting to Qatar may be a hassle for some, the military offers a rest and recuperation pass program, in conjunction with the United Service Organizations and Morale, Welfare and Recreation, to help make Qatar worth the trip.

According to Toldoya, one of the things he enjoyed most during his first two days was

going on one of the several daily trips offered by the R2P2.

Service members have the option of signing up for trips that offer an opportunity to get off post and experience the culture and scenery that the country has to offer.

Some of the activities include a trip to Al-Safliya Island, where participants can enjoy a variety of water sports such as jet and water skiing.

"The most popular trip is the water sports because [servicemembers] get to ride on the jet skis and swim in the Persian Gulf," said Spc. Teddy Thelwell, R2P2 assistant, Area Support Group Qatar.

Those who enjoy activities on both water and land can take advantage of the Inland Sea Picnic, where a caravan of vehicles chauffeur service members to a camp located next to the beach. Once they arrive, they can eat, play sports or rest in one of the furnished Arabian style tents.

"Once you get to the picnic area it's awesome," said Toldoya. "There's volleyball, swimming and hookah pipes. It was a good four or five hours spent."

Other trips offered by R2P2 include, a tour of the capital city of Doha, which offers a chance to learn more about the culture, shopping, and a trip to the Doha PGA style golf course or a cruise.

Many of the trips offer an entire day of activities, but for those that do not want to dedicate an entire day off post, there are many options on Camp As Sayliyah.

"I was really stressed out when I came over here and now I am relaxed," said U.S. Marine Cpl. Dalton Vaughn, who is currently deployed to Iraq.

According to Vaughn, his first two days in Qatar were spent bowling, eating at Chili's, watching movies and communicating with family.

The bowling alley and many other activities are all centrally located in the building that houses the "Top Off" area, which offers food and beer in a Bourbon Street-atmosphere. Here you can also find a large open area with pool tables, darts and a large stage where MWR hosts karaoke nights and live performances by popular entertainers.

The R&R building is also the home of a USO, which aims to provide a calm environment.

Everyone must take off their shoes before entering the dimly-lit, carpeted USO lounge where servicemembers can play board games, X-Box 360 and Playstation 3; troops can also visit the comfortably furnished

pillow room, where many people go to relax, sleep or watch a movie.

"We have Soldiers who come in and spend four days in the USO, a lot of times sleeping," said Pamela Russell, duty manager, USO. "There are a lot of great opportunities for Soldiers to get off post and relax and do things, but a lot of what we are offering is just a little bit of home."

The R&R, MWR and USO staff are focused on giving back to servicemembers by working to make their R&R a pleasant experience.

"This is very rewarding," said LaVerne C. Haynes, MWR director.

According to Haynes, many servicemembers express that they are thankful for what they do for them, yet she responds with, "I am thankful for what you do for us." **A**

USO Qatar

The USO Qatar offers servicemembers at Camp As Sayliyah movies, games and reading corners in the warm ambiance of a traditional Arabic setting.



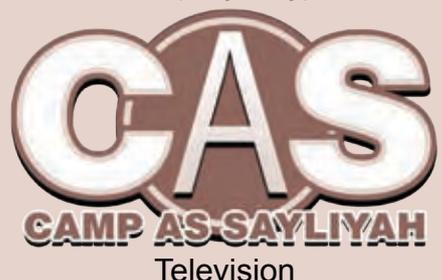
USO is seeking volunteers

- Everyone is eligible to volunteer at the installation USO.
- Commit to assisting visiting war fighters once per week – flexible schedules are available.

Contact Larry Cooke, USO Qatar director, for more information.

CAS-TV

The Camp As Sayliyah command access channel was upgraded to its third revision. Turn your on-post television to channel 36 (may vary).



Contact Lakia Clarke-Brown, ASG-QA public affairs coordinator, for more information.



U.S. Navy Petty Officer 2nd Class Javont Whitt, from Detroit, Mich., looks around a shopping area in Doha, Qatar, Oct. 11. Whitt was enjoying a four-day pass from military commitments in Kuwait, by participating in the U.S. Central Command rest and recuperation pass program. With help from a sponsor familiar with Qatar culture, he joined two other respite program participants to visit the Gulf state's oldest and most famous shopping establishments. (Official Army Photo/Dustin Senger)

New AAFES movie theater

Visit the new AAFES movie theater adjacent to the large dining facility. All movies shown using professional 35mm reels!



Showtimes

- See page 19

Contact Teresa Barrett, AAFES service business manager, for more information.

Photography Support

Photos are available on the ASG-QA Intranet Web site: <http://www.arcentqa.mil>*

*ASG-QA domain access required.

Eagle Cash

Eagle Cash eliminates the need to carry paper pogs, loose change or pay costly ATM fees.

Eagle Cash kiosks:

- Finance
- Large dining facility
- Large gym
- Post exchange
- R2P2 front desk



ASG-QA Finance

- Monday thru Saturday:
8:30 a.m. to 4 p.m.
Closed from noon to 1 p.m.
- Sunday:
8:30 a.m. to noon

Contact Capt. Luis Martinez, ASG-QA finance officer, for more information.

THE WIRE

:: Celebrity support during 2008



◀ **U.S. Army Pfc. Evangelina Martinez**, from Dallas, Texas, is surrounded by Jimmy "Mouth of the South" Heart, Diamond Dallas Page and Nikolai Volkoff at Camp As Sayliyah in Qatar, Jan. 21. The legends of wrestling began their tour of U.S. military installations in Southwest Asia to show their support for deployed troops. (Official Army Photos/Dustin Senger)



▲ **U.S. Secretary of Energy Samuel W. Bodman** greets servicemembers at Camp As Sayliyah, Qatar, Jan. 22. The secretary arrived with his wife and daughter.

▶ **Minnesota Vikings cheerleaders** greet U.S. Army Sgt. 1st Class Jeremy Myers, from Coon Rapids, Minn., at Camp As Sayliyah, May 14. The football cheerleaders were visiting troops at U.S. military installations throughout Southwest Asia.



