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See the back cover for details.



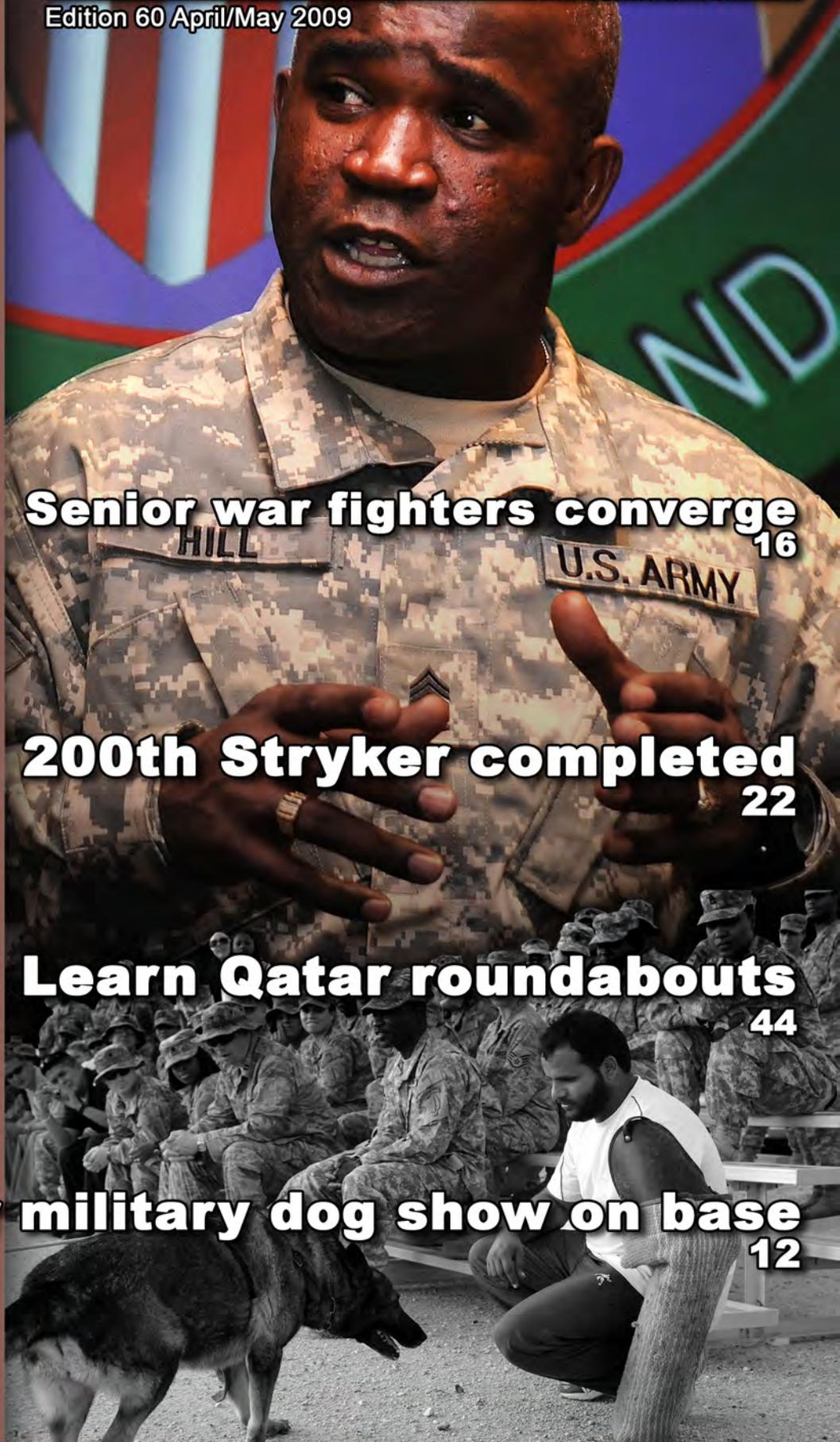
Qatar military dog show on base 12

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

DESERTMESH

MAGAZINE 

Edition 60 April/May 2009



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BIGGEST EDITION EVER!



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Edition 60

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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. Army Command Sgt. Maj. Marvin L. Hill, Central Command, speaks during a senior enlisted leaders' conference at Camp As Sayliyah, Qatar, March 29. (Bottom) A German shepherd locates a Qatar army military police canine trainer by following nearly 200 meters of tracks during a working dog exhibition for U.S. servicemembers at Camp As Sayliyah, Qatar, April 13. (Cover Photo-illustration by Dustin Senger)

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Camp profile: Mind over matter in weight loss

Soto redeploys from Camp As Sayliyah 100 pounds lighter.

By Spc. ELAYSEAH WOODARD-HINTON

20th Public Affairs Detachment

CAMP AS SAYLIYAH, Qatar – Many people will begin the new year with resolutions dealing with their health and wellness. However, for one Soldier, it did not take a new year to make this resolution, but a desire within to improve himself and to become a better leader for his Soldiers.

“I found myself playing with my kids outside a lot before we deployed and I was getting tired, physically,” said Army Staff Sgt. Hector Soto, supply sergeant, D Battery, 2nd Battalion, 43rd Air Defense Artillery. “I got tired of being that guy. I got tired of being tired.”

Before deploying to Qatar, Soto’s doctor suggested he lose 25 pounds, which would possibly add five years to his life.

“My goal was to come here and lose 20 pounds,” said Soto. “I ended up doing that and I figured why not try and lose 40, why not try to lose 50 and now I am trying to lose 100 out here.”

Soto weighed 319 pounds when he deployed in January 2008. Eleven months later, Soto was 238 pounds and continues to work towards his goal of losing weight and inches.

“I was 13 percent over body fat with a 52 inch waist – I was really embarrassed about it,” said Soto. “Now I’m 3 percent under body fat and I’m not finished yet.” Since losing the weight, Soto has used this new found determination and drive

in other areas of his life.

“I was able to start college for the first time while I was out here,” said Soto. “I’ve earned 24 college credits, which I’ve never did. A lot of it was me holding myself back. Right now I have the attitude like nothing’s going to stop me. I want to do everything.”

Soto admits that it was his leaders and family who pushed him to make the initial steps to change his lifestyle and continue to do better.

“First sergeant George was a big part of that. If it was not for him here and my wife at home, I probably wouldn’t be where I am at right now,” added Soto.

Although, Soto has always had a passion for his job and pride in being a non-commissioned officer, he has become even more focused on trying to motivate Soldiers who may be struggling in the same areas he has overcome.

“I am really good at what I do, I am passionate about what I do, I love my Soldiers,” said Soto. “I got tired of them running back for me at the end of formations when I should be running back for them.”

Understanding that he has challenges he still must overcome, Soto continues to take action and lead by example.

“You have to be realistic with your goals,” said Soto. “To be honest, I couldn’t do 10 minutes on the treadmill without falling out and losing my breath. Now I am running

outside for about an hour at a time. I went from not running at all, to taking other Soldiers out for a run who need help.”

Soto is happy to help and give tips to Soldiers who are looking to lose weight or improve their physical fitness; but ultimately, the desire and will to do this has to come from within.

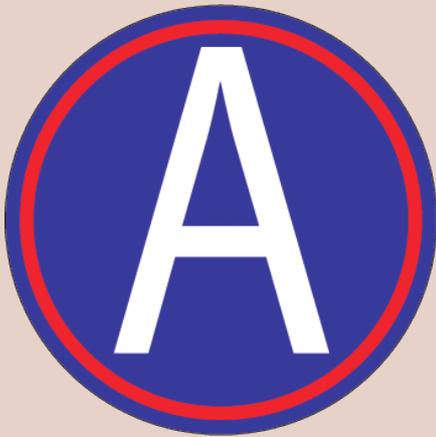
“It’s mental and it’s a complete lifestyle change,” said Soto. “Once you get there you can’t stop, either you maintain or you push harder.” **A**



U.S. Army Staff Sgt. Hector Soto at Camp As Sayliyah, Qatar, Nov. 1, 2008. Soto successfully lost over 80 pounds and was promoted to staff sergeant over the course of 11 months, something he did not think was possible until he made some healthy lifestyle changes during his deployment. (Top) Soto at Camp As Sayliyah, Qatar, Feb. 1, 2008 (Courtesy Photos)



Taking care of
Soldiers...
The battle buddy



James J. Lovelace

Lieutenant General
Commanding General
USARCENT

In the Army, we must have a culture where Soldiers take care of each other 24 hours a day... 7 days a week... 365 days a year. This can be done by creating an environment where our Warrior Ethos and Army Core Values guide Soldiers to make responsible decisions that keep themselves and each other safe and healthy.

The "Battle Buddy" concept is and has always been an important part of our Army culture. From initial entry training, each Soldier is assigned a battle buddy and taught this concept for a reason. Just as Soldiers watch their buddy's back in combat... they must also watch their buddy's back in seemingly less dangerous situations.

We have had a number of sexual assaults recently... many of these took place at night, in dimly lit areas, while Soldiers were walking alone. Utilizing the battle buddy concept can go a long way towards preventing these unfortunate incidents.

Effective battle buddies look out for each other, help and encourage each other, provide an extra set of eyes and ears, and in many cases a much needed sanity check. Many potential problems can be prevented by simply encouraging Soldiers to watch over one another. An effective battle buddy is able to help recognize warning signs and intercede prior to a crisis.

Leaders in this organization must promote a culture in which we look out for our own... **it's about taking care of Soldiers... protecting the force.** We expect the chain of command to get engaged in this and enforce a standard in which the battle buddy concept is second nature.

We need to encourage behavior beyond simply paying this concept

lip service. It's about setting an expectation that Soldiers must look out for one another. It's about enforcing a standard in which Soldiers, male or female, do not walk around in dimly lit areas at night by themselves.

It's about training our Soldiers to identify the warning signs associated with suicide and PTSD... and having the courage to raise problems to the chain of command or the appropriate agency if a red flag is raised. **It's about increasing our area of interest and area of influence** in a way that ensures our Soldiers are afforded the opportunity to live and work in a safe and secure environment.

The Soldier's Creed reminds us: **"I will Never Leave a Fallen Comrade."** We would additionally tell you that neither should we leave a falling comrade. A falling comrade is not only found on the battlefield, but can be found all around us. Soldiers don't leave their buddies when they need help, and they are there to catch them before the falling comrade becomes the fallen comrade.

We must empower our Soldiers to positively influence the safety and behavior of their battle buddies... both on and off duty. The buddy system... along with good leader involvement, individual responsibility, and law enforcement... is critical to preventing unfortunate incidents. We challenge leaders to be engaged in setting and revitalizing the "Battle Buddy" concept in our command... first line leaders are the key.

Appreciate your involvement in enforcing this standard and all that you continue to do to make this a great organization.

Patton's Own!

John D. Fourhman
Command Sergeant Major
Command Sergeant Major
USARCENT



Sexual assault prevention

“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.

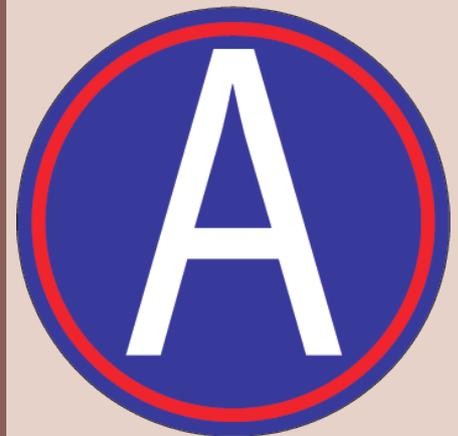
U.S. Army Central has proposed several steps in bringing awareness and prevention of sexual harassment and assault to the attention of the command.

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 online communication access link for individuals with questions about sexual harassment and assault. The online 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!





The installation commander

David G. Cotter

Colonel
Commander
Area Support Group Qatar



This edition of the *Desert Mesh* should reach you the last week of April. We are at a major pivoting point for climate change in Qatar. Soon, the daytime hours will be bright, hot and humid – presenting increased safety concerns on camp.

Fortunately, the Camp As Sayliyah community has proved itself as a leader in keeping Soldiers safe. We are on the brink of completing an entire year without significant property damage, personal injury or lost work days due to avoidable mishaps.

Start making appropriate adjustments to ensure your unit stays safe during Qatar’s hot summer days. Already in effect, a functional policy has prohibited the use of the installation running track between 8 a.m. and 7 p.m., and when the outdoor heat category reaches red or above.

In April, Secretary of the Army Pete Geren launched the second phase of the I. A.M. Strong sexual harassment and prevention campaign. During opening dialogue, he said the Army must become the nation’s “gold standard when it comes to sexual assault investigation and prosecution.” Area Support Group Qatar echoes this effort to eradicate sexual assault and sexual harassment from the ranks at Camp As Sayliyah.

