



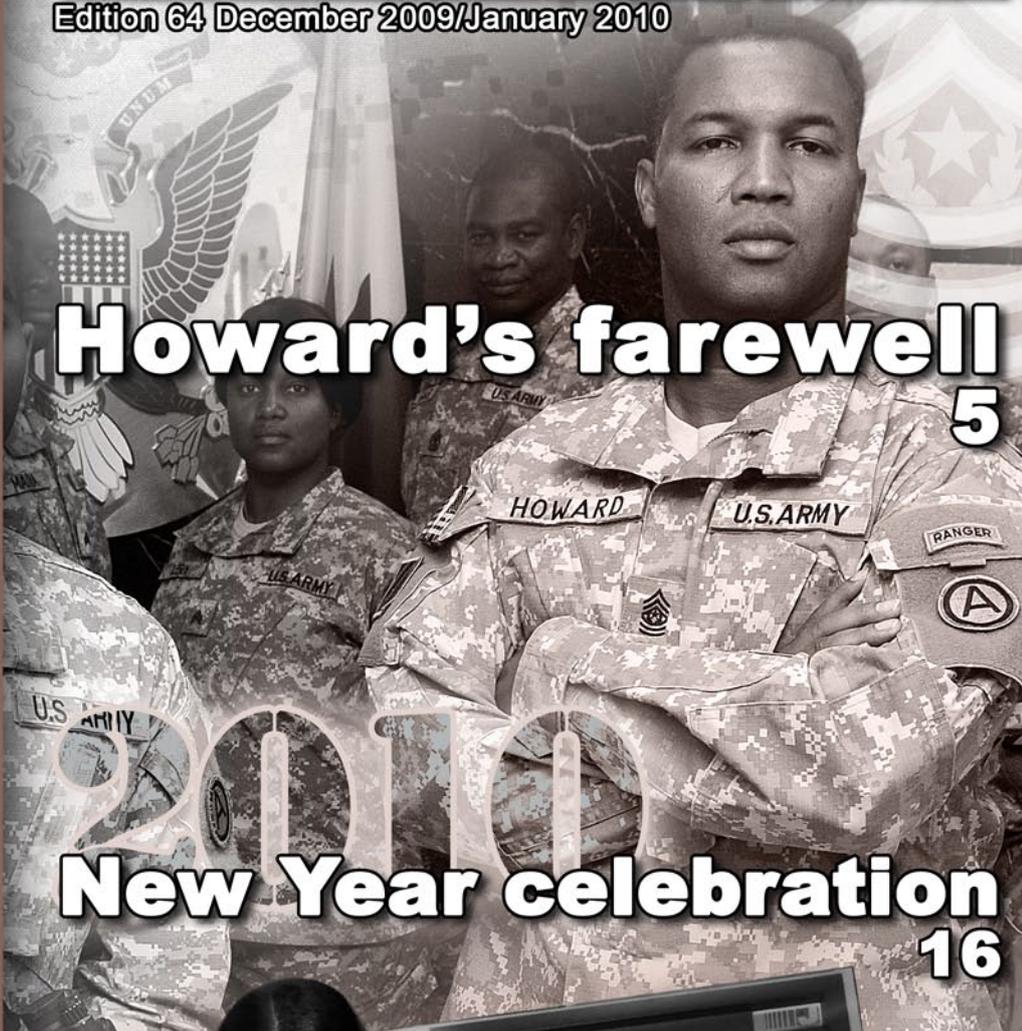
:::: The Official Publication of Camp As Sayliyah ::::