◀ **U.S. Air Force Staff Sgt. Bonifacio Tee**, from New Castle, Del., poses for a photograph with Kelly Hu at Camp As Sayliyah, Qatar, March 11. The actress joined Maria Menounos and David Proval to greet troops serving in Southwest Asia during an Ambassadors of Hollywood Tour. "I work night shift and woke up just for this opportunity to see them," said Tee. "I saw Kelly in 'The Scorpion King.' It's great seeing her in person. I am glad they are able to do this here."



▲ Justin Guarini, a former “American Idol” participant, signs autographs for U.S. Army Maj. Shelia Phillips-Hicks, from St. Robert, Mo., at Camp As Sayliyah, Qatar, Aug 6. He was beginning a support tour of U.S. military installations in Southwest Asia; also on tour: Gina Glocksen, Brandon Rogers and Nadia Turner.



▲ U.S. Army Master Sgt. Kieth Caraman, from Tampa, Fla., takes a photograph with Yau-man Chan, Eliza Orlins and Cirie Fields at Camp As Sayliyah, May 20. Chan, Orlins and Fields are former participants in the popular reality-television series “Survivor.”



◀ U.S. Army Capt. Randy Sherman, from Marshall, Mo., meets Charlie Weis, University of Notre Dame head coach, at Camp As Sayliyah, May 22. Weis and four other National Collegiate Athletic Association football coaches were touring U.S. military installations in the Middle East, to include: Jack Siedlecki, Yale University; Mark Richt, University of Georgia; Randy Shannon, University of Miami; and Tommy Tuberville, Auburn University.

▶ Dan “the Beast” Severn, Ultimate Fighting Championship hall of famer, Travis Lutter, former UFC fighter, U.S. Army 1st Sgt. Robert Myers, from Lawton, Okla., and Mark Coleman, UFC hall of famer, pose for a photograph at Camp As Sayliyah, Qatar, Aug. 20. The UFC celebrities were touring U.S. military installations in the Middle East to show support for war fighters.



▲ Nate Holland, a professional skier and snowboarder, U.S. Army Lt. Col. John Kizler, from Louisville, Ky., and Danny Kass, two-time Olympic silver medal champion and seven-time Winter X Games medalist, meet at Camp As Sayliyah, Qatar, June 23. Holland, Kass and Grete Eliassen were visiting various U.S. military installations in the Middle East during an X Games tour.



▲ U.S. Marine Corps Sgt. Sergio Jimenez, from Fresno, Calif., takes a photograph with members of the St. Louis Rams Cheerleaders at Camp As Sayliyah, Qatar, June 18.

Chaplain Services

Attend the installation ministry team's spiritual support services:

Spiritual Fitness Luncheon

- Jan. 28: Monthly prayer luncheon at noon in the large dining facility.
- Feb. 25: Monthly prayer luncheon at noon in the large dining facility.

Contact Col. Doug Castle, ASG-QA chaplain, for more information at DSN 432-2198.

Family Readiness Group Web site

- USARCENT magazines
- ASG-QA news and photos
- Contact information
- Important links

http://www-qa.arcent.army.mil/qa_frg

Contact Capt. Thomas Crane, ASG-QA HHC commander, for more information.

THE WIRE

Spiritual fitness

God's Grizzlies

By Col. DOUG CASTLE
Installation ministry team

I had been driving for 13 hours, and looking seriously for a motel. If I didn't find one soon I was going to have to pull off on a side road and sleep. I was on I-90, heading east from Fort Lewis. I'd spent the summer there as a chaplain for ROTC Advanced Camp, and I was heading for my home in Missouri.

I was in a particular bad mood because I'd made the mistake of stopping in a small Montana town for gas. It was the annual parade, and traffic returning to the interstate was diverted into endless loops past

every store in town, dodging horses and pedestrians filling the streets. My five-minute fuel stop turned into a 40-minute, white-knuckled 'adventure.'

Muttering thoughts chaplains have no business thinking, I was finally back on the road. Glancing to the right, I saw something and jammed on the brakes. Ambling along the banks of the Yellowstone, its long hair gently waving in the wind was a Grizzly!

I had always wanted to see a Grizzly in the wild, but despite many years in the woods and mountains, I had never come across one. Watching the bear, no more than fifty yards from me playfully stroll out of sight, I got back in my truck with a grin and drove away.

But immediately I stopped. God was gently speaking to my heart, and He had my full attention. I had always wanted to see a Grizzly, but would have missed this one if not for the unexpected Livingston 'tour.' What I had experienced as an inconvenience and an interruption in my agenda was in actuality an event positioning me for something good!

God was reminding me, in a way, I will never forget that He views my life from a much higher and clearer perspective. I get lost in the smoke of battle immediately around me, but He sees the pathway He has picked out for me to travel. Important lessons and valuable benefits are hidden in even the every-day irritations I encounter. I really CAN trust God's wisdom!

"Trust in the Lord with all your heart, and don't depend solely on your own understanding of things. In every part of your life keep your attention focused on God, and He will put you on the path He has laid out for you." Proverbs 3:6 **A**



Illustration by Dustin Senger. Submit ideas for future CAS-toons to dustin.senger@qatar.army.mil

MWR events schedule

- ♦ Martin Luther King 5K Fun Run
Jan. 19 • 6 a.m. • CAC
- ♦ Bicycle Relay Race
Jan. 25 • 1 p.m. • Large Gym
- ♦ NFL Super Bowl Sunday Tour
Jan. 29-30 • TBD • Large DFAC
- ♦ Professional Rodeo Tour
TBD • TBD
- ♦ Billy Blanks Tour
TBD • TBD
- ♦ WWE Tour
TBD • TBD

Contact LaVerne Haynes, ASG-QA MWR director, or Tony Randall, MWR program manager, for more information.



AAFES Movie Theater

Visit the new AAFES movie theater adjacent to the large dining facility. All movies shown using professional 35 millimeter film reels!

Quarantine
Jan. 7 • 7:30 p.m.