Sexual Assault is a crime. It is defined as intentional sexual contact, characterized by use of force, physical threat or abuse of authority, or when the victim does not or cannot consent. Consent should not be deemed or construed to mean the failure by the victim to offer physical resistance. Addition-

ally, consent is not given when a person uses force, threat of force, coercion or when the victim is asleep, incapacitated or unconscious.

How can you help eliminate this crime? By looking out for your “battle buddy” while on and off duty. A core component of the I.A.M. Strong campaign is community involvement and moral integrity. It is the duty of everyone on camp to get involved and stop these incidents before they occur. Anyone who fails to get involved and protect their battle buddy from harassment, or the risk of sexual assault, has forsaken the warrior ethos to never leave a fallen comrade.

Congratulations to ASG-QA for finishing first place during the Commander’s Cup fitness challenge! I appreciate everyone who participated or otherwise cheered on their favorite unit from the bleachers. The competitive two-day event helped promote teamwork and physical fitness while building friendships at Camp As Sayliyah.

Come help us celebrate the Army’s 234th birthday at Camp As Sayliyah on June 12. This year, the formal event will focus on the numerous accomplishments made within the noncommissioned officer ranks, to support the Year of the NCO, a Department of the Army initiative. Come honor the Army and its dedicated NCOs. Army birthday ball unit representatives will start arranging ticket sales soon.

Patton’s own!

Michael D. Howard

Command Sergeant Major
Command Sergeant Major
Area Support Group Qatar

Greetings to all the enlisted warriors at Camp As Sayliyah! Numerous initiatives continue to highlight your contributions to our nation during the Secretary of the Army's Year of the Noncommissioned Officer.

In my 28 years of military service, 25 have been spent as an NCO. I have learned that the great care and passion put into training, developing and mentoring young Soldiers is what makes our NCO corps the best it can be.

As enlisted leaders, it has always been our duty to set the example for all to follow. NCOs are the epitome of discipline in the ranks of our volunteer force. We don't stand around waiting to see if something is going to get fixed – we take action. Not only do we ensure it gets fixed, NCOs also abide by approved standards and specifications while getting the job finished.

Our recent NCO induction ceremony was a tremendous hit. I could see the pride radiating off the newly inducted Soldiers over the audience. I want to thank everyone who helped carry on this important Army tradition, as well as those who attended to show support. Army Command Sgt. Maj. Marvin Hill, U.S. Central Command's most senior enlisted war fighter, honored the ceremony by personally welcoming our new additions to the Army corps of leaders. From preparation to execution, the event was a great success.

Join us in paying tribute to our nation's fallen veterans on Memorial Day. Soon we will bow our heads and honor the warriors who lost their lives while serving in uniform. It's a day to remember those who paid the ultimate price, so we may continue to enjoy the liberties and freedoms many other nations are

still striving to obtain. We will spend a moment in prayer and deliberation in respect for our nation's heroes; men and women who fell on the battle field to support the red, white and blue.

In respect to the Year of the NCO, think about what it means to be a sergeant rushing through combat operations in a hail of enemy fire... willing to offer unselfish courage... in order to keep our nation's flag flying for freedom, justice and the American way.

On a lighter note, everyone on Camp As Sayliyah must start preparing for another hot and humid Arabian summer. We had a taste of what's to come during the recent Commander's Cup fitness event – where temperatures spiked well over 100 degrees. Once again, it's time to renew our attention on enforcing policies regulating outdoor activities. During summer transitions in your unit, don't forget to explain these outdoor policies to inbound personnel – they may not be appropriately acclimatized, depending on where they came from.

Also, help us keep your battle buddies safe by ensuring they follow the policy outlining the wear of reflective belts during hours of darkness and limited visibility. Furthermore, be sure they understand that headphones may only be used while in the gym, on the running track or inside personal quarters and appropriate work areas. If anyone is wondering around outdoors, deafened by headphones, I expect to see every passing NCO apply immediate corrective measures.

Soldier first, leader always!



Enlisted leaders set the example for all to follow



THE WIRE



U.S. Marine Corps Sgt. Samuel Land, from Warner Robins, Ga., teaches basic self defense techniques with Army Sgt. 1st Class Steven Fountain, from Panama City, Fla., during a self defense workshop at Camp As Sayliyah, Qatar, April 18. The two servicemembers integrated military martial arts combat training systems to teach basic self defense maneuvers. "We sat and thought about the best techniques for common attack positions," said Land. "Since women are the most common victims of sexual assault, we were most concerned about solutions for people of a smaller stature."

Town Hall

Attend the quarterly installation town hall meetings to ask questions and voice your opinion.

2nd Quarter

• May 4: Town hall meeting from noon to 1 p.m. in the large dining facility.

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

Troops teach basic self defense using military training

By DUSTIN SENGER
ASG-QA public affairs

CAMP AS SAYLIYAH, Qatar – U.S. Army Sgt. 1st Class Steven Fountain, from Panama City, Fla., and Marine Corps Sgt. Samuel Land, from Warner Robins, Ga., integrated military martial arts combat training systems to teach basic self defense maneuvers for servicemembers at Camp As Sayliyah, Qatar, April 18. The morning workshop was their second, and final, two-hour session.

Sexual Assault Awareness Month was officially proclaimed by the president, on April 8, to raise public

awareness of sexual violence. In the United States, surveys suggest one out of five women have experienced an attempted or completed rape in their lifetime; while one out of 33 men report the same. Recent research suggests a majority of victims never report assaults to police.

Since late 2008, the Department of the Army has supported a growing "I. A.M. Strong" campaign, encouraging Soldiers to intervene, act and motivate to prevent sexual assaults from occurring – an attempt to inspire service-wide proactive actions.

Supported by servicemembers of all branches, various venues have taught prevention techniques and proper reporting procedures at Camp As Sayliyah. Fountain and Land took the installation-wide initiatives



U.S. Army Sgt. 1st Class Latrisa Harris, from Atlanta, Ga., portrays the attacker role as Sgt. Zsa Zsa Freeman, from Atlanta, Ga., tries to escape during a self defense workshop at Camp As Sayliyah, Qatar, April 18. Sgt. 1st Class Steven Fountain, from Panama City, Fla., teaches the subversion techniques. Fountain is a skill level two Modern Army Combatives instructor. He also specializes in Aikido and boxing. (Official Army Photos/Dustin Senger)

one step further by providing ways to repel an actual attack.

“We sat and thought about the best techniques for common attack positions,” said Land. “Since women are the most common victims of sexual assault, we were most concerned about solutions for people of a smaller stature.”

The Marine Corps Martial Arts Program was initiated in 2001. The system teaches hand-to-hand and close-quarters combat techniques while stressing mental and character development, as well as the responsible use of force. Land, a former high school wrestler who has trained Mau

Tai, holds a MCMAP green belt, the first level that qualifies a Marine as a Martial Arts instructor.

The Modern Army Combatives School was founded in 2000. Courses teach Army martial arts techniques emphasizing submission more than striking. Fountain, specializing in Aikido and boxing, is a skill level two MAC instructor.

“Military martial arts programs are too aggressive for basic self defense,” said Fountain. “They are often meant for offensive attacks on the battlefield. Our training taught defensive concepts only – techniques that can be used to

escape an attacker, using lessons learned from Army and Marine Corps martial arts programs. Both sessions focused on the big three self defense tactics: make noise, do damage, then escape the situation.”

“I learned a lot,” said Army Sgt. 1st Class Latrisa Harris, from Atlanta, Ga. “It felt like a refresher of combative training but with attention on defensive reactions. I liked how each step built on a previous one; muscle memory kicked in, making the lessons easy to learn and remember.”

“I feel more confident about being able to get away from an attacker,” said Harris. **A**

:: Baseball legends visit Qatar base



Turk Wendell, former major league baseball pitcher, hands his New York Mets shirt to U.S. Army Sgt. Michael Lloyd, from Queens, N.Y., at Camp As Sayliyah, Qatar, March 21. “He gave me his Mets shirt because I am a die-hard fan,” said Lloyd. Wendell is well recognized by Mets fans, due to his friendly personality and frequent antics. He traveled overseas to show support for the U.S. military in the Middle East with four other former major league players: Chris Hammond, Jimmy Anderson, Steve Karsay and Dan Wilson. (Official Army Photos/Dustin Senger)



Chris Hammond, former major league baseball pitcher, signs an autograph for U.S. Army Spc. Zackarey Hagle, from Lewiston, Idaho, at Camp As Sayliyah, Qatar, March 21. Hammond is a former major league player known as one of the top left-handed pitchers in recent years. “I have watched Hammond on television but I’ve never met a major league baseball player before,” said Hagle. “I was a pitcher for my high school baseball team, the Culdesac Wolves.” Hammond traveled overseas to show support for the U.S. military in the Middle East with four other former major league players: Turk Wendell, Jimmy Anderson, Steve Karsay and Dan Wilson.

CAS in the News!



DVIDS provides a timely connection between Camp As Sayliyah and media organizations around the world. See ASG-QA public releases at: <http://www.dvidshub.net/units/asg-qa>

Content in this Desert Mesh (60) was picked up by the following international, national and hometown news organizations (source: DVIDS 360 distribution report, April 28):

The MMA Show; Toronto, ON
Gun Dog Magazine; Minneapolis, MN
Henna Caravan Website; Camarillo, CA
MedalofHonor.com; Washington, DC
Army Times; Springfield, VA
Gulf Times; Doha, QA
Peninsula; Doha, QA
Qatar Tribune; Doha, QA

QT Spotlight on Traffic Safety Week

Monday, March 23, 2008 23
Qatar Tribune



Safe driving tips, courtesy US Army

As part of the 25th Gulf Cooperation Council Traffic Safety Week, the US Army brought out their newly acquired (SMARTrainer) - the first time US Armed Forces were involved in the Qatar annual safety activities organized by the National Campaign for Road Accident Prevention. *Qatar Tribune reports.*

U.S. Army soldiers and averters are providing traffic safety education and training to Qataris during the annual traffic safety week. The U.S. Army is providing traffic safety education and training to Qataris during the annual traffic safety week. The U.S. Army is providing traffic safety education and training to Qataris during the annual traffic safety week.



The U.S. Army is providing traffic safety education and training to Qataris during the annual traffic safety week. The U.S. Army is providing traffic safety education and training to Qataris during the annual traffic safety week.



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

THE WIRE

Hollywood ambassadors start overseas tour in Qatar

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

CAMP AS SAYLIYAH, Qatar – Five television and film stars officially started their Ambassadors of Hollywood support tour in Southwest Asia at Camp As Sayliyah, Qatar, April 17. Maeve Quinlan, Paul Johansson, Don McManus, Christy Carlson Romano and Gabrielle Tuite traveled across the world to show their support for the U.S. Armed Forces. After departing Qatar, the celebrities will visit servicemembers in Afghanistan.

“They all look familiar – I am a little star struck,” said U.S. Army Capt. Dennis Valdez, from New Hyde Park, N.Y. He was enjoying

a four-day pass from duty in Iraq, by participating in the U.S. Central Command rest and recuperation pass program in Qatar. “This is my second tour to Iraq, but my first time seeing celebrities in this region. It shows that the people back home have us in their thoughts... and hearts.”

“I recently watched Christy in a behind-the-scenes documentary about the show ‘Kim Possible,’” said Spc. Rebecca Cofield, from Phoenix, Ariz. Romano voiced the lead character in the Disney Channel television series. In 2005, her voice performance was nominated for an Emmy.

“It’s really cool to see famous people take the time to come out here,” said Cofield. “Traveling to a deployed environment shows they really care about the Soldiers. They were very sincere when talking to us.”



Hollywood celebrities pose for a photograph prior to a meet-and-greet session for U.S. servicemembers at Camp As Sayliyah, Qatar, April 17. From left to right: Maeve Quinlan; Christy Carlson Romano; U.S. Army Master Sgt. Montgomery Miller, from Los Angeles, Calif.; Paul Johansson; Lt. Col. Scott Naelitz, from Cartersville, Ga.; Gabrielle Tuite; and Don McManus. The five television and film stars were starting an Ambassadors of Hollywood support tour in Southwest Asia. After departing Qatar, the celebrities will visit servicemembers in Afghanistan. (Official Army Photo/Dustin Senger)

Quinlan, Johansson and McManus enjoyed a special offering at the Qatar base: riding aboard a Stryker armored combat vehicle. A General Dynamics senior wheel mechanic provided a detailed explanation of Stryker capabilities during the ride.

In April 2005, the Qatar site began repairing Strykers suffering from extensive battle damage. In December 2008, the facility was adjusted to accommodate a growing need for restoring, or “resetting,” equipment suffering from years of abuse and numerous unit rotations.