DESERTMESH MAGAZINE

Edition 64 December 2009/January 2010

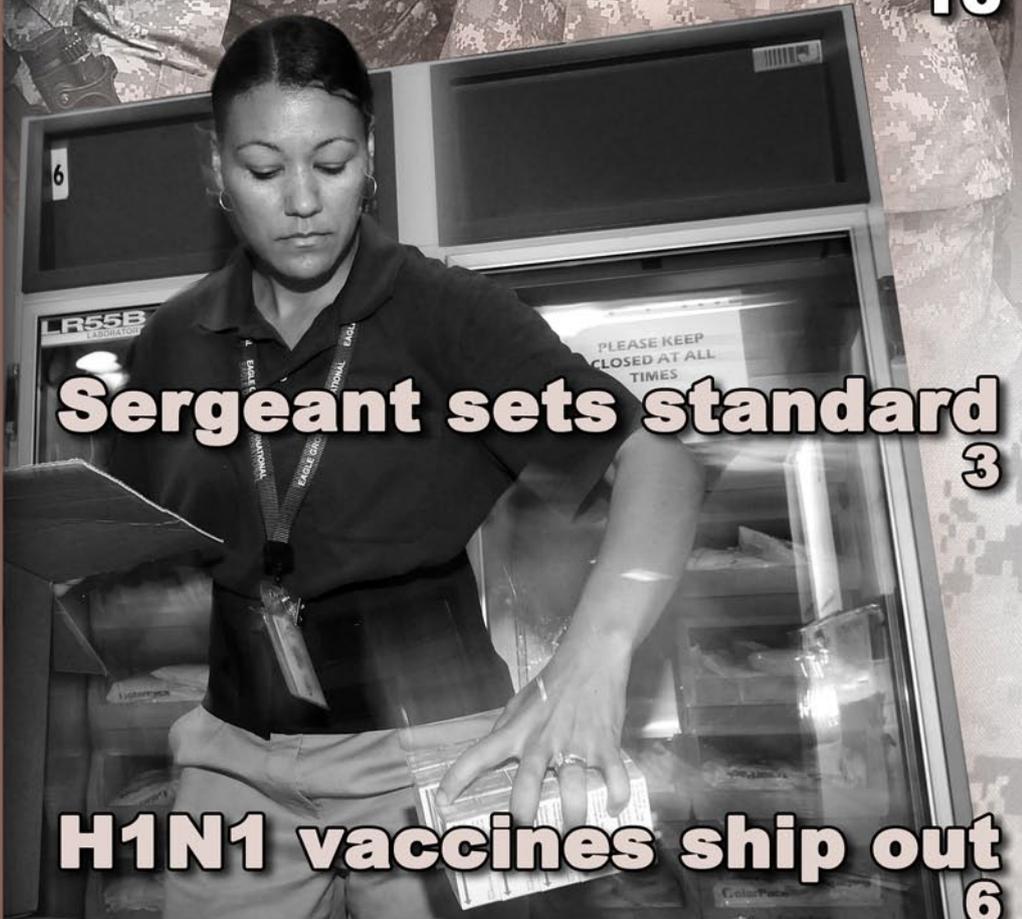
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Your feedback is important to us.
See the back cover for details.



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This Army magazine is an authorized publication for members of the Department of Defense. Contents of the *Desert Mesh* are not necessarily the official views of, or endorsed by, the U.S. Government or Department of the Army. The editorial content is the responsibility of the Area Support Group Qatar public affairs office. General comments should be addressed to pao@qatar.army.mil or call 011-974-450-2714 (DSN: 318-432-2572).

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. Michael D. Howard, Area Support Group Qatar senior enlisted leader, stands in formation after announcing the ASG-QA Noncommissioned Officer of the Year and Soldier of the Year at Camp As Sayliyah, Qatar, June 16, 2008. Amala Odoms, a Lockheed Martin contractor from Rex, Ga., packs H1N1 vaccines inside a medical logistics warehouse at Camp As Sayliyah, Qatar, Nov. 4. (Cover Photo-Illustration/Dustin Senger)

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Camp profile: Yauch documents 99-percent set up

Soldier rewrites standard in satellite reliability

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

CAMP AS SAYLIYAH, Qatar – U.S. Army Sgt. Jeffrey Yauch, from Plover, Wis., adheres to the old Army conviction: leave it better than you found it. During a one-year deployment, the 1st Cavalry Division Soldier wrote detailed technical standard operation procedures for tactical satellite hubs employing the military's latest communications technology.