Eagle Eye
Jan. 10 • 5 p.m.

Pride and Glory
Jan. 8 • 7:30 p.m.

The Day the Earth Stood Still
Jan. 10 • 7:30 p.m.

The Express
Jan. 9 • 5 p.m.

Nothing Like the Holidays
Jan. 11 • 5 p.m.

The Day the Earth Stood Still
Jan. 9 • 7:30 p.m.

Max Payne
Jan. 11 • 7:30 p.m.



The Express
Jan. 12 • 7:30 p.m.

Eagle Eye
Jan. 13 • 7:30 p.m.



Contact Teresa Barrett, AAFES service business manager, for more information.



NEW YEAR PARTY

Dec. 31, 2008 – Official Army Photos/Ding Alcaide





2009

NCO INDUCTION

Dec. 18, 2008 – Official Army Photos/Ding Alcaide

Sgt. Nimchie Alce

Sgt. Byron Beltau

Sgt. Jeremy Crutchfield

Sgt. Yvonne Davis

Sgt. Demetrice Elmore

Sgt. Tabitha Gilchrease

Sgt. Brian Given Jr.

Sgt. Amaris Henry

Sgt. Devon Joseph

Sgt. Braxton Kehr

Sgt. Russ King

Sgt. Mia Lampley

Sgt. Jeleen Pedro

Sgt. Naomi Richardson

Sgt. Tisha Slade

Sgt. Brian Thompson

Sgt. Carlos Valerioalgarra





CAS Bowling Alley



Come enjoy the
Top-Off Club's
eight-lane
bowling alley.

Free Bowling

• Fridays, from noon to 4 p.m.

Free Tuesdays

• Jan. 6: Open bowling from 6 p.m. to 8 p.m.

• Jan. 13: Moonlight bowling from 8 p.m. to 10 p.m.

• Jan. 20: Open bowling from 6 p.m. to 8 p.m.

• Jan. 27: Moonlight bowling from 8 p.m. to 10 p.m.

Contact Tony Randall, ASG-QA MWR program manager, for more information.

FITNESS

Soldiers run from Qatar to Kuwait

By **DUSTIN SENGER**
ASG-QA public affairs

CAMP AS SAYLIYAH, Qatar - U.S. Army 1st Sgt. Donald Williams, from Houston, Texas, completed a two-month endurance challenge at Camp As Sayliyah, Qatar, Dec. 13. The 357-mile fitness event simulated running from Qatar to Kuwait, by adding up distances completed on indoor treadmills, from Nov. 1 to Dec. 31. Williams, one of almost 70 to take on the challenge, was first to finish the massive test of stamina.

"Finally," said Williams after completing the race. "I never thought I would get there. I was only hoping for 250 miles. But after going 250, what's another 100 miles?" Participants in the competition were separated into four age brackets: 20-29, 30-39, 40-49 and 50 and over. Williams, 44, won the overall.

"I usually ran five to seven miles, twice a day," said Williams. "A younger person could do more but anyone in their 40's should stay under 10 miles in any one session. Otherwise you're flirting with danger."

"The race forces you to adhere to proper nutrition," said Williams. "I lost 18 pounds before I started to get some weight back. I started eating four times per day to keep from seeing stars. People using this challenge to lose weight probably won't make it to Kuwait, by Dec. 31. If you don't eat right, you'll feel it. Also, the race builds confidence. Like long road marches, sometimes you have to rest, but you always



"The hardest part is staying motivated," said U.S. Army 2nd Lt. John Santos, from Carson, Calif., while participating in a two-month endurance challenge at Camp As Sayliyah, Qatar, Dec. 13. "Sometimes I feel like a hamster running in circles; going nowhere while watching re-runs of football games and 1980's music videos on the televisions. (Official Army Photo/Dustin Senger)

get back up and keep going."

"The hardest part is staying motivated," said 2nd Lt. John Santos, from Carson, Calif. "Sometimes I feel like a hamster running in circles; going nowhere while watching re-runs of football games and 1980's music videos on the televisions. I'd rather run under the desert sun than on these machines." Santos is trailing 130 miles behind Williams in second place for all age groups. He intends pass the 357-mile finish line, by Dec. 31.

"I am back in the rhythm of running about 10 miles each day," said Santos. "My highest so far was 25 miles; although, I have never

taken the 'run' part literally. I did that in two-and-half hours. I found out these treadmills restart themselves after 60 minutes," he said, smirking at the thought.

"It's hard to run this much without anything to reach for - so this gives us a goal at least. It is improving my run time outside by allowing me to focus on my form, since I don't have to worry about tripping over rocks or anything."

A similar event is scheduled soon, using a combination of treadmill and outdoor running, but the winner of the race to Kuwait challenge already has his attention set on something else.

"I am going to start training for the powerlifting competition in March," said Williams. "I want to demonstrate a 500-pound bench press." Most people would shun the thought, but not Williams.