“This is the coolest thing I have ever done in my life!” said Quinlan, after riding in a Stryker. “I particularly liked it when the driver sped up, while making turns and driving through water. I can tell these vehicles are able to withstand a lot!”

It’s interesting to meet new people,” said Sgt. Jennifer Preston, from Columbus, Ohio, after meeting the celebrities in the installation dining facility. “Not everyone can wear a uniform, but anyone can support those who do.” ^A



Maeve Quinlan rides in a Stryker armored combat vehicle while gripping the hand of a General Dynamics senior wheel mechanic at Camp As Sayliyah, Qatar, April 17. Paul Johansson and Don McManus were also aboard. (Official Army Photos/Dustin Senger)



Don McManus and Christy Carlson Romano learn about U.S. military activities at Camp As Sayliyah, Qatar, April 17.

U.S. Army Spc. Rebecca Cofield (center), from Phoenix, Ariz., poses for a photograph with Maeve Quinlan and Christy Carlson Romano, during a Hollywood celebrity meet-and-greet session for U.S. servicemembers at Camp As Sayliyah, Qatar, April 17. “I recently watched Christy in a behind-the-scenes documentary about the show ‘Kim Possible,’” said Cofield. Romano voiced the lead character in the Disney Channel television series. In 2005, Romano’s voice performance was nominated for an Emmy.



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>

Equality Observance

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

Asian-Pacific American Heritage Month

- May 7: Opening ceremony at noon in the large dining facility.
- May 14: Observance at 11 a.m. to noon in the theater.
- March 28: Finale at 6 p.m. near the pool.

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

THE WIRE

Qatar military dog show enhances bilateral relations

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

CAMP AS SAYLIYAH, Qatar – Forty-seven members of the Qatar military police exhibited working dog capabilities for U.S. servicemembers at Camp As Sayliyah, Qatar, April 13. The first-time event was coordinated to enhance bilateral relationships between the two nations' armed forces, following talks between Maj. Gen Thamer Al Mehshadi, Qatar army military police commander, and Col. David G. Cotter, U.S. Army Central Area Support Group Qatar commander, March 26.

Surrounded by curious spectators, Sgt. Maj. Abdulla Al Ghanem, Qatar army military police canine trainer, directed the demonstration of fitness, skillfulness and obedience.

Several German and Belgium shepherds (Malinois), along with an English springer spaniel, traversed through various obstacles and mock scenarios. The dogs showcased aggressive attack procedures, situational restraint during riot control and hostage rescue, as well as detection of narcotics and explosives hidden on persons and vehicles.

"I like how obedient the dogs are," said U.S. Air Force Jennifer Asia Gonzales, from Chicago, Ill. She was attending the demonstration while enjoying a four-day pass from duty in Iraq, by participating in the U.S. Central Command rest and recuperation pass program in Qatar. "I've seen a lot of dog shows before but this was really good – especially the drug and bomb detection."

"This is paving the way for more military integration in the future," said Lt. Col. Nasser Al Halbadi, Qatar army military police canine unit commander. "We plan to continue these joint training opportunities, so our military units learn from one another." **A**

"This is paving the way for more military integration in the future." Lt. Col. Nasser Al Halbadi, Qatar army military police.



:: Hollywood honors troops serving overseas

Esai Morales laughs as Deanna Russo gives a high-five to U.S. Army Sgt. Rogelio Carrizales, from Richmond, Texas, at Camp As Sayliyah, Qatar, Mar. 8. Carrizales presented an old photograph of Morales playing rock-and-roll singer Richie Valens' half-brother in "LaBamba", a 1987 hit motion picture. Morales and Russo joined DeAnna Pappas, Esai Morales, Timothy Omundson and Jon Tenney for an Ambassadors of Hollywood tour to U.S. military installations in Southwest Asia. (Official Army Photos/ Dustin Senger)



U.S. Air Force Master Sgt. Jeff Barnes, from Fredericksburg, Iowa, poses for a photograph with Hollywood stars at Camp As Sayliyah, Qatar, Mar. 8. From left: Esai Morales, Timothy Omundson, DeAnna Pappas, Barnes, Deanna Russo and Jon Tenney. The celebrities joined for an Ambassadors of Hollywood tour to U.S. military installations in Southwest Asia. "I've seen them all on television," said Barnes. "I really appreciate them spending their free time traveling way over here to see us."



Army Birthday Ball

Celebrate the Army's 234th birthday in a formal setting.

- June 12: Army birthday ball from 6 to 10 p.m. in the Top-Off Club.



ARMY STRONG.™

Contact Eddie Willians, ASG-QA protocol officer, for more information.

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.
- Sunday: 8:30 a.m. to noon

Contact Capt. Owen Brown, ASG-QA finance officer, for more information.

Memorial Day

Pay tribute to those who have died in our nation's service.

- May 25: Memorial Day ceremony at 4:30 p.m. near the base flag poles.

Contact Eddie Willians, ASG-QA protocol officer, for more information.

THE WIRE

Medal of honor recipients meet war fighters overseas

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

CAMP AS SAYLIYAH, Qatar – U.S. Congressional Medal of Honor recipients, retired Army Col. Robert L. Howard and retired Command Sgt. Maj. Gary Lee Littrell, met troops at Camp As Sayliyah, Qatar, April 7. The holders of the highest military award were starting their sixth trip throughout Southwest Asia over the past five years, to thank today's military men and women for their service.

"This is my first time meeting a Medal of Honor recipient," said Army Sgt. Edward Schaible, from Howell, N.J. "It's an honor to meet someone who put their life on the line to save others during a time of war."

Schaible met the recipients while

enjoying a brief break from duty in Iraq, by participating in the U.S. Central Command rest and recuperation pass program in Qatar.

"Their courage is inspirational for anyone placed in a situation where they must risk their life to save the lives of others," said Schaible.

"I enjoy seeing their smiling faces and the opportunity to thank them for the job their doing," said Littrell. "We do this every April; it's an important trip for us."

Littrell earned his Medal of Honor while serving within Vietnam's Kontum province, near Dak Seang, April 1970. Twenty-nine years have passed since the Army sergeant first class displayed indomitable courage in order to prevent excessive loss of life and injury after surviving an intense enemy mortar attack. Amidst seemingly superhuman endurance, he survived a four-day struggle to support a severely weakened battalion. Littrell continuously moved into areas under fire to distribute ammunition, strengthen defenses and care for the wounded.



Soldiers of the Army Special Forces Command, 5th Special Forces Group, pose for a photograph with Congressional Medal of Honor recipients at Camp As Sayliyah, Qatar, April 7. Both retired officers, Army Col. Robert L. Howard (center) and Command Sgt. Maj. Gary Lee Littrell (far right), earned the medal for selfless valor displayed in Vietnam. (Official Army Photo/ Dustin Senger)

While in Vietnam, Howard was recommended for the Medal of Honor on three separate occasions during a 13-month span of service. The first two were downgraded to the Distinguished Service Cross. He finally received the top military medal for selfless actions as a 5th Special Forces Group platoon sergeant in December 1968. Strong enemy engagement left the Army sergeant first class severely wounded and his weapon destroyed by a grenade explosion. Amid the chaos, Howard noticed his platoon leader had been seriously wounded and remained exposed to fire. Weaponless and unable to walk, he unhesitatingly crawled through a hail of fire to retrieve his fallen leader at the risk of his own life. Howard continued to crawl in an effort to administer first aid to anyone injured, while encouraging and directing fire on an encircling enemy.

“Hearing about their experiences offers us a wealth of knowledge,” said Army Staff Sgt. Samuel Slown, from Clarksville, Tenn.

He is a 5th Special Forces Group Soldier—the same unit Howard was assigned to when he earned his Medal of Honor in Vietnam.

“The things they survived paved the way for today’s special forces community.”

According to Slown, 5th Special Forces has awarded 14 Medal of Honors, half were presented posthumously.

“They’ve been through the fight and understand our sacrifices,” said Air Force Lt. Col. Andrew Samerekovsky, from Bedford, Ohio, while finishing a four-day pass from duty in Iraq. “We appreciate all the celebrity support tours, but this visit has an entirely different level of meaning. This was a great surprise.” **A**



U.S. Army Staff Sgt. Robert Harris, from Clarksville, Tenn., listens to retired Col. Robert L. Howard, Congressional Medal of Honor recipient, share military service stories at Camp As Sayliyah, Qatar, April 7. (Official Army Photos/ Dustin Senger)



U.S. Army Staff Sgt. Samuel Slown, from Clarksville, Tenn., is greeted by retired Col. Robert L. Howard, Congressional Medal of Honor recipient, at Camp As Sayliyah, Qatar, April 7. Slown is a 5th Special Forces Group Soldier—the same unit Howard was assigned to when he earned his Medal of Honor in Vietnam, December 1968. Howard and retired Command Sgt. Maj. Gary Lee Littrell, also a Medal of Honor recipient, were starting their sixth trip to U.S. military installations in Southwest Asia over the last five years, to thank today’s military men and women for their service.

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.

Mornings: 0700-1100
After Hours: 1900-2300

Routine appointments are for evaluation or re-evaluation of chronic medical conditions, medication refills and post-deployment health assessments. Everyday: 1300-1800

Call the TMC 24/7 at 432-3508, or 580-7330 (after hours).

Contact Maj. Sameer Khatri, TMC director, for more information.

Desert Mesh Online!

The Desert Mesh is available on the Internet: <http://www.dvidshub.net>

THE WIRE

Top enlisted war fighters tackle troop concerns

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

CAMP AS SAYLIYAH, Qatar – U.S. Central Command senior enlisted leaders discussed urgent topics affecting troops serving throughout Southwest Asia at Camp As Sayliyah, Qatar, March 29. Army Command Sgt. Maj. Marvin L. Hill, CENTCOM senior enlisted leader, requested an immediate gathering of the region's top enlisted non-commissioned officers.

"We are here to discuss issues our troops look to us, as their senior enlisted leaders, to fix," said Hill, addressing the assembly of senior enlisted leaders inside the CENTCOM forward headquarters briefing room. "We must determine ways to expand the impact our commanders have on the battlefield." According to Hill, numerous training, manning and equipping issues could not wait for the next senior leaders' conference, which was recently postponed. For everyone in attendance, it was the largest assembly of enlisted leaders without their respective commanders.

The urgent matters included: training programs that prepare troops for service in CENTCOM contingency areas; recovery procedures for vehicle rollovers; staffing procedures, requirements and updates; shifting troop focus to Afghanistan; battlefield promotions; employment of military working dogs; protecting service culture in joint environments; regional policies and procedures; widespread concerns with military clothing and equipment items; transportation problems during leave; and rest

and recuperation pass program participation.

Crucial regional issues and service-specific updates were presented by: Army Command Sgt. Maj. Richard C. Kimmich, Special Operations Command Central; Command Sgt. Maj. Iuniasolua T. Savusa, U.S. Forces Afghanistan; Command Sgt. Maj. Lawrence Wilson, Multi-National Force Iraq; Command Sgt. Maj. John D. Fourhman, U.S. Army Central; and Chief Master Sgt. Scott H. Dearduff, U.S. Air Force Central. Other key CENTCOM staff members were also in attendance and communicated ongoing concerns in the region.

"My fellow senior enlisted leaders are in contact with airmen all the time," said Dearduff, after presenting an overview of Air Force accomplishments in support of CENTCOM war fighters. "I want them to be able to talk about our latest and greatest." Dearduff proudly explained the latest tactical gear distribution for airmen: Airmen Battle System-Ground. The ABS-G combat shirt and pants offer fire-resistant gear that is more durable and comfortable than the current airman battle uniform. In the next 30 days, thousands of airmen will receive ABS-G gear in Kuwait, Iraq and Afghanistan. The items will replace improvised protection; such as flight suits and wearing Army and Marine Corps uniform items.

"We are working to improve improvised explosive device training," said Savusa, concerned with the tactical courses servicemembers attend prior to deploying in support of Operation Enduring Freedom and Operation Iraqi Freedom. "The way troops are training focuses too much on Iraq, which doesn't reflect the reality of what is found in Afghanistan. IED's are placed differently in each



environment. We need to be sure our troops are more appropriately trained, before arriving, and units are manned with the right skill sets." Savusa said the three main concerns for servicemembers in Afghanistan are training, manning and R&R transportation.

"Participating in the R&R program is important," said Savusa, regarding the four-day respite offered in Qatar. "Senior leaders need to be sure troops maintain a high level of moral. Right now, commanders are hesitant to send troops on pass because they worry about timely transportation back to their units." According to Savusa, troops returning to their units from leave are frequently stuck in transit.