Yauch's painstaking labors led to an unprecedented 99-percent satellite reliability rate, according to signal reports at Camp As Sayliyah, Qatar, Dec. 23. Tactical environment uptimes typically range between 90 and 95 percent, according to Chief Warrant Officer Scott Gray, 1st Cav. Special Troops Battalion network technician chief.

"Our team set a new standard for maintaining a tactical satellite hub," said Gray, who then commended the entire unit for supporting communication requirements for over 230,000 combat patrols in Iraq this year.

The 1st Cav., a rapidly deployable armored division based at Fort

Hood, Texas, assumed duties as the Multi-National Division - Baghdad headquarters in January. While the main body moved into Iraq, Yauch and 18 other 1st Cav. STB Soldiers formed a tactical satellite hub at Camp As Sayliyah, Qatar, located on the eastern coast of the Arabian Peninsula.

The 1st Cav. STB Soldiers inherited a critical mission: set up and maintain a robust satellite hub at the Qatar base. War fighters throughout Iraq would depend on their signal integrity for a variety of audiovisual services, such as telecommunications, video teleconferences and network access. Unfortunately, specific instructions about fielding the Army's most recent equipment didn't exist. Yauch resolved to fix

that discrepancy, as the Soldiers went to work.

"I basically took a quick-reference manual and turned it into a 40-page TSOP," said Army Sgt. Jeffrey Yauch, from Plover, Wis.

"I basically took a quick-reference manual and turned it into a 40-page TSOP," said Yauch. He documented satellite positions, database creation, network maintenance procedures – all the

best configurations for signal strength and fidelity in a deployed location. He crammed hours of troubleshooting into a clean how-to format.

"The hardest part was dummifying it all down," said Yauch. "It needed to be simple ... so anyone with a basic knowledge of satellite communications could comprehend it."

(Yauch, continued on page 13)



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



U.S. Army Sgt. Jeffrey Yauch, from Plover, Wis., and Staff Sgt. John Burgess, from Phoenix, Ariz., spend an evening disassembling a satellite dish at Camp As Sayliyah, Qatar, Dec. 23. "We've enjoyed working with each other," said John Burgess, 1st Cavalry Division Special Troops Battalion satellite section noncommissioned officer, while preparing for a relief-in-place transition to 1st Armored Division. "Sergeant Yauch is highly intelligent, a good joker – sometimes a pain – but definitely a hard worker." (Official Army Photo/Dustin Senger)



The installation commander

Maxine C. Girard

Colonel
Commander
Area Support Group Qatar



This *Desert Mesh*, edition 64, should reach you the first week of January.

Take a moment to reflect on your unit's efforts during 2009. If you just arrived, flip through the list of first-ever events and milestone achievements inside this *Desert Mesh*, page 18.

Many of you worked together for a successful and safe 2009. The installation improved host nation relationships while executing theater security engagement; enhanced the rest and recuperation pass program that recharged thousands of warriors; refurbished and repaired hundreds of equipment; shipped tons of medical materiel; raised the bar in installation safety; and empowered soldiers to lead.

This year, our focus is on the buildup of forces in Afghanistan and its impact on everyone at Camp As Sayliyah, a support and sustainment site for missions spanning across Southwest Asia's area of operations. We'll support regeneration of combat power and the distribution of materiel back into the fight. Tighten your seat belts for the increased operational tempo (OPTEMPO), as it challenges your unit support capabilities in 2010.

Area Support Group Qatar pledges continued excellence in executing Army Title X responsibilities and providing force protection and base support operation services to sustain the fight from Camp As Sayliyah.