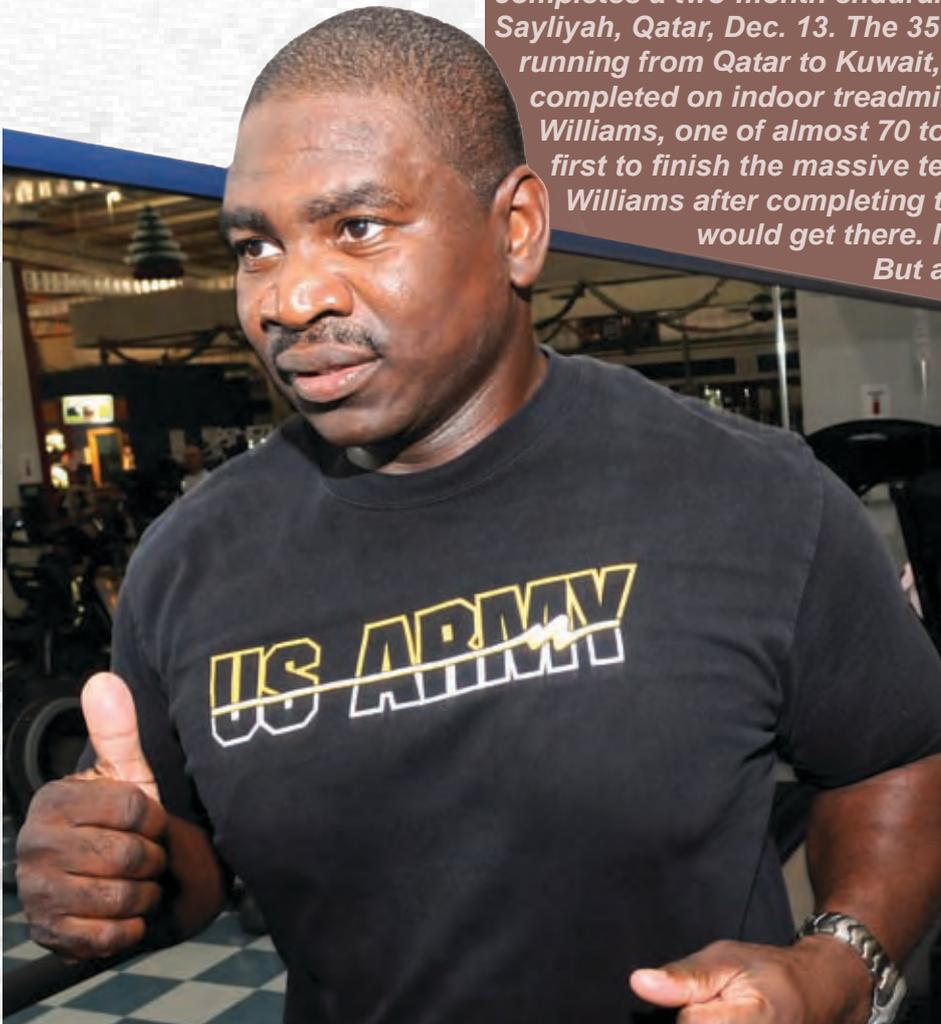
He has accomplished the impressive lift several times in the past. In October 2007, he did it while weighing 205 pounds.

"It's important to break things up to stay in shape between annual

physical training tests," said Williams. "If I can do all this at 44 years old, then anyone younger than me can do it too." **A**

"It's hard to run this much without anything to reach for - so this gives us a goal at least." Army 2nd Lt. John Santos, Carson, Calif.

U.S. Army 1st Sgt. Donald Williams, from Houston, Texas, completes a two-month endurance challenge at Camp As Sayliyah, Qatar, Dec. 13. The 357-mile fitness event simulated running from Qatar to Kuwait, by adding up distances completed on indoor treadmills from Nov. 1 to Dec. 31. Williams, one of almost 70 to take on the challenge, was first to finish the massive test of stamina. "Finally," said Williams after completing the race. "I never thought I would get there. I was only hoping for 250 miles. But after going 250, what's another 100 miles?" (Official Army Photo/Dustin Senger)



FITNESS MANIA!

U.S. Army Capt. Luis Martinez, Area Support Group Qatar finance officer, scored 2,707 points to win the November fitness challenge at Camp As Sayliyah - scoring four consecutive wins! According to MWR officials, Martinez earns his points as a regular participant in MWR tournaments and fitness challenges.

Sign up for January's Fitness Mania at the large gym's front desk.



FITNESS

SOLDIER STRONG

Fitness Q&A

By 1st Sgt. DONALD WILLIAMS
ASG-QA HHC

Q. Why use free weights when machines are much easier?

A. There are several reasons people choose free weights over machines. Machines may appear easier but they have drawbacks.

For gym owners, machines consume a lot of floor space and increase equipment costs. Since they isolate specific muscle groups, several machines are required to work the entire body. On the other hand, free weights can train multiple muscle groups. Adjustable benches or squat racks can be used for countless exercises other than bench presses or squats; such as curls, extensions, military presses, deadlifts – the list is extensive.

Free weights are highly portable too! If the gym is crowded, you can move barbells, dumbbells and benches to areas with less congestion. Machines are much more difficult to move, considering their weight, complexity and dimensions. To make matters worse, popular devices tend to attract a crowd of people waiting for a turn.

Free weights will always provide greater functional strength gains than machines, as long as proper form is practiced while applying a progressive overload. Machines limit advanced strength

athletes due to inadequate and unnatural resistance, whereas free weights allow plenty of long-term progression.

Machines may look appealing, particularly to new gym patrons, but they don't offer the serious lifter a lot of options. One benefit they do provide the dedicated: they remove less serious individuals away from weights the serious lifter needs.

Q. What's a good way to get back in shape after being inactive?

A. A good way to get back into shape after being inactive is to take your time. Remember, Rome was not built in a day.

Start off by allowing your joints to adapt to an increase in activity levels. Work with lighter resistance until the strain on your joints becomes more comfortable. Previously trained muscles may be ready to get back to work but prematurely overloading joints and connective tissue can result in injury, and even more inactivity. You may feel "beginner's pain," but please don't let this stop you – keep training and the discomfort will subside soon enough. Stretching can help you complete workouts with less soreness.

When you're ready, set goals based on previous fitness levels. If your last training goal was to push or pull a specific load, try to do it again! Progress will be faster the second time around since muscles have memory. In other words, with proper rest and nutrition, strength levels can quickly return to handling loads previously rehearsed. It won't happen over night, but be ready to see dramatic increases up front. Just remember: when you observe the rebound, reward

yourself by increasing training loads accordingly. Your workouts must continuously provide a sufficient level of intensity to keep improving – when the load is no longer heavy, the training stimulus is no longer sufficient. If 100 pounds suddenly seems light, graduate to 105 pounds or more.

Once you return to a previously held fitness level, take the steps to reach a higher echelon. Progress helps maintain interest in an active lifestyle. It can be defined by increases in strength or changes in body composition. Hopefully, your progress will encourage others to focus on becoming more fit too! **A**

EDITOR'S NOTE: Williams has over 34 years of powerlifting experience. While stationed at Fort Polk, La., he set a state record by bench pressing 350 pounds, while weighing only 170 pounds. He retired from competitions, but continues to coach individuals interested in ways to increase their strength.