"We are quickly creating a new list of tasks to bring to the commanders," said Hill. "Once approved, they will be pushed out to resource and execute." ^A

"We are here to discuss issues our troops look to us, as their senior enlisted leaders, to fix," said U.S. Army Command Sgt. Maj. Marvin L. Hill, Central Command, during a senior enlisted leaders' conference at Camp As Sayliyah, Qatar, March 29. Hill requested an immediate gathering of the top enlisted noncommissioned officers in Southwest Asia at the CENTCOM forward headquarters briefing room. (Official Army Photos/ Dustin Senger)



Command Sgt. Maj. John D. Fourhman (right), U.S. Army Central, discusses urgent topics affecting Soldiers serving in Southwest Asia during a senior enlisted leaders' conference at Camp As Sayliyah, Qatar, March 29. Command Sgt. Maj. Luniasolua T. Savusa (left), U.S. Forces Afghanistan, reviews slides illustrating Army activities in the region.

NCO INDUCTION

March 26 – Official Army Photos/ Ding Alcayde

SGT Rafael AVECILLAS
SGT Letitia R. Bush
SGT Chukwudinma Chigbu
SGT Stephen J De Freitas
SGT Shannon L. Halstead
SGT Terria J. Lett



SGT Erin E. McCormick
SGT Minh Nguyen
SGT Jesse San Nicolas
SGT Andrea K. Otto
SGT Shanta E. Rhodes

<http://www.army.mil/yearofthenco>



Photography Support

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

No one is more professional than I. I am a Noncommissioned Officer, a leader of Soldiers. As a Noncommissioned Officer, I realize that I am a member of a time honored corps, which is known as "The Backbone of the Army". I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the Corps, the Military Service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind—accomplishment of my mission and the welfare of my Soldiers. I will strive to remain technically and tactically proficient. I am aware of my role as a Noncommissioned Officer. I will fulfill my responsibilities inherent in that role. All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own. I will communicate consistently with my Soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my Soldiers. I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, Noncommissioned Officers, leaders!



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.

Camp Policies

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

*ASG-QA domain access required.

THE WIRE

'Sex Signals' tour reaches military overseas

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

CAMP AS SAYLIYAH, Qatar – Service members found themselves highly entertained and enlightened while attending Sex Signals, a unique approach to sexual assault awareness training, at Camp As Sayliyah, Qatar, March 15. Two professional actors, both trained in sexual assault prevention and response, mixed improvisational comedy, education and audience interaction while touring U.S. military installations in Iraq, Qatar and Kuwait.

Amber Kelly, from Narragansett, R.I., and Kyle Terry, from Chicago, Ill., provided two 90-minute theatrical presentations that encouraged a lot of audience interaction while discussing the awkwardness of dating and gender-role stereotyping. Their comedic twist to routine military training succeeded at provoking

discussions about dating, sex and the issue of consent. Expecting the usual format – slides and lectures – everyone was surprised by the new approach.

“This was much livelier than any training I have been to before,” said U.S. Army Spc. Brian Mitchell, from San Antonio, Texas. “I think this format gives people a better chance to relate.” Throughout the class, the performers used military jargon, humor and situations. At times, they used controversial words and topics that kept attendees on the tips of their seats with the no-holds-barred advancement. A more serious atmosphere took over as the presentation came to a close, focusing on avenues for reporting sexual assault and identifying possibly unsafe situations in social settings.

“Their approach made sexual assault training more informal and entertaining,” said Spc. Robert Nobles, from Chino, Calif. “It definitely makes you think, more than reading a regulation.” The program was created by Catharsis Productions for university and college students; it was recently adapted for military audiences.

“I don’t think anyone expects to enjoy sexual assault training,” said Terry, after the first session. “It’s great getting everyone amped up enough to talk about the topic – after thinking it would be just another slide-based lecture.” **A**



Amber Kelly, from Narragansett, R.I., and Kyle Terry, from Chicago, Ill., discuss gender-role stereotyping at Camp As Sayliyah, Qatar, March 15.. (Photo-Illustration/ Dustin Senger)

:: Basketball legends at Camp As Sayliyah



U.S. Army Sgt. 1st Class Lula Gauden, from Edgefield, S.C., and Staff Sgt. Kimberly Fairbanks, from Philadelphia, Pa., meet retired NBA player Shawn Bradley at Camp As Sayliyah, Qatar, Apr. 3. "Standing next to him makes me feel extra short!" said Fairbanks. Bradley, a 7-foot-6-inch tall athlete, prefers to wear shorts overseas to prove his height by showing his legs. Fans often think a man his height must be on stilts, he said.



U.S. Air Force 2nd Lt. Luis Garcia, from Washington, D.C., and Army Maj. Sheila Phillips-Hicks, from St. Roberts, Mo., pose for a photograph with former professional basketball players at Camp As Sayliyah, Qatar, Apr. 3. Back row: Pat Garrity, Micheal Doleac, Adrienne Goodson, and Shawn Bradley. Front row: Garcia, Phillips-Hicks and Ketia Swanier. "My kids will love this photo," said Phillips-Hicks. The athletes were beginning a support tour of military installations in the Middle East.

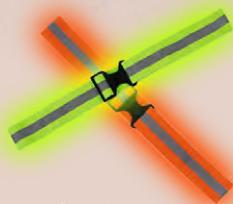


Ketia Swanier and Shawn Bradley, former professional basketball players, sign autographs for U.S. Air Force Airman 1st Class Jamie Castonquay, from Tampa, Fla., at Camp As Sayliyah, Qatar, Apr. 3. (Official Army Photos/ Lakia Clarke-Brown)

WEARING OF REFLECTIVE BELT/ GEAR

(Ref: USARCENT Policy Memo OPL PROT 04)

✓ Wear a reflective belt or vest at all times, regardless of uniform, during hours of darkness, or periods of limited visibility. Wear belt either around the waist or diagonally over the shoulder.



✓ When bicycling in the installation, during hours of darkness, or periods of reduced visibility, bicycles will be equipped with an operable headlight and tail light.

✓ Bicyclist will wear a reflective upper outer garment at all times. Riders will wear approved (Consumer Product Safety Commission Certified) helmet.

✓ Never use earphones or headphones while in physical training gear, at any time while walking, jogging or running. Headphones are only authorized inside gymnasiums, or enclosed workout facilities. Such listening devices are not authorized while operating a vehicle (including bicycles). The wear of earphones or headphones is only authorized in civilian attire on the trail/track or morale, welfare and recreation facilities.

This policy applies to all military and civilian personnel assigned, attached, on temporary duty to (otherwise serving in support of) Camp As Sayliyah). The "civilian personnel" includes DOD and any other US government employees to include contractors.

Contact Bill Wilson, installation safety manager, or Daniel Guzman, installation fire chief, for more information.

THE WIRE

Qatar site repairs 200th Stryker

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

CAMP AS SAYLIYAH, Qatar – General Dynamics Land Systems mechanics, welders and supply specialists proudly watched the 200th vehicle roll out of the Stryker repair facility at Camp As Sayliyah, Qatar, March 14. Government officials inspected and approved the restoration procedures on March 11. Stryker MCV-0161-05 B, a Mortar Carrier Vehicle variant, will return to protecting U.S. Central Command war fighters in Iraq.

"Two hundred vehicles have exited this building," said U.S. Army Lt. Col. Jerry Jones, from Hattiesburg, Miss., while inside the repair facility. "That number represents 168 battle

damage repairs and 32 vehicle resets." Jones is the 1st Battalion 401st Army Field Support Brigade commander. "The difference between a vehicle coming in and going out is truly amazing – this is one of our best maintenance facilities in the CENTCOM area of responsibility. When Soldiers receive a repaired Stryker from Qatar, they think it's brand new."

The Stryker is a versatile eight-wheeled armored vehicle. Since 2003, troops in Operation Iraqi Freedom have depended on them for protection in combat. Currently, eight variants are employed: infantry carrier (most common), mortar carrier, medical evacuation, engineer support, fire support, command, reconnaissance, and anti-tank guided missile vehicles.

"This is a tough little vehicle," said Rick Hunt, from Newark, Ohio. "It was designed to supplement tanks on the battlefield." Hunt is the



Time Beam, wheel mechanic from Ruston, Wa., lays floor board with Leo Nacario, wheel mechanic from Philippines, inside Stryker FSV-0015, a Fire Support Vehicle variant, at Camp As Sayliyah, Qatar, March 14. Their team was recognized for completing the 200th Stryker at the Qatar repair facility after an inspection on March 11. (Official Army Photo/ Dustin Senger)

GDLS site manager at the Qatar repair facility. "Some were skeptical of the Stryker at first, including me, but it continues to prove itself in battle." Hunt started working with Stryker units five years ago; previously, he spent twelve years assigned to M1 Abrams battle tank programs.

In April 2005, the Qatar site opened its doors to repairing heavily damaged Strykers. In December 2008, the facility was adjusted to accommodate a growing need for restoring, or "resetting," equipment suffering from years of abuse and numerous unit rotations. This

shift in focus increased vehicle turnover tempos. Repair teams have roughly a month to mend battle damage, but only 10 days for resets.

"As soon as one Stryker is finished, another one gets started," said Hunt. "We've never missed an inspection quota. In fact, right now, we're one ahead. Each team feels ownership in meeting their vehicle's completion deadline because we put one crew on one vehicle, instead of creating individual stations for each part of the repair process." According to Hunt, assigning one team

per vehicle also encourages an atmosphere for cross-training in different areas. Everyone has a chance to learn about each station.

"Strykers get beat up out there and we take a lot of pride in fixing them," said Carlton Williams, from Copperas Cove, Texas. Williams is a GDLS production control supervisor at the Qatar repair facility. "Everyone depends on each other throughout the process – mechanics, supply clerks, welders – if one fails, we all fail. We have one mission here: repair and return Strykers as soon as possible." ^A



A Stryker repair team sits on top of Stryker MCV-0161-05, a Mortar Carrier Vehicle variant, after completing restoration procedures at Camp As Sayliyah, Qatar, March 14. They were recognized for completing the 200th Stryker at the Qatar repair facility after an inspection on March 11. The eight-wheeled armored vehicle will return to protecting U.S. Central Command war fighters in Iraq. From left: Leo Nacario, wheel mechanic from Philippines; Gary Roberts, senior wheel mechanic from Tacoma, Wash.; Time Beam, wheel mechanic from Ruston, Wash.; Zach Myers, production control clerk from University Place, Wash.; and Diosdado Carbon, wheel mechanic from Philippines. (Official Army Photo/ Dustin Senger)

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.

CAS in the News!

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

THE WIRE

'Christmas in May' awaits deployed troops

By SHARON FOSTER
Office of the Secretary of
Defense public affairs

WASHINGTON - Troops serving overseas will get a little bit of "Christmas in May," thanks to a troop-support group that is collecting gifts and snacks to be mailed to them on Armed Forces Day, May 16.

"This is a way to thank the troops on their special day," Julieann Najjar, founder of "A Soldier's Wish List," said. "There are those who seem to 'fall between the cracks' and are in combat zones in between the holidays and do not receive our December Christmas packages. We want to let these men and women know they are also important and not forgotten."

Najar's goal for the "Christmas in May" campaign is to send 2,000 gifts that will be wrapped in Christmas

paper and bows to troops deployed in Iraq, Afghanistan, Kuwait, Kosovo, South Korea, Qatar, Africa, Italy and Japan.

"Having a son who was wounded in Iraq, and knowing how important it was to get items he missed from home to him, makes it even more important to continue to do the same for all of our 'adopted sons and daughters,'" Najjar said.

DVDs, CDs, drink mix packets, beef jerky and snack sausages, candy, magazines, twin sheet sets and white socks are just a few of the gifts A Soldier's Wish List volunteers have started and will continue to collect for the troops. The group plans to have a huge wrapping and mailing party, May 16, in St. Louis.

The group will use donated gift certificates to purchase special request items in individual servicemembers' names, Najjar said. "In the past, through our December Christmas mailing, we have sent microwaves and other special request items," she added. "As we are about wishes, we have the troops that we have adopted tell us what [they miss] from home, and we try to provide it."

A Soldier's Wish List sends care packages throughout the year to troops serving overseas. The group conducts fundraisers, sells merchandise and collects donations to finance its efforts. The group also has adopted troops and matched civilians wanting to adopt with other troops. To date, A Soldier's Wish List has had more than 60,000 troops sign up for adoption and has lined up more than 30,000 adopters.