ASG-QA will further promote close coordination and teamwork with installation tenant units, U.S. Air Force Central, U.S. Embassy Qatar and our Qatari hosts in continued theater engagements and training opportunities.

The new year brings new responsibilities, as well as new challenges. We will experience a rotation in personnel. For our newcomers, your service to our nation and this installation is highly appreciated. Welcome to Camp As Sayliyah.

This year, our focus is on the buildup of forces in Afghanistan.

Hails generally lead to farewells; of note, the ASG-QA command sergeant major, my "battle buddy," departs this month. I bid Command Sgt. Maj. Michael D. Howard goodbye and best wishes. On Jan. 25, Command Sgt. Maj. Charles Holliday will assume responsibility as ASG-QA command sergeant major. I welcome him to team Qatar. This is an important shift for installation leadership. Please plan to attend the ceremony.

As missions evolve, continue to do risk assessments in your work and recreational environments.

Lastly, I want to emphasize continued vigilance in executing safety awareness. We are proud of last year's record, but complacency can lead to accidents. As missions evolve, continue to do risk assessments in your work and recreational environments. Stay safe and thank you for your continued support to our nation overseas during the year ahead.

Patton's Own!



Michael D. Howard

Command Sergeant Major
Command Sergeant Major
Area Support Group Qatar

Happy New Year Camp As Sayliyah!

On Jan 25, Command Sgt. Maj. Charles Holliday will assume responsibility as the new Area Support Group Qatar command sergeant major during a change of responsibility ceremony. I want to thank the commanders, past and present, who trusted me as the senior enlisted adviser to enforce Army standards, leadership philosophy and camp policies. Deploying to Qatar has been an awesome assignment; second only to traditional infantrymen duty.

Over the past three years, I dedicated myself to empowering our noncommissioned officer corps. Training and education provides today's leaders with a foundation for tomorrow's challenges. Senior leaders must constantly shape, mold and care for junior soldiers; they are the future of our nation's military.

I will never forget the days spent teaching, coaching and mentoring soldiers at Camp As Sayliyah. Teach soldiers to become more proficient in their jobs. Coach soldiers during tasks to impart greater understandings. Mentor soldiers so their conduct remains centered on ascending up the latter of success. Every leader must make a difference at Camp As Sayliyah by finding ways to improve your foxhole.

Know your soldiers and make certain they receive routine counseling, both professionally and spiritually.

Many soldiers are set on improving their physical fitness as a new year's resolution. The body is like a machine; it breaks down when it isn't fueled and exercised properly. Take some time to show interest in your troop's nutritional needs and training programs. Exceptional facilities, group activities and medical professionals are here to support physical readiness.

Walking around and meeting the people of Camp As Sayliyah has been enlightening. I will miss this interaction the most.

This installation has consistently reached above and beyond the call of duty. Walking around and meeting the people of Camp As Sayliyah has been enlightening. I will miss this interaction the most. I have learned a great deal about conducting business in a joint environment, as well as coordinating the integration of various tenant units. War fighters downrange are receiving world-class support due to selfless servicemembers, DOD civilians and contractors.

I hope 2010 brings everyone further prosperity and good health. Please start the year off with a focus on safety. Camp As Sayliyah earned an impressive reputation for keeping soldiers safe in 2009. Build on that track record by developing new ways to recognize and mitigate risks. Be sure everyone continues to receive well-rounded safety briefings, as often as necessary.

I appreciate everyone's support during my time here. I wish you the best in your future endeavors.

Soldier First, Leader Always!



Farewell Camp As Sayliyah, happy New Year!



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
- RRPP front desk



ASG-QA Finance

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

Contact 1st Lt. Muriel Diaz, ASG-QA finance officer, for more information.

CAS in the News!

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

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 Staff Sgt. Jason Choate, 354th MLC optical lab specialist, for more information.