:: SOCCENT takes the cup



▲ *Special Operations Command Central earns the fall season's commanders cup at Camp As Sayliyah, Nov. 8. To earn the cup, they competed in 14 events, played over two days. They obtained the most points at the installation's premier fitness challenge.*



▲ *Basketball between Medical Logistics and Area Support Group Qatar, Nov. 7.*



▲ *Flag football between 25th Signal Battalion and 2-43 Air Defense Artillery, Nov. 7*



TOP 5

- SOCCENT (36)**
- ASG-QA (35)
- 2-43 ADA (32)
- 25th SIG (24)
- JPOTF (23)



▲ *Combined Media Processing Center runs during a morning one-mile relay race, Nov. 8. (Official Army Photos/Ding Alcaide)*

Rest and Recuperation Pass Program Sponsorship

Sponsor an R2P2 participant to give them an opportunity to see the local culture and atmosphere while enjoying a break from operations.

- Call the R&R Desk for more information

Contact Capt. Christopher A. Spencer, ASG-QA rest and recuperation pass program officer, for more information.

Desert Mesh online!

The Desert Mesh is available on the Internet:
<http://www.arcent.army.mil>

CULTURE

Walker

(Continued from page 3)

Walker's trip started with the Qatar Museum of Islamic Art. The museum first opened its doors to visitors Dec. 1. The buildings strong elegant design is nestled within the Gulf coastline; creating a vivid contrast of colors, from the warm desert sand to the cool ocean waters. The museum holds fragments of Islamic history, such as manuscripts, textiles and ceramics. Many exhibits originate from Turkey, Egypt, Iraq, Iran and India.

"The Qatar emir gave the architect unlimited funding to build this museum," said Army Pfc. Anthony Arnette, from El Paso, Texas, after listening to an explanation of the construction of the museum. Arnette was on pass from Kuwait, participating in the USCENTCOM respite program in Qatar. "It's amazing how everything is put together – it's very creative!

Especially the way the dome on top looks like it's spinning as the sun hits the different shapes during the day."

"The Book of Secrets shows the foundations of everything we have in our mechanical world today," said Marine Corps Chief Warrant Officer Jeff Moxley, from Louisville, Ky., on pass from Iraq. "It proves they had a real thought process for how to do things." The 11th century manuscript describes more than 30 machines and devices – many not seen in Europe until after the 13th century. "It has diagrams of battering rams, and even how to keep water cool. The ancient artifacts found in the United States often date way back to cavemen times. The things out here are more relevant to our era, with religious significance."

After departing the museum, the group elected to go shopping in one of Qatar's most popular malls and then journey through the gold shops. The evening ended with a dimly lit dinner in a Moroccan restaurant.

"I didn't know what to expect... but camel meat is delicious!" said Marine Corps Lance Cpl. Matthew Shimmel, from Phillipsburg, Penn., on pass from Iraq. Shimmel decided to try the Arabic delicacy while the possibility presented itself. "I don't know when I'll have an opportunity to have it again. The meat's texture is like prime rib but I can't compare the taste to anything – I liked it!"

"This is the first time I have really enjoyed myself since I have been in the military," said Marine Corps Lance Cpl. Kerby Telemaque, from Coral Springs, Fla., while on pass from Iraq. "Seeing and getting involved in the culture helped me understand Islamic society. I never



Army Pfc. Anthony Arnette, from El Paso, Texas, glances over exhibits at the Museum of Islamic Art in Doha, Qatar, Dec. 20. The museum holds fragments of Islamic history, such as manuscripts, textiles and ceramics. Many exhibits originate from Turkey, Egypt, Iraq, Iran and India. (Official Army Photo/Dustin Senger)

Qatar Museum of Islamic Art

Masterpieces from three continents and 14 centuries celebrate the dazzling diversity of Islamic Art. "Beyond Boundaries: Islamic Art Across Cultures," the first exhibition, runs through Feb. 22. Free admission to museum and first exhibition. Guides are available for large groups.

- The Museum of Islamic Art's opening hours are Saturday, Sunday, Monday, Wednesday and Thursday from 10:30 a.m. to 5:30 p.m., and Friday from 2:00 p.m. to 8:00 p.m.

Call the Qatar Museum of Islamic Art at 422-4444, for more information, or visit the Web site: <http://www.mia.org.qa/english>



U.S. Army Spc. Daniel Zimmer, from Chicago, Ill., and Marine Corps Lance Cpl. Matthew Shimmel, from Phillipsburg, Penn., depart the Museum of Islamic Art in Doha, Qatar, Dec. 20. The museum first opened its doors to visitors on Dec. 1. The buildings strong elegant design is nestled within the Gulf coastline; creating a vivid contrast of colors, from the warm desert sand to the cool ocean waters. (Official Army Photos/Dustin Senger)



Fatima Al Hamadi reveals an interactive exhibit explaining the Book of Secrets at the Museum of Islamic Art listen to in Doha, Qatar, Dec. 20. The museum first opened its doors to visitors in on Dec. 1. U.S. Army Sgt. 1st Class Otis Walker (right), from Miami, Fla., takes photographs of the demonstration.

expected all the similarities and I feel they know our culture. This is a recharge that gives us experiences to talk about for a lifetime."

"I was here trying to travel off post in 2006," said Walker. "The sponsored just dropped us off and left. My friend and I said, 'if we ever get stationed here, we'll take the time to show people things.' A little more than a year later, I was

stationed in Qatar."

"I tell everyone: 'if you're having a bad day, go sponsor the R&R,'" said Walker. "After you hear stories about Iraq and Afghanistan, you realize there isn't much to complain about here. For me, it's about them. I take pictures of all the groups I sponsor and meet new friends every day." 

Qatar Armed Forces Competitions

The annual Qatar armed forces competitions are underway. Take part of an outreach effort to build friendly relationships between the U.S. and Qatari military.