"Our group's goal is to fulfill the wishes of our troops to the best of our abilities," Najjar said. "This is our small way of letting our brave troops know that we care about them and appreciate their sacrifices." **A**



*After a long mission of disposing improvised explosive devices,
Soldiers hang around a camp fire in Baghdad, Iraq, Jan. 21, 2008.
(Official Army Photo/ Master Sgt. Andy Dunaway)*

:: Wrestling divas visit troops in Qatar

U.S. Army Sgt. 1st Class Robert Tula, from Los Angeles Calif., receives an autograph from Terri Runnels, former professional wrestling diva at Camp As Sayliyah, Qatar, March 18. "I am a 20-year veteran fan of wrestling," said Tula. "This visit is a morale booster." Runnels joined a wrestling divas tour to U.S. military installations in the Middle East with Nora Greenwald, Christy Hemme and Shelly Martinez. (Official Army Photos/ Lakia Clarke-Brown)



"My morale is up here," said U.S. Air Force Staff Sgt. Jason Brady, from San Diego, Calif., while meeting Shelly Martinez at Camp As Sayliyah, Qatar, March 18. "I watch her on television all the time – she's the current World Wrestling Entertainment female champion." Martinez joined a wrestling divas tour to U.S. military installations in the Middle East with Nora Greenwald, Christy Hemme and Terri Runnels.



U.S. Air Force Airman 1st Class Rick Perez, from Lancaster, Calif., meets professional wrestling divas at Camp As Sayliyah, Qatar, March 18. From left: Nora Greenwald; Shelly Martinez; Terri Runnels and Christy Hemme. "This is great for morale," said Perez. "Although I don't follow wrestling, this is the highlight of my visit to Camp As Sayliyah." The divas were touring military installations throughout the Middle East.



Chaplain Services

Attend the installation ministry team's spiritual support services.

Spiritual Fitness Luncheon

- April 29: Luncheon at noon in the large dining facility.
- May 27: Luncheon at noon in the large dining facility.
- June 24: Luncheon at noon in the large dining facility.

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

Army Emergency Relief

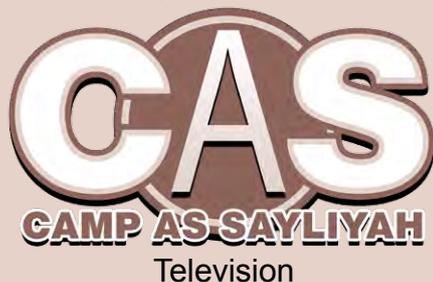
Contribute to the annual Army Emergency Relief campaign. AER is a private nonprofit organization incorporated in 1942 by the Secretary of War and the Army Chief of Staff. AER's sole mission is to help soldiers and their dependents. AER is the Army's own emergency financial assistance organization.

- April 10 to May 15

Contact Capt. Tina Hill, ASG-QA personnel officer, 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.

THE WIRE

God's witness protection program

By Col. DOUG CASTLE
Installation ministry team

Mike Kowalski was scurrying down a New Jersey street, trying to stay ahead of a storm blowing swiftly in from the west, when a movement in an alley caught his eye. Stopping suddenly, he turned toward the alley. To his horror, he saw a thin man being held behind his back by a huge figure, while another large assailant struck the thin man with repeated blows to the abdomen. Absorbed with their 'work,' the two thugs paid no attention to the mouth of the alley – where Mike stood frozen in shock.

With a casual movement, the larger of the two pulled what was later to be discovered as a .45 pistol from his pocket. He shot the thin man twice in the chest, then once in the back of his head as he slumped to the ground.

Mike immediately ran to a nearby store and asked the owner to call 911. Later that day, Mike was able to recognize two faces from a book of mug shots, and later that week identified the two men in a police line-up.

Unfortunately, the two men were 'soldiers' of a New Jersey mob that sent several visitors to Mike's house to intimidate his wife and two small children. But instead of

clamping up, Mike Kowalski went into the Federal Witness Protection Program, and his testimony put the two killers behind bars for the rest of their lives.

Mike never returned to his old life, but he and his family safely lived in a new city with a new identity, new house and new career. For Mike, it was a new beginning that took him out of a dead-end life into a new one with limitless opportunities! Few people have a chance to start life all over again, as did the Kowalskis.

For Mike, it was a new beginning that took him out of a dead-end life into a new one with limitless opportunities!

That's similar to what happened in my life. By the time I reached college, I, who had so far made all my own decisions, had managed to irrevocably ruin what

little life I had lived! But God offered me an incredible opportunity to start all over again – this time with His guidance. And I can never – will never – go back, because I continue to mess things up in smaller ways; hurting myself, my family, and others around me with my selfishness. But God continues to give me a fresh start each time I admit my mistakes and the pain I cause others! Wow – what a gift!

The Camp As Sayliyah chaplains' office sponsors spiritual fitness luncheons the last Wednesday of every month. Each month, a different speaker focuses on one principle of spiritual fitness. Perhaps the most important principle exists because we humans mess up all the time; in response, God offers a chance for a new beginning to whoever will accept it. **A**

MWR events

- ◆ Local Band Performances
May 8 & 23 • 8:30 p.m. • Top-Off Club
- ◆ Don Barnhart's Comedy Tour
May 9 • 8:30 p.m. • Top-Off Club
- ◆ The Stellas
May 15 • 8:30 p.m. • Top-Off Club
- ◆ 70's Party
May 23 • 8:30 p.m. • Top-Off Club
- ◆ Memorial Day Run
May 25 • 5:30 a.m. • CAC
- ◆ Matt Poss Band
May 26 • 8:30 p.m. • Top-Off Club
- ◆ Volley Ball Tour Meet and Greet
June 3 • 11:30 a.m. to 1 p.m. • Top-Off Club

All events are subject to last-minute changes. Contact Tony Randall, MWR program manager, for current information.

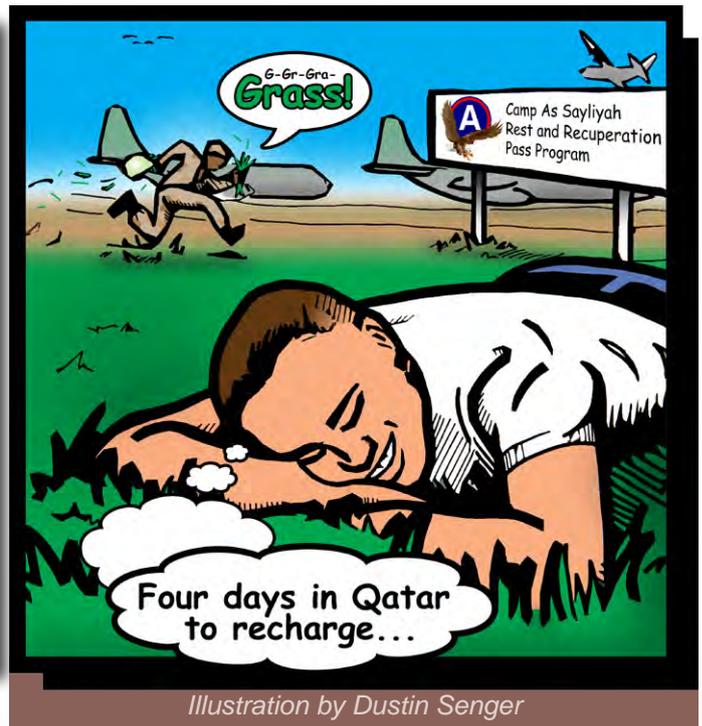


Illustration by Dustin Senger

AAFES movie theater

Visit the new AAFES movie theater adjacent to the large dining facility. All movies shown using professional 35 millimeter film reels! More movie times at: <http://www.aafes.com/ems/euro/qatar.htm>



May 1
1600 Confessions of a Shopaholic
1930 Medea Goes To Jail

May 8
1600 The International
1930 Fast and Furious

May 2
1600 Pink Panther 2
1930 Madea Goes To Jail

May 9
1600 Miss March
1930 Fast and Furious

May 3
1600 Push
1930 Race to Witch Mountain

May 10
1600 I Love You Man
1930 Madea Goes To Jail

May 4
1930 Confessions of a Shopaholic

May 11
1930 The International

May 5
1930 The Last House On the Left

May 12
1930 Miss March

May 6
1930 Miss March

May 13
1930 The Last House on the Left

May 7
1930 Madea Goes To Jail

May 14
1930 Fast and Furious

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

FITNESS MANIA!
U.S. Army Lt. Col. Antonio Oquendo, Area Support Group Qatar, scored 2380 points to win the March fitness challenge at Camp As Sayliyah – 1,430 points higher than the last Fitness Mania champion!

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



Summer Outdoor Running Restriction

Running outdoors is prohibited between 8 a.m. and 7 p.m., or when ever red- or black-flag heat conditions are declared by colored heat indicator flags flown at the large gym and troop medical clinic.

FITNESS

SOLDIER STRONG

Fitness Q&A

By Capt. THOMAS CRANE

ASG-QA headquarters-headquarters company

Q. Why are more and more people performing what appears to be cross-training workouts in the gym?

A. You aren't mistaken. At Camp As Sayliyah, there is a growing trend among servicemembers to conduct physical training that is more functional. Many are discovering that true "warrior fitness" isn't about extremes in one direction or the other. What you are noticing in the gym is a drift toward more holistic-type training methods. These programs focus on combat-specific attributes that deliver when lives are on the line.

Open any bodybuilding magazine. Typical workouts feature stationary exercises that center on arms and chest for men and legs for women. Many routines are single-joint efforts that

A major benefit of functional warrior fitness training is simplicity.

It doesn't require a lot of equipment, or even a large gym. Despite its simplicity, exercise routines offer a lot of variety, which eliminates boredom.

fatigue one body part at a time. While some may help produce muscle gains, constantly trying to build bulky beach muscles can eventually lead to clumsy body compositions. At the other end of the fitness spectrum, constant marathon training can easily burn a person out while stripping them of calorie-burning lean body weight.

True warrior fitness places focus on increasing overall physical competence. There are several brand names associated to functional-type training systems, such as CrossFit, P90X, Gym Jones, Military Athlete, Caveman Training, Navy Seal workout, etc.

A quick Internet search will show that most of these programs are similar in design, while CrossFit is the largest and most popular. It's widely used by firefighters, police officers, security personnel, as well as the Armed Forces special operations troops. Currently, there are 31 CrossFit military affiliates. Ft. Hood's LUMBERJACK CrossFit has the largest group consisting of over 750 Soldiers. Numerous servicemembers have attended seminars to receive individual certifications.

These programs, like CrossFit, focus on the following principles: cardiorespiratory endurance, the gathering, processing and transportation of oxygen; stamina, the processing, storing, delivery, and use of energy; strength, the ability of muscular systems to apply force; flexibility, maximizing a joints range of motion; power, exerting maximum force in minimum time; speed, minimizing time spent performing a repeated movement; coordination, combining several movements into a singular distinct



movement; agility, minimizing the transition time between one movement pattern to another; accuracy, controlling movement in any given direction or at any given intensity; and balance, controlling the placement of the body's center of gravity in relation to its support base.

Major compound, multiple-joint lifts must be routinely rehearsed and trained to accomplish this level of fitness; such as dead lifts, power cleans, squats, presses, clean and jerks and snatches. Also, mastering the basics of gymnastics is required to properly execute pull-ups, push-ups, sit-ups, dips, rope climbs, handstand presses and various holds. The training is further rounded out by introducing events like biking, running, swimming, rowing and participating in competitive sports.

A major benefit of functional warrior fitness training is simplicity. It doesn't require a lot of equipment, or even a large gym. Despite its simplicity, exercise routines offer a lot of variety, which eliminates boredom.

If any of this sounds interesting, I encourage you to research these programs. Look for others involved in this type of training and ask for guidance. While at Camp As Sayliyah, feel free to contact me about ways to get involved while stationed in Qatar. 

EDITOR'S NOTE: Crane has spent nearly 20 years researching and applying various physical training programs. The Army officer, a former Florida State University rower and certified U.S. Rowing Association coach, has helped numerous Soldiers increase their performance scores during physical fitness tests.

CAS Bowling Alley

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



Free Tuesdays

- April 28: Open bowling from 8 p.m. to 10 p.m.
- May 5: Moonlight bowling from 6 p.m. to 8 p.m.
- May 12: Open bowling from 8 p.m. to 10 p.m.
- May 19: Moonlight bowling from 6 p.m. to 8 p.m.
- May 26: Open bowling from 8 p.m. to 10 p.m.