Armed Forces Marksmanship Competitions

- Jan. 11-28

Commander-in-Chief Shooting Competitions (officers)

- Jan. 20-22

Chief of Staff Marksmanship Competitions

- Feb. 1-25

Military Run

- March

Contact Capt. Thomas Crane, ASG-QA HHC commander, or Raed Barghouti, ASG-QA civil affairs specialist, for more information.

Permanent Off-Limit Areas in Doha for Camp As Sayliyah Military and DOD Civilians:

- Iranian souqs
- Industrial area
- Al Wakra
- Marine House located at the US Embassy
- Establishments serving alcohol, except full-service restaurants located in: Four Seasons, Ritz-Carlton, Intercontinental, Sheraton, Marriott, and Ramada hotels
- Local residences of employees of private corporations or other civilian organizations under contract with the U.S. government

Contact Capt. Mark Singer, ASG-QA deputy provost marshal for more information.

DOHA LIFE

Qatar military sports history

By **DUSTIN SENGER**
ASG-QA public affairs

Qatar Emir Hamad bin Khalifa Al Thani has actively supported athletes and major sports competitions since he succeeded his father's rule of the Gulf country in 1995. International athletic events helped build worldwide awareness for the rapidly developing and prosperous Gulf emirate. The 15th Asian Games Doha in December 2006 presented Qatar as the first venue for a major Olympic event in Arabia.

In June 2003, Qatar military officials asked Qatar-based U.S. servicemembers to join them in athletic activities – a major success of sociable interaction between the two nations' military forces. Prior to the athletic events in 2003, U.S. servicemembers had limited, low-level, military-to-military relations with their Qatari counterparts. To bring the two diverse cultures together, a common interest was

found: sports competitions.

U.S. Army officials were excited by the positive relationships that succeeded the events in 2003. On May 11, 2004, they sent a letter to the host nation military headquarters to request opportunities for continued semi-annual sports competitions. Qatar military officials responded on July 17, 2004. U.S. servicemembers were officially invited to join them in the nation's annual military sports competitions – as the only non-Qatari participants. The military sports competitions included: marksmanship, basketball, soccer, volleyball, table tennis, cross-country and a challenging military run.

Topping the score cards, U.S. servicemembers earned 3rd place during the first season marksmanship competition. At the 2005 to 2006 military sports competitions, they earned 2nd place in a cross country run. The following season, Air Force Capt. Benjamin Washburn, from Colorado Springs, Co., achieved 1st place during a pistol competition against eight Qatari military teams. According to Washburn, he had never shot pistol one-handed before



U.S. Armed Forces battle their Qatari counterparts during a volleyball championship game in Doha, Qatar, Oct. 23. In June 2003, Qatar military officials asked Qatar-based U.S. servicemembers to join them in athletic activities – a major success of sociable interaction between the two nations' military forces. (Official Army Photo/Ding Alcayde)

– in competition or otherwise. However, he was provided a helpful range coach by the host nation’s military.

“It’s nice to see an American standing in formation to receive a trophy,” said Qatar Army Brig. Gen. Khalifa Al Khulaifi, Qatari Military Sports Association deputy director, minutes before the award ceremony honoring Washburn with a gold medal on Jan. 20, 2008. Qatar Army Lt. Jo’an bin Hamad Al Thani, military police officer, son of the emir, was present to congratulate the Air Force security forces officer.

The 2008 to 2009 season is still underway. So far, the U.S. Armed Forces earned 2nd place at the

doubles table tennis competition. Events still on the schedule include: basketball, marksmanship, cross-country and the military run – as well as various other competitions that are dependent on troop availability.

“The Qatar military takes extra pride in their sports competitions,” said Hani Abukishk, Area Support Group Qatar civil affairs officer. He was part of the first negotiations to bring the two nations together in sports competitions. “Especially the marksmanship events, since they specifically showcase a military skill, unlike basketball and soccer. The Qatar rifle and pistol teams generally don’t expect us to beat them,” he said. **A**



U.S. Air Force Capt. Benjamin Washburn, from Colorado Springs, Co., is congratulated by members of the Qatar military, Jan. 30, 2007. Washburn earned the first gold medal since U.S. servicemembers began participating in Qatar military sports competitions in 2004. (Official Army Photo/Dustin Senger)

Qatar sports strengthen connections

U.S. Embassy Qatar Press release

DOHA, Qatar, Nov. 23, 2008 – U.S. Ambassador to Qatar Joseph LeBaron and Brig. Gen. Khalifa Al Khulaifi, Qatar Military Sports Association deputy director, inaugurated a friendly soccer game between teams from the Qatari and U.S. militaries. The early morning match, which was played at Al Sadd stadium, highlighted the successful collaboration between the two militaries in the sports arena.

Ambassador LeBaron remarked that the U.S. Embassy supported the vision of Qatar’s leaders in promoting sporting activities as part of a healthy lifestyle, and there were no people better placed than our military service members to help us achieve that goal.

The Qatari and U.S. militaries, which enjoy a long tradition of cooperation in all fields, take advantage of the cooler months to field teams in friendly competitions in a number of sports.

Prior to the soccer match, Raed Barghouti, coach of the American team, observed that his side was taking on a big challenge by facing the strongest Qatari military soccer team this season. The coach’s concerns were borne out by the results, as the U.S. team was soundly defeated.

Speaking before the game, Brigadier General Al Khulaifi said he welcomed further sports collaboration between the U.S. and Qatari militaries. **A**



U.S. Army Sgt. Lumbala Walumbala (right), from Sacramento, Calif., runs toward an opposing goal during a championship soccer game at Al Sadd stadium in Doha, Qatar, Nov. 27. Walumbala joined several other members of the U.S. Armed Forces to play against their Qatari counterparts during the nation’s annual military sports competitions. (Official Army Photo/Ding Alcayde)



(Courtesy Photo/U.S. Embassy Qatar)

Education Center
The Army Continuing Education System offers a variety of programs to assist servicemembers in obtaining their college degree, GED, certification or licensure – through a variety of distance learning programs. Visit the education center for more information on ACES programs and services.

- Tuition assistance
- GI Bill
- Distance education
- eArmyU
- Promotion points!

Contact Annette Whitaker, education center director, for more information.

Drove a Little Fast?

Check traffic violations at the Qatar e-Government portal:
<http://www.moi.gov.qa/English>

Vehicle Accidents

All accidents, on and off post, must be reported to the military police desk, no matter how minor: 460-8214

- Call your supervisor
- Report the five W's
- If damage is minor, move your vehicle off the road.
- DO NOT move the vehicle after a major collision
- DO NOT leave the scene unless instructed by an official.

Put these phone numbers in your mobile phone:



Off-post emergency: 999
On-post emergency: 911
ASG-QA BDOC: 460-8423
ASG-QA Civil Affairs: 588-9345

Contact Capt. Mark Singer, ASG-QA deputy provost marshal, or Hani Abukishk, civil affairs officer, for more information.

SAFETY

Seasonal concerns for driving in Doha

By ISIDORO A. GEVEROLA
ASG-QA safety manager

The U.S. Army Combat Readiness/Safety Center fiscal 2008 end-of-year review reported a reduction in Class A accidents on ground. Army Motor Vehicle and Army Combat Vehicle Class A accidents significantly decreased. Class A accidents for AMV and ACV vehicles accounted for nine percent and three percent, respectively. However, privately-owned vehicle and motorcycle accidents and fatalities are continuing problem areas for the Army. POVs accounted for 55 percent of total Class A accidents in fiscal 2008, far eclipsing the second most common cause (Personnel Injury-

Other; 18 percent).

At Camp As Sayliyah, it's extremely important for leaders to impose a strong vehicle safety awareness program within their respective units. Statistically, accidents occur more often while off-duty. Off-post travel can be difficult, especially for an unfamiliar driver finding their way in a foreign traffic environment.

Qatar weather conditions and local aggressive driving habits, compounded with treacherous roads, offer significant challenges for all drivers. The sun sets quick-

er during the cool season and fog appears in the early mornings with airborne sand settling in the air. Take your time and learn measures to ensure you arrive safely and avoid becoming an Army loss statistic!

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er during the cool season and fog appears in the early mornings with airborne sand settling in the air. Take your time and learn measures to ensure you arrive

safely and avoid becoming an Army loss statistic!



U.S. Army Chyna Williams, from Crestview, Fla., attends tactical vehicle training at Camp As Sayliyah, Qatar, Dec. 19. (Official Army Photo/Ding Alcaide)

Driving in the dark

It's important to remain alert and ready to react while conducting off-post missions at night. Driving after sunset is challenging - sometimes dangerous. According to the U.S. National Safety Council, traffic death rates are three times greater at night than during the day. In fact, nighttime death rates are more than two times higher. Why is it so dangerous? Darkness and fatigue are the primary culprits.

Qatar streets are often poorly lit, especially in the industrial area. Ninety percent of a driver's reaction depends on vision. After sundown, depth perception, color recognition and peripheral vision are all compromised. Along the streets in Qatar, people frequently wear dark clothing, ride bicycles with no lights or reflectors, as well as walk across busy streets and intersections with little warning.

Sleepiness slows reaction time, decreases awareness and impairs judgment - just like drugs or alcohol. Driving after a long, hard, mentally demanding day can be very risky. You are at serious risk for an accident if you work long or odd hours, drive a great deal each day, suffer from a sleep disorder or have been prescribed medication with sedatives.

Finding your way in fog

Qatar is in its inclement weather season. Heavy fog frequently unfolds in early morning hours

during the cool weather season. Exercise caution and avoid excessive speeds when driving during these periods of limited visibility - pedestrians, bicycles and motorcycles can become difficult to spot!

Losing control of your car on wet pavement is a frightening experience. Skidding and hydroplaning can happen unless you execute timely defensive and preventive measures to adjust your speed during wet conditions.

You may use low-beam headlights or fog lights to indicate your position on the road to other drivers. But do not use your high-beam headlights or your hazard lights as a

means of being seen. Although this is a popular practice here, it can easily lead to traffic accidents by creating poor visibility and distractions for you and other drivers. Be better prepared to react to sudden changes by leaving plenty of space between you and other vehicles.

Roads soaked by rain

According to historical averages, Qatar's rainy season emerges in December and continues until March. In December 2006, residents witnessed record breaking down pours. The roads filled with water during this uncanny wet season and many drivers found themselves unprepared. So far we have had few showers in 2008, but it's likely we will see widespread down pours over the next month or two.

Losing control of your car on wet pavement is a frightening experience. Skidding and hydroplaning can happen unless you execute timely defensive and preventive measures to adjust your speed during wet conditions. Precautionary driving habits will help you

avoid having to use emergency driving tactics.

You can prevent skids by driving slowly and carefully, particularly around curves. Steer and brake with a light touch; avoid hard breaking when you need to stop or slow down. If you start to skid, remain calm and ease your foot off the gas - only apply the brake if your car has an anti-lock braking system. Carefully steer in the direction you want the front of the car to move. Steering into the skid will bring the back end of your car in line with the front.

Hydroplaning occurs when the water in front of your tire builds up faster than your car's weight can push it out of the way. Water pressure causes your car to rise up and slide on the wet road. Your car can lose contact with the road and drift out of your lane. Do not brake or turn suddenly if you find yourself hydroplaning. Ease your foot off the gas until the car slows and you can feel the road again. If you need to brake, do it gently with light pumping actions. You can brake normally if your car has an anti-lock system; a computer mimics the pumping action when necessary. To avoid hydroplaning, keep your tires properly inflated, maintain good tire condition, slow down on wet roads and stay away from puddles. Try to drive in the tire tracks left by the cars in front of you.

Be aware of high winds

Driving in windy conditions can be another test of driving skills. You need to be extra cautious and maintain good control of your vehicle by driving defensively,

(Continued on page 34)

Safety/Fire Training

Attend the installation safety training.