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



U.S. Army Capt. Thomas Crane, from Chicago, Ill., stands with the Commander's Cup first place trophy, after Area Support Group Qatar won the premier two-day fitness challenge at Camp As Sayliyah, Qatar, April 25. (Official Army Photo/ Devin Butler)

GO GREEN FOR

March 23 – Official Army Photos/ Ding Alcaide

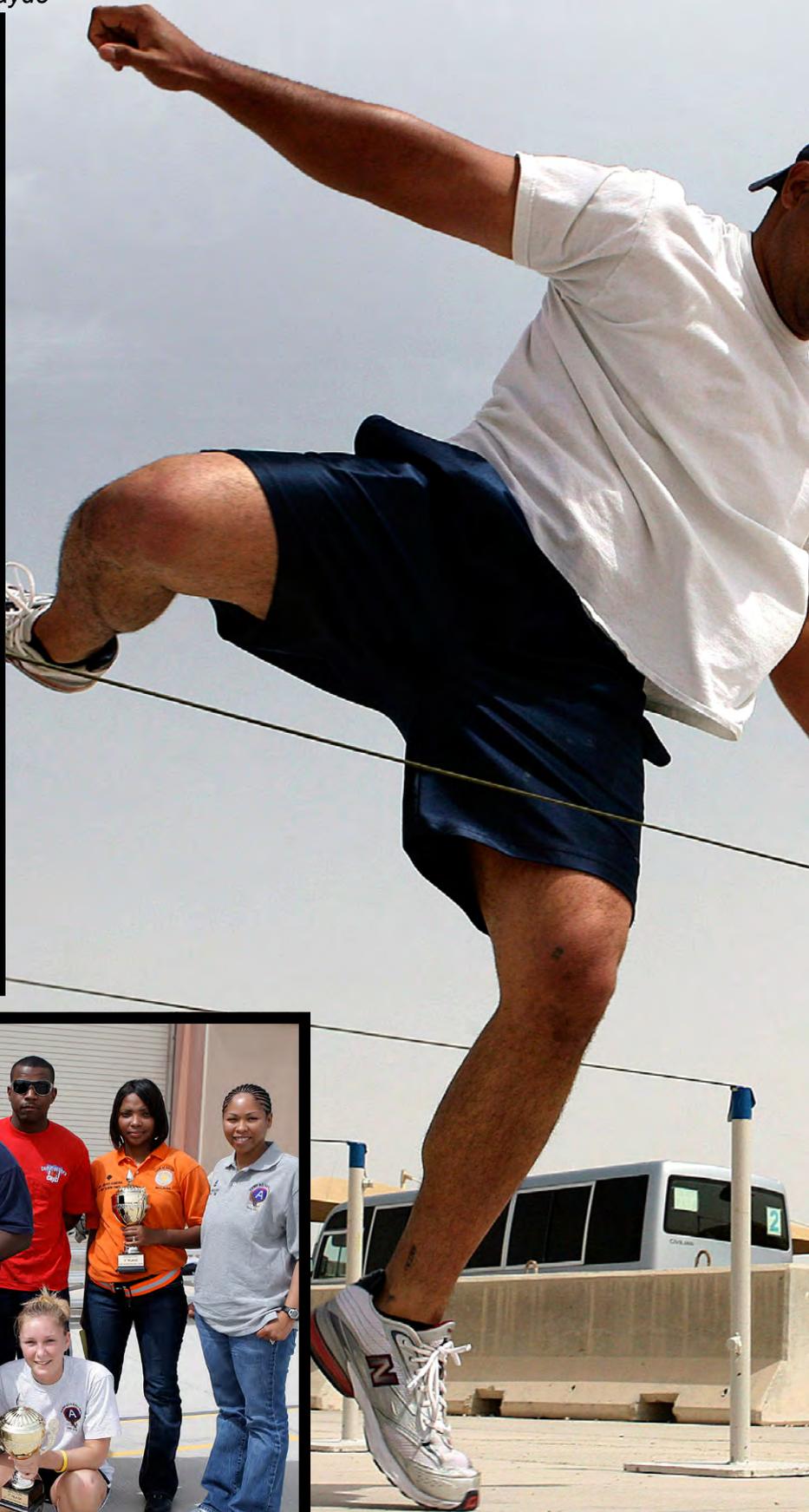


PERFORMANCE

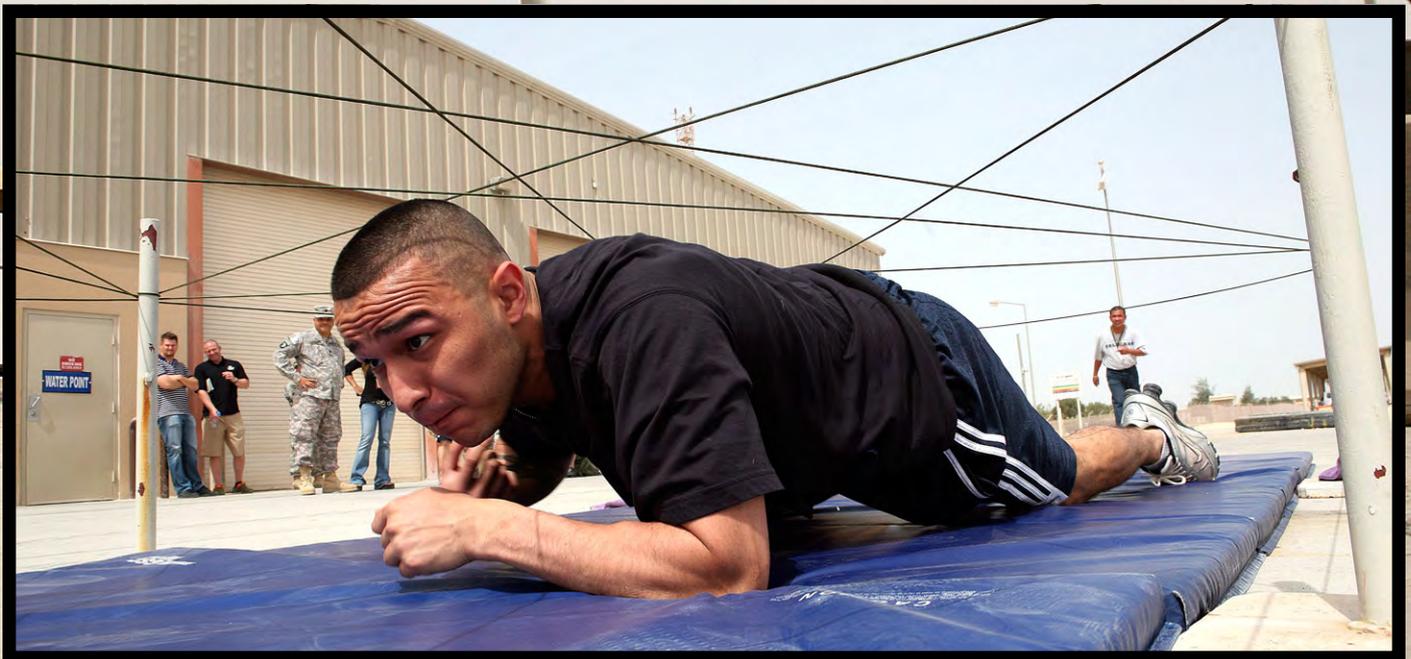


CAMP OBSTACLE

March 27 – Official Army Photos/ Ding Alcajde



COURSE



PREMIER FITNESS

April 24 and 25 – Official Army Photos/ Devin Butler

TOP 5

1. ASG-QA 43
2. CENTCOM 35
3. 1-43 ADA 33
4. ILIAD 28
5. AMC-JTAGS 27



CHALLENGE



Qatar Museum of Islamic Art

Masterpieces from three continents and 14 centuries celebrate the dazzling diversity of Islamic Art. Free admission to museum. 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>

CULTURE

Troops explore Qatar traditions during 'Arabian Nights'

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

CAMP AS SAYLIYAH, Qatar – United Service Organization Qatar completed a two-day event submerging servicemembers in Gulf Arab culture at Camp As Sayliyah, Qatar, April 5. In partnership with U.S. Army Central Area Support Group Qatar, "Arabian Nights" offered several opportunities to explore local entertainment and customs found outside the confinements of

the U.S. military installation in Qatar, an Islamic state located on the Arabian Peninsula.

"This gave us a great cultural experience," said U.S. Army Spc. David Bowen, from Prattville, Ala. "It helped us understand how Arab people live." Bowen was beginning a four-day respite from Iraq, by participating in the U.S. Central Command rest and recuperation pass program at the Qatar base. Since 2004, over 180,000 war fighters have received a brief recharge while partaking in on- and off-post relaxation opportunities.

"This gave us a great cultural experience. It helped us understand how Arab people live." U.S. Army Spc. David Bowen, from Prattville, Ala.

"We want troops to understand and appreciate Arab culture," said George Washington, USO Qatar duty manager.

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. Mark Singer, ASG-QA rest and recuperation pass program officer, for more information.



Fatima Ahmed Al Langawi, a Qatari woman, applies Henna designs on U.S. Army Spc. Daisy Leon, from Irving, Texas, during a two-day event submerging servicemembers in Gulf Arab culture at Camp As Sayliyah, Qatar, April 5. In 2006, Langawi joined the 15th Doha Asian Games Olympic torch relay, traveling more than 30,000 miles to help explain Qatari customs. During the 55-day tour, she shared the traditional application of Henna throughout 15 Asian countries. (Official Army Photo/ Dustin Senger)

"This was one venue to present many different aspects without anyone having to leave post." Qatar International Adventures, a leader in organizing local tours, set up several attractions, to include: Arabic cuisine, a hunting falcon, camel riding, local attire and henna designs.

Fatima Ahmed Al Langawi explained skin decorations with Henna, a reddish dye made from the leaves of the Henna shrub. In 2006, Langawi joined the 15th Doha Asian Games Olympic torch relay, traveling more than 30,000 miles to help explain Qatari customs. During the 55-day tour, she shared the traditional application of Henna throughout 15 Asian countries.

"No pain and it only stays for about 10 days –

Henna is much easier than tattoos," said Spc. Daisy Leon, from Irving, Texas, after Langawi created a traditional design on her lower leg, to include the initials of the Soldier's two-year old son.

"I liked the clothing," said Spc. Ashley Bonet, from Metuchen, N.J., while trying on an abaya, a loose garment worn by Qatari women that respects Islamic requirements for female modesty in public. "The material is light and comfortable."

"Arabian Nights helped eliminate prejudice by dispelling myths with first-hand explanations of Arab culture," said Washington. "Troops achieved a better understanding

of Arab people by arming them with knowledge." **A**

"We want troops to understand and appreciate Arab culture." George Washington, USO Qatar

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.



U.S. Army Sgt. Dennis Campos, from Glen Cove, N.Y., retrieves a hunting falcon from Spc. David Bowen, from Prattville, Ala., during a two-day event submerging servicemembers in Gulf Arab culture at Camp As Sayliyah, Qatar, April 5. "Arabian Nights" was organized by United Service Organization Qatar, in partnership with U.S. Army Central Area Support Group Qatar. (Official Army Photo/ Dustin Senger)

Head Start

Learn about Qatar in a cultural awareness course designed to educate newly arrived servicemembers and DOD civilians.

- May 2 to 6: Head Start class from 8 to 11:30 a.m. in the large gym television room.

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

What is a Marine Expeditionary Unit?

A Marine Expeditionary Unit is an expeditionary quick reaction force, deployed and ready for immediate response to any crisis. A MEU (“me-yu”) is normally based on all the components of a Marine Air-Ground Task Force: a ground combat element, an aviation squadron, a logistics combat element and a command element. Over 2,000 troops remain ready to deploy from an amphibious assault ship.

DOHA LIFE

Marines participate in Eastern Maverick

By Staff Sgt. MATTHEW HOLLY

13th Marine Expeditionary public affairs

QATAR LAND FORCES TRAINING AREA, Qatar – Elements of the 13th Marine Expeditionary Unit, began conducting Exercise Eastern Maverick 2009, alongside Qatari military forces on March 28, a bilateral training exercise designed to build and improve cooperation between both military forces.

During the exercise, U.S. Marines and Sailors will work alongside the Qatari military for approximately two weeks, conducting a number of training exercises, to include small-unit vehicle training and live-fire

exercises, as well as pilot training with the Qatari Air Force.

Lt. Col. Tye R. Wallace, commanding officer of Battalion Landing Team 1/1 assigned to the 13th MEU, said he looks forward to the operating with the Qatari military during the exercise.

“Exercises like this one provide important opportunities for us to work more closely together with our friends in the region, thereby helping to enhance understanding, security and stability throughout the Middle East,” he said. “Understanding and communication are vital to a strong friendship, and these exercises are an excellent opportunity for us to further develop both of these with our Qatari friends.”

The first day of the exercise consisted of several classes covering sniper training, grenade handling and the use of a Global Positioning System. Each subsequent day will build upon the skills learned from earlier days.

“They picked it up quickly,” said 1st Lt. Jesus S. Mendez, platoon commander with Combined Anti Armor Team 2, Weapons Company, BLT 1/1. “It was a good opportunity to work with the Qataris to see how our friends operate.”

The exercise also allows opportunities for athletic interaction and competition between the two nations. U.S. Marines and Sailors participated in a friendly game of volleyball on the first night of the exercise with several Qataris.

“It is good for integration and to get to know each other in one way or another,” said Maj. Adel Ali Al Saadi, a maintenance officer for the Qatar Maintenance Corps. “It’s a way to break down the barriers.”

“We should do this every time during exercises – it builds unity and



U.S. Marine Corps Lt. Col. Tye R. Wallace (right), commanding officer of Detachment 13th Marine Expeditionary Unit and Battalion Landing Team 1/1, conducts a press conference alongside Col. Mohammed Al-Hajri of the Qatari Amiri Land Forces, March 29, in Doha on the second day of Exercise Eastern Maverick 2009. (Official Marine Corps Photo/ Staff Sgt. Matthew Holly)

friendship,” said Staff Sgt. Steve D. Oldham, 3rd platoon sergeant for Company B, BLT 1/1. “This helps strengthen relationships with our host nation, which is important.”

“I think it was a great game,” said Pfc. Abdul Rahman, a rocketman in the Qatari Amiri Land Forces. “This created a good team environment for the upcoming training between us and the Marines.”

U.S. Ambassador to Qatar Joseph LeBaron said, “The military relationship is a vital part of our bilateral relations with Qatar – a relationship that the United States values deeply.”

American Marines and Sailors are also taking time off from their busy exercise schedule to learn more about Qatari culture through visits to local schools.

Referring to all he had learned about Arab and Islamic culture during the exercises, one U.S. Navy officer remarked that, “in my 23 years of service, I can sincerely say that this is the most enjoyable trip that I have been on.” **A**

“Understanding and communication are vital to a strong friendship, and these exercises are an excellent opportunity for us to further develop both of these with our Qatari friends.” U.S. Marine Corps Lt. Col. Tye R. Wallace



Marines of Bravo Company, Battalion Landing Team 1/1, 13th Marine Expeditionary Unit, conduct a training exercise alongside Qatari Amiri Land Forces on the Qatari military training grounds, April 1. Exercise Eastern Maverick 2009 is a bilateral training exercise with the QALF designed to build and improve cooperation between both military forces. (Official Marine Corps Photo/ Lance Cpl. Jesse Leger)



A Marine from Detachment 13th Marine Expeditionary Unit translates instructions to a member of the Qatari military during the snipers optics training portion of Exercise Eastern Maverick 2009, March 28, in Qatar. (Official Marine Corps Photo/ Staff Sgt. Matthew Holly)

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. Mark Singer, ASG-QA rest and recuperation pass program officer, for more information.

DOHA LIFE

A taste of civilization

By Pfc. JONATHAN SUCGANG

10th Sustainment Brigade
public affairs

DOHA, Qatar - Since being deployed, I have gotten used to working long hours, seeing no grass nor green, and the dirt and dust of Iraq. The way of living is very different from the civilian world. Being that my unit is a reserve unit, we had to do training prior to our deployment. The transition from civilian to Soldier comes through time, and for me, it worked that way. I was so used to the deployment environment that when I was sent on a four-day pass to Qatar, it was shocking.

It was not a bad thing; it was more of a culture shock. Seeing different

ways people live compared to us back in the United States expanded my thoughts on the Middle Eastern culture.

Besides seeing all that, it was a nice vacation from deployment. I was able to wear civilian clothes the whole time I was there. It was a change from wearing my uniform every day. The best part about the trip was being able to see the city, and experiencing the culture.

The best part about the trip was being able to see the city, and experiencing the culture.

The city of Doha has many skyscrapers, with more under construction. It kind of reminded me of Seattle because it is also on the water. The whole trip was an experience

never to forget – a little taste of civilization. The trip had me thinking about home and comparing it to Doha. It didn't make me homesick, it was really a lot of fun, and I imagined how much more fun it would be being home. **A**



Sustainment Soldiers enjoy fun and sun in Qatar

By Sgt. 1st Class ADAM SHAW

16th Sustainment Brigade
public affairs

CAMP AS SAYLIYAH, Qatar — Soldiers from the 16th Sustainment Brigade found a way to unwind by taking advantage of the U.S. Central Command's rest and recuperation pass program, March 2.

"The purpose of the program is to provide a much needed rest for all servicemembers, away from the fight," said Capt. Christopher Spencer, rest and recuperation officer in charge, 350th Human Resources Company.

Since the creation of the program, nearly 180,000 servicemembers have gone through the program.

The program offers four full days off, where servicemembers can use the United Service Organizations, which offers a computer lab, movies rooms, world-wide defense switched network phone access and video games.

Although the USO offers troops many ways to decompress, the trips that the pass program offers seem to be the best way for servicemembers to let their hair down.

"We have the Dhow Cruise, which is a boat ride in the Cornische that allows the servicemembers to swim, relax, eat lunch and enjoy the water," said Spencer. "The Inland Sea Picnic is a trip to the coast of Qatar through the sand dunes

to a beach resort that also serves lunch."

Spencer, a New Braunfels, Texas, native, said that the water sports trip is the most popular.

"The Water Sports is the same as the Dhow Cruise, only with jet skis and inter tube rides."

The program also offers mall trips and a Doha City tour, which exposes troops to Qatar culture and allows for shopping at local souqs.

"My husband and I went on the souq tour, mall tour, Inland Sea Picnic and went on a boat to jet ski," said Spc. Jo Ann McCue, finance specialist, Echo Detachment, 208th Financial Management Co., 16th Sust. Bde. "It was great because I was able to do stuff with my husband that was not military-related."

Jo Ann, a Houston native, and her husband, Sgt. Michael McCue, military pay non-commissioned officer in charge, Echo Det., 208th FM Co., serve together at Contingency Operating Base Q-West, Iraq, and are halfway through their 12-month deployment.

"It really feels like you're stepping out of the deployed environment," said Michael, a Cook, Minn., native. "You're able to do a lot of things you wouldn't be able to do on normal deployments, whether it's eating at Chili's, riding some jet

skis, shopping or drinking a few cocktails."

Camp As Sayliyah has a Chili's, Popeye's, Dairy Queen, Orange Julius, Subway, Green Bean Coffee and a pizza place for troops to enjoy, to go along with a Connelly Award-winning dining facility.

Service members also have the opportunity to drink three alcoholic beverages per night. On tap you can find Foster's, Kilkenny, Guinness and Heineken. They also offer Corona, Carlsberg, Leffe and Tuborg. There is also a wine bar and a drink called Tawny Redbull, which is popular because of its higher alcoholic content.

Spencer offered up suggestions for servicemembers who are coming to Qatar.

"They need to bring their reflective belt for nighttime travel on [base]," Spencer said. "They need toiletries and a towel and bathing suit, if they have it, and a desire to relax and have fun." **A**



U.S. Army Sgt. 1st Class Adam V. Shaw, 16th Sustainment Brigade public affairs chief, rides a camel on the Qatari coast during an Inland Sea picnic trip, while participating in the U.S. Central Command's rest and recuperation pass program, March 1. (Courtesy Photo)

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.

DOHA LIFE

Soldiers reveal motorcycle safety trainer in Qatar

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

DOHA, Qatar – "It's an honor to showcase our latest technology at an important safety event for the local community," said U.S. Army Col. David G. Cotter, Area Support Group Qatar commander, at the 25th Gulf Cooperation Council Traffic Safety Week, in Doha, Qatar, March 16. U.S. servicemembers, stationed at Camp As Sayliyah, provided a motorcycle safety booth, exhibiting one of two Honda Safe Motorcyclist Awareness and Recognition Trainer (SMARTrainer) systems purchased by U.S. Army Central for installations in the Middle East.

It marked the first time U.S. Armed Forces were involved in the Qatar annual safety activities organized by the National Campaign for Road Accident Prevention.

"This event is upgraded each year with new safety organizations, activities and equipment," said Adel Abdulla, Qatar traffic department police officer and committee organizer. According to Abdulla, the main problems on Qatar roads involve improper seat belt use, exceeding posted speed limits, ignoring traffic signals and drivers becoming distracted by mobile phones. This year's Traffic Safety Week focused on addressing these issues in an educational and entertaining environment that encouraged interaction between the large expatriate population, Qatari nationals and police officers.

"This motorcycle trainer was brought here to offer something special," said Al Hydeman, from Ervin, Calif. "It's an amazing mobile device." Hydeman, Motorcycle Safety Foundation managing director, delivered the SMARTrainer devices to U.S. Army Central installations in Qatar and Kuwait. The Honda system simulates real-world driving experiences by integrating a computer, monitor and printer with motorcycle controls, noise suppression headset and powerful software. MSF certifies instructors to use the hardware and software package as an educational tool for safe riding.

"This system allows instructors to teach people about motorcycle safety without taking them into traffic," said Hydeman. "When they crash, no bones are broken – only bruised egos." After a practice session, riders select one of 15 different hazard recognition routes – positioning them in urban



Khalid Abdulla Al Shafei teaches his friend, Talal Al Emadi, how to operate the controls on a Honda Safe Motorcyclist Awareness and Recognition Trainer (SMARTrainer) during the 25th Gulf Cooperation Council Traffic Safety Week, in Doha, Qatar, March 16. U.S. Army Col. David G. Cotter (far right), Area Support Group Qatar commander, watched Emadi complete an urban driving route. (Official Army Photo/ Dustin Senger)

congestion, complex suburban scenarios or monotonous highway touring environments. Each route can be ridden in daylight or at night, as well as under foggy conditions.

“Riding a motorcycle is a solo event,” said Hydeman, “You don’t have backseat drivers on the road, so we prefer everyone ride by themselves. Afterward, a report is printed to bring to their coach.” The system’s software analyzes the entire ride. Reports communicate distances to vehicles, pedestrians and obstacles, as well as effective use of the horn and brakes. Instructors can review reports that grade riders in eight different areas and playback scenarios using various angles.

“I learned to slow down and watch out for traffic signals... and watch the mirrors,” said Talal Al Emadi. “I want to try again to earn a better grade.” Emadi, a 17-year-old Qatari national, does not ride motorcycles himself, yet he was encouraged to learn the safety risks associated with motorcyclist on the road. According to Hydeman, it’s common for students to strive for better performance grades, forcing them to learn safe driving tactics.

“Ahmed is a great example of how this system teaches students,” said Hydeman, while announcing a perfect score for Ahmed Ali, a 19-year-old Pakistani expatriate who has lived in Qatar his entire life. The trainer quickly caught the attention of the Yamaha 800cc motorcycle owner at the expo. “When he found himself routinely earning poor grades, all he wanted to do was improve. After three days here, he was our first straight-A student.”

“We are going to continue training instructors at Camp As Sayliyah



Al Hydeman, from Ervin, Calif., explains safety risks after Talal Al Emadi, a 17-year-old Qatari national, completed a congested urban route on a Honda Safe Motorcyclist Awareness and Recognition Trainer (SMARTrainer) during the 25th Gulf Cooperation Council Traffic Safety Week, in Doha, Qatar, March 16.



U.S. Army Lt. Col. Bradley Foster, from Plymouth, Mich., watches Ahmed Ali, a 19-year-old Pakistani expatriate, operate a Honda Safe Motorcyclist Awareness and Recognition Trainer (SMARTrainer) during the 25th Gulf Cooperation Council Traffic Safety Week, in Doha, Qatar, March 16. (Official Army Photos/Dustin Senger)

this weekend,” said U.S. Army Lt. Col. Bradley Foster, from Plymouth, Mich. “There is a high motorcycle accident rate for servicemembers returning home from deployment. This trainer will help reintroduce them to safe riding principles before redeploying.” Camp As Sayliyah is the first U.S. installation to MSF-certify servicemembers as SMARTrainer instructors in the Middle East. According to

Hydeman, the Navy will soon start distributing the Honda systems worldwide.

“The Qataris have asked how to acquire one of the trainers,” said Hydeman, “as well as one of the local traffic schools. Motorcyclists everywhere need this training. It is possible to ride all your life and never crash. It’s all about properly managing risks.” ^A

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 2nd Lt. Luis Garcia, ASG-QA deputy provost marshal, or Hani Abukishk, civil affairs officer, for more information.

Drove a Little Fast?

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

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.