Unit Safety Representative and Fire Warden/Prevention

• Jan. 15: 9 a.m. to 5 p.m.

Confined Space Training

• Jan. 20: 9 a.m. to noon

First Aid Training

• Jan. 21: 9 a.m. to noon.

CPR Training

• Jan. 22: 9 a.m. to 5 p.m.

Fire Extinguisher Training

• Jan. 27: 9 a.m. to 10 a.m.

HAZWOPER Refresher

• Jan. 27: 9 a.m. to 4 p.m.

HAZWOPER Supervisor

• Jan. 28: 9 a.m. to 4 p.m.

Contact Isidoro Geverola, installation safety manager, or Daniel Guzman, installation fire chief, for more information.

SAFETY

driving

(Continued from page 33)

reducing your vehicle speed, increasing your following distance and giving yourself plenty of room to react to blowing objects and debris. Be careful of upcoming traffic situations – even when you maintain proper control, other drivers may not.

Be extremely careful when opening vehicle doors while parked in windy conditions. Strong winds can easily whip the door right out of your hand and damage the vehicle parked next to you.

Driving in Qatar can be difficult without any adverse environmental conditions. Stay aware of your surroundings and drive to arrive. **A**

Record-breaking safety period in Qatar

By ISIDORO A. GEVEROLA
ASG-QA safety manager

CAMP AS SAYLIYAH, Qatar – Camp As Sayliyah residents achieved 247 accident-free days, Dec. 31, marking the longest incident-free period ever recorded at the U.S. military installation. This safety milestone is evidence of superior safety awareness, training and enforcement throughout the U.S. military installation in Qatar. A strong safety culture is evident throughout the base – from top senior military leaders, to enlisted ranks and installation contractors.

“Safety first” is the safety call for Area Support Group Qatar – echoing loud and clear for everyone working on Camp As Sayliyah. Since ASG-QA provides base operation services for the installation populace, the safety program is focused on individual wellbeing and over-all installation safety. As a result of numerous efforts, ASG-QA accumulated Army-level safety

awards in 2008 and continues to present itself as a premier installation for safety excellence.

During 2009, the safety office will focus on in-house training, identifying hazards and an even more proactive composite risk management program. The goal is to achieve safety excellence in every possible mission-oriented endeavor.

Safety first! Senior military leaders demand it and military personnel, civilians, and contractors live by it. Why? Because it's the right thing to do! Safety is of utmost importance in every military environment. **A**



Lt. Gen. James J. Lovelace, U.S. Army Central commanding general, presents the Secretary of the Army and Chief of Staff of the Army Exceptional Organization Safety Award to Col. David G. Cotter, Area Support Group Qatar commander, June 21. (Official Army Photo/Dustin Senger)

New traffic law

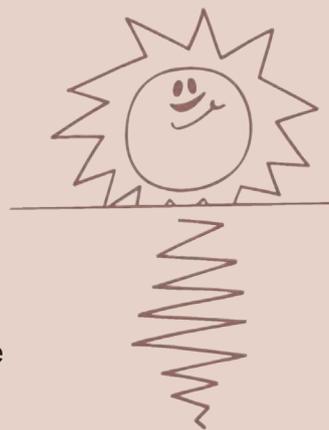
For minor accidents, drivers must move vehicles to avoid traffic congestion and a 1,000 Qatari Riyal (roughly \$275) fine as articulated in the new Qatari traffic law:

• **Qatari Traffic Law, Article 23:** "Not removing the vehicle from the accident's site to the nearest parking after non-casualty accident if it is possible to move it and report to the police immediately."

Contact Hani Abukishk, ASG-QA civil affairs officer, for more information.

You can take several effective measures to minimize after-dark dangers by preparing your car and following special guidelines while you drive. The National Safety Council recommends the following tactics:

- Prepare your car for night driving. Clean headlights, taillights, signal lights and windows (inside and out) once a week, more often if necessary.
- Have your headlights properly aimed. Misaimed headlights blind other drivers and reduce your ability to see the road.
- Don't drink and drive. Not only does alcohol severely impair your driving ability, it also acts as a depressant. Just one drink can induce fatigue.
- Avoid smoking when you drive. Smoke's nicotine and carbon monoxide hamper night vision.
- If there is any doubt, turn your headlights on. Lights will not help you see better in early twilight, but they'll make it easier for other drivers to see you. Being seen is as important as seeing.
- Reduce your speed and increase your following distances. It is more difficult to judge other vehicle's speeds and distances at night.
- Don't overdrive your headlights. You should be able to stop inside the illuminated area. If you're not, you are creating a blind crash area in front of your vehicle.
- When following another vehicle, keep your headlights on low beams so you don't blind the driver ahead of you.
- If an oncoming vehicle doesn't lower beams from high to low, avoid glare by watching the right edge of the road and using it as a steering guide.
- Make frequent stops for light snacks and exercise. If you're too tired to drive, stop and get some rest.
- If you have car trouble, pull off the road as far as possible. Warn approaching traffic at once by setting up reflecting triangles near your vehicle and 300 feet behind it. Turn on flashers and the dome light. Stay off the roadway and get passengers away from the area.
- Observe night driving safety as soon as the sun goes down. Twilight is one of the most difficult times to drive, because your eyes are constantly changing to adapt to the growing darkness.



...:: Contribute and be published in the Desert Mesh! ::...

Please contact the ASG-QA public affairs office
to learn how to become a contributor.

E-mail: pao@qatar.army.mil
Phone: 011-974-450-2714 (DSN: 318-432-2800)

We need your feedback!

Fill out the form below, call or e-mail
the ASG-QA public affairs office.



What did you think of Desert Mesh edition 58?

Please comment on this form, or make a copy, then drop it into any comment card box on Camp As Sayliyah.

How would you rate this edition? _____

What is your opinion of the content? _____

Was the layout and design appropriate? _____

Do you find it easy to obtain a copy? _____

Additional Comments: _____



Edition 58

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