DOHA LIFE

Rules for Qatar roundabouts

By **LAKIA CLARKE-BROWN**
ASG-QA public affairs

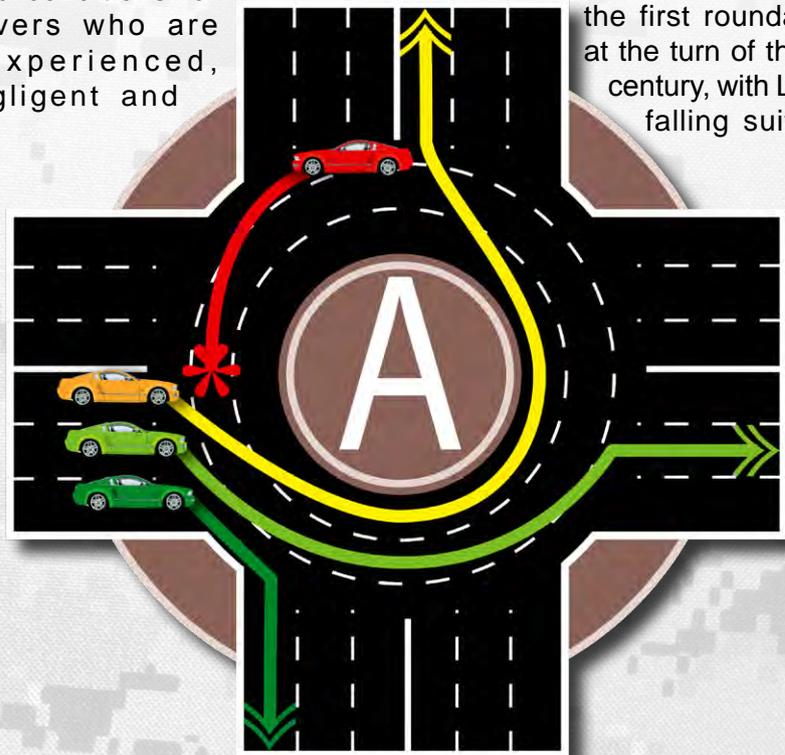
Servicemembers and expatriates – or anyone visiting foreign countries – are often exposed to driving environments significantly different from those at home. According to World Health Organization statistics, more than 300 U.S. citizens die each year due to road accidents abroad.

U.S. State Department reports indicate that traffic accidents are among Qatar's leading causes of death. Qatar's ongoing construction projects and extensive use of roundabouts create dangerous road conditions for drivers who are inexperienced, negligent and

reckless. In 2007, the Qatar traffic law was changed to increase fines, license suspension periods, as well as initiating a license demerit point system.

Foreign travelers are not the only people at risk. The majority of deaths and injuries on the roads in developing countries are not motor vehicle occupants – they are pedestrians, motorcyclists and bicyclists caught off guard by a confused or distracted driver. It's important to drive cautiously and defensively, while learning new traffic signs and roadway etiquette.

Roundabouts are often the setting for road accidents in Qatar. They present complicated situations for those new to the Gulf region. Reports suggest that New York and Paris presented the first roundabouts at the turn of the 20th century, with London falling suit soon



Qatar Traffic Department suggestions for roundabout etiquette:

1. When it is your intention to drive 270 degrees or more around a roundabout your vehicle should be in the far left lane.
2. When you intend to make an immediate right hand turn (90 degrees or less), then your vehicle should be in the far right lane.
3. When it is your intention to drive straight (or between 90 degrees and 270 degrees,) your vehicle should be in the middle lane.

after. Widespread use in Europe began in the 1960s, as the design and control of roundabouts became safer and more effective. Today, these methods for managing intersecting traffic are rare in the United States, where they are commonly known as “traffic circles.”

Roundabouts are circle intersections where traffic enters a one-way stream around a center island. Since vehicular traffic in the Gulf is always on the right side of a road, roundabout traffic flows counterclockwise. All vehicles veer to the left when entering roundabouts.

When you arrive to a roundabout, pay attention to the yield sign – vehicles already inside have the right-of-way. If you fail to yield, or otherwise fail to give inadequate space, you will invariably be found at fault for any accident that occurs. Pay close attention to your speed before entering a roundabout. The ideal speed to travel in most large

roundabouts is 20 miles per hour. Beware of drivers violating in-roundabout speed limits – excessive speed and poor suspension may lead to vehicle roll overs!

Once you are in the roundabout, yield to vehicles traveling along the inner lane. The outer lanes must yield to the inner to avoid a collision. Minor fender-benders and damaging side swipes are common occurrences while entering and exiting roundabouts.

When attempting to exit, use your turn signal well in advance. Make your way to the right only after assuring the area is clear. If you miss your turn, stay calm and drive around the circle again until you can exit properly and safely. There is nothing wrong with going around multiple times; those extra laps may slow you down, but also keep you safe. A little practice and a lot of patience are necessary while learning the rules for Qatar roundabouts. ^A

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 2nd Lt. Luis Garcia, ASG-QA deputy provost marshal for more information.

Approaching a roundabout:

Take note of all the information available on traffic signs, traffic lights and road markings that direct you into the correct lane. First, use your mirrors to check for any traffic behind you; where necessary, signal your intentions in enough time to give other drivers appropriate warning. Merge into the correct lane when it is safe to do so. Be aware of traffic speed and make necessary adjustments.

When you reach the roundabout:

1. Give way to traffic approaching from your right; unless signs, road markings or traffic lights tell you otherwise.
2. Obey any traffic lights found at roundabouts.
3. Obey road markings, or other instructions, that illustrate the correct lane to use.
4. Pay attention to traffic already on the roundabout. Be aware of vehicles using turn signals. Try to forecast where motorists may intend to exit.
5. Watch out for pedestrians on the road. Also be aware of any bicycles or motorcycles on your left or right.
6. Look ahead before moving forward. Make sure traffic has moved out of your lane of travel. Don't put yourself in a situation where you are blocking the roundabout.

Safety/Fire Training

Attend installation safety training.

HAZWOPER Refresher

• May 12: 9 a.m. to 4 p.m.

HAZWOPER Supervisor

• May 13: 9 a.m. to 4 p.m.

Confined Space Training

• May 18: 9 a.m. to noon

CPR Training

• May 19: 9 a.m. to 3 p.m.

First Aid Training

• May 20: 9 a.m. to 3 p.m.

Unit Safety Representative and Fire Warden Training

• May 21: 9 a.m. to 5 p.m.

Fire Extinguisher Training

• May 25: 9 a.m. to 10 a.m.

HAZWOPER General and Site Specific

• June 6 (Day 1): 9 a.m. to 4 p.m.

• June 9 (Day 2): 9 a.m. to 4 p.m.

• June 10 (Day 3): 9 a.m. to 4 p.m.

• June 13 (Day 4): 9 a.m. to 4 p.m.

• June 14 (Day 5): 9 a.m. to 4 p.m.

Unit Safety Representative and Fire Warden/Prevention

• June 18: 9 a.m. to 5 p.m.

CPR Training

• June 22: 9 a.m. to 3 p.m.

First Aid Training

• June 23: 9 a.m. to 3 p.m.

Confined Space Training

• June 24: 9 a.m. to noon

Fire Extinguisher Training

• June 30: 9 a.m. to 10 a.m.

Contact Bill Wilson, installation safety manager, or Daniel Guzman, installation fire chief, for more information.



SAFETY

Electrical safety

By **CHRIS ELMORE**

Installation fire department

Electricity is a daily part of our life that we all take for granted; everyone expects to use it on demand, but many fail to appreciate its inherent risks. Whether it be something as important as powering our everyday facilities or something as small as making our first pot of coffee in the morning, the danger factor is always there.

Electricity is the leading cause of fires at Camp As Sayliyah. If appropriate electrical safety precautions are not taken, a sudden reminder of its power may result in damaged to equipment, severe injury, or even death. It is difficult to obtain reliable statistics on electrical injuries, as many accidents are not registered. However, it is estimated that approximately 1,100 electrical fatalities occur annually in the United States.

Follow these guidelines to protect yourself and prevent electrical fires:

Do inspect all electrical cords for frays and damage – heat or discoloration may indicate a dangerous connection! Look for any missing and broken wall plates.

Be sure multi-plug adapters are properly certified (CE, UL, or BS). If you find any damage, stop using the cord and outlet immediately.

Do not overload an extension cord and make sure it is the proper type for the equipment or appliance in use. Don't place an

extension cord in a crowded area – if you must, tape it down to avoid creating a tripping hazard.

Do ensure devices are rated for 220 volts. If a device is only rated for 110 volts, use a power converter to reach the appropriate level.

Do not overload an outlet or surge protector. Know the power requirements of the electrical items plugged into a power strip and never string multiple power strips together. Make sure appliances and tools are switched off before inserting or removing a plug.

It is also important to know how to react in the event of an electrical mishap. Knowing what to do if an electrical fire starts, or if electrocution has occurred, will help prevent and minimize injury. If you find yourself in one of these situations, remember the following:

■ Only licensed electricians, or other skilled maintenance personnel, should repair an appliance or outlet.

■ Never put water on an electrical fire; use a fire extinguisher instead.

■ Never touch anyone who is being shocked, since electricity can spread through body contact.

■ Learn where circuit breakers are located and how to shut them off.

■ Call 911 immediately if an electrical injury or fire has occurred.

Following these guidelines will help ensure you are contributing to the prevention electrical injuries and fires at Camp As Sayliyah. Above all else, always stay respectful of the dangers found in the day-to-day use of electricity. Take appropriate precautions to protect yourself and those around you. **A**

Prevent slips, trips and falls

By **WILLIAM WILSON**
Installation safety

Slips, trips and falls present serious risks in the workplace and at home to oneself and others. Like automobile accidents, they are a leading cause of personal injuries. In addition to wearing the right footwear, learn to avoid behaviors known to cause slips, trips, and falls.

Walking too fast or running can cause major problems. While walking, force is exerted through the heel as it strikes the ground. As soon as you start to stride by walking fast or running, you start to land harder on the heel of your front foot, while pushing off the upper portion of the rear foot. A greater coefficient of friction is required to prevent slips and falls. Rapid changes in direction create further problems.

Distractions and visual impairment are the cause of numerous slips, trips and falls – such as not watching where you’re going; carrying materials which obstruct your view; wearing sunglasses in low-light areas; and avoiding handrails. Ignorance, impatience and developing poor habits will pave the way to injury, or even death.

Aside from those common threats, these are a few specifics to reduce your likeliness of a mishap:

Slips are a result of too little friction between a person’s feet and a walking surface. They often occur while wearing improper shoes in a risky environment. Many slippery substances can cause an incident;

such as ice, oil, water and cleaning fluids. Promptly clean up and mark areas where a slippery substance was spilled. Obstacles are also be found inside flooring, such as inappropriate and slick building materials. If flooring is a problem, replace or coat it with a non-slip surfacing material. If at all possible, avoid walking in areas which present slipping hazards. Always follow your company’s personal protective equipment requirements and safe shoe policy; most work areas require a slip-resistant sole. Neoprene soles are great for wet or dry surfaces.

Trips happen when a person is thrown off balance after their foot strikes an object. The main cause of tripping is obvious: anytime something obstructs a walkway, it could cause someone to trip. Trips are common in cluttered areas with poor lighting – extension cords and power tools are dangerous items in any walkway! Preventive measures can impede the likeliness of trips or slips in the first place. Always make sure you can see where you’re going! Aside from illuminating dark areas, only carry loads you can see over. If an area is a chronic problem, re-route foot traffic to avoid it.

Falls are a consequence of losing balance – they

are usually the result of a slip or trip, but also occur for other reasons. Falls are of two basic types: elevated falls and same-level falls. Same-level falls are most frequent, but have a lower severity. Usually they involve a slip or trip. Elevated falls are less frequent but more severe. Over 60 percent of elevated falls are from less than 10 feet. Improperly using ladders and scaffolding will result dramatically increase the likeliness of a fall. During a fall, serious injuries occur when an individual hits a surface or strikes an object. Taking short cuts – climbing objects without using appropriate equipment and jumping off elevated platforms – put people at risk for serious injury every day. If you must work on an elevated platform, be sure you know the safety requirements before using it. Always use fall protection equipment when it is required or otherwise suitable.

Slips, trips and falls cause numerous injuries everyday but they are among the easiest hazards to circumvent. Take the time to look around your work areas for hazards and try to minimize them. Be careful about causing vulnerabilities as you go about your daily activities. Don’t let an avoidable loss of footing handicap your daily routines at Camp As Sayliyah. **A**

HEAT STRESS MANAGEMENT							
HEAT CATEGORY	WBGT INDEX (°F) °C	EASY WORK		MODERATE WORK		HARD WORK	
		WORK REST	WATER INTAKE (Qt/hr.)	WORK REST	WATER INTAKE (Qt/hr.)	WORK REST	WATER INTAKE (Qt/hr.)
1	(78°-81.9°) 25.6-27.7	NL	1/2	NL	3/4	40/20 MIN	3/4
2 GREEN	(78°-81.9°) 25.6-27.7	NL	1/2	50/10 MIN	3/4	30/30 MIN	3/4
3 YELLOW	(82°-84.9°) 27.8-29.4	NL	3/4	40/20 MIN	3/4	30/30 MIN	1
4 RED	(88°-89.9°) 31.1-32.2	NL	3/4	30/30 MIN	3/4	20/40 MIN	1
5 BLACK	(>90) 32.2	50/10 MIN.	1	20/40 MIN	1	10/50 MIN.	1

CAUTION

HOURLY FLUID INTAKE SHOULD NOT EXCEED 1 1/2 QT. DAILY FLUID INTAKE SHOULD NOT EXCEED 12 QTS.



Engineered for life

What did you think of Desert Mesh edition 60?

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 60

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