THE WIRE

H1N1 vaccine rushed to Central Command war fighters

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

CAMP AS SAYLIYAH, Qatar – U.S. Army Sgt. 1st Class Gary Newman, from Brooklyn, N.Y., received the first H1N1 influenza vaccine in the Central Command area of responsibility at Camp As Sayliyah, Qatar, Nov. 5. The shipment of H1N1 vaccines arrived Nov. 4. Medical logistics specialists immediately repackaged and relayed the vaccines to war fighters in Southwest Asia. Inoculations at the Qatar base started the following morning.

“No shortage of H1N1 vaccines should be expected in CENTCOM,” said Maj. Willie Davis, U.S. Army Medical Materiel Center Southwest Asia chief of support operations,

who controls CENTCOM medical material movements. The first portion of the split shipment departed the Qatar base, Nov. 5. The second half of the order is expected from the United States soon.

“H1N1 vaccine delivery is a joint-service effort to best support the war fighters,” said Davis. Tight product control, using military assets only, intends to prevent delays while meeting storage requirements. “We only have a 36-hour window once we pack the vaccines inside insulated containers with frozen blocks. After that timeframe, container temperatures may exceed the 2- to 8-degree Celsius threshold, which then risks losing product. The Air Force more than meets our window for delivery.”

“An aggressive H1N1 vaccine allocation plan is underway to meet CENTCOM needs over the next few weeks,” said Maj. Martin Russell, USAMMC-SWA pharmacist. Up until a week prior to receiving the H1N1 vaccines in Qatar, Russell was helping arrange storage facilities



Sherry Davis, a Lockheed Martin contractor from McDonough, Ga., packs H1N1 vaccines inside a medical logistics warehouse at Camp As Sayliyah, Qatar, Nov. 4. The Lockheed Martin contractors were preparing the first H1N1 influenza vaccine shipment in the Central Command area of operations. (Official Army Photo/Dustin Senger)

at clinics in Iraq and Afghanistan. "Once we've sent all the vaccines, it's up to local clinics to facilitate quick inoculation schedules."

CENTCOM servicemembers need H1N1 antibodies, urgently, to minimize the impact of the virus on combat strength. As daylight hours draw down and outdoor temperatures become cooler, troops start spending more time confined inside close quarters. Furthermore, an upcoming wave of holiday travel – inbound and outbound – increases the likeliness of passing influenza infections.

To prevent an influenza pandemic,

many U.S. military installations have restricted servicemembers to H1N1 surveillance rooms after they exhibit a combination of influenza-like symptoms with an elevated body temperature of 100.4 degrees Fahrenheit or higher.

According to Russell, seasonal influenza vaccination distribution adheres to strict sequential requirements that take over a month to complete each year. H1N1 dispatch will finish much faster due to authorization for high-priority, simultaneous shipments.

Novartis, manufacturer of the H1N1 vaccines, is providing the

supply of injectable multi-dose vials. Injectable preparations are much easier to store and ship in hefty quantities, compared to nasal spray vaccines, the alternative form for delivery.

"The H1N1 influenza shot doesn't feel any different than the seasonal vaccine," said Newman, minutes after the Third Army/U.S. Army Central Area Support Group Qatar preventative medicine specialist received the first CENTCOM vaccine. "We want to take out the enemy before it takes us out – H1N1 is the enemy and this vaccination is our best way to combat it." **A**

Central Command H1N1 vaccine shipments complete

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

CAMP AS SAYLIYAH, Qatar – U.S. Army Medical Materiel Center Southwest Asia logistics specialists at Camp As Sayliyah, Qatar, completed a massive and urgent volley of H1N1 influenza vaccines for U.S. Central Command war fighters, Nov. 12.

Roughly 300,000 doses of injectable H1N1 influenza vaccinations have been distributed to U.S. troops stationed across Southwest Asia; more than enough to immediately

inoculate every servicemember. Information regarding product loss or degradation has not been reported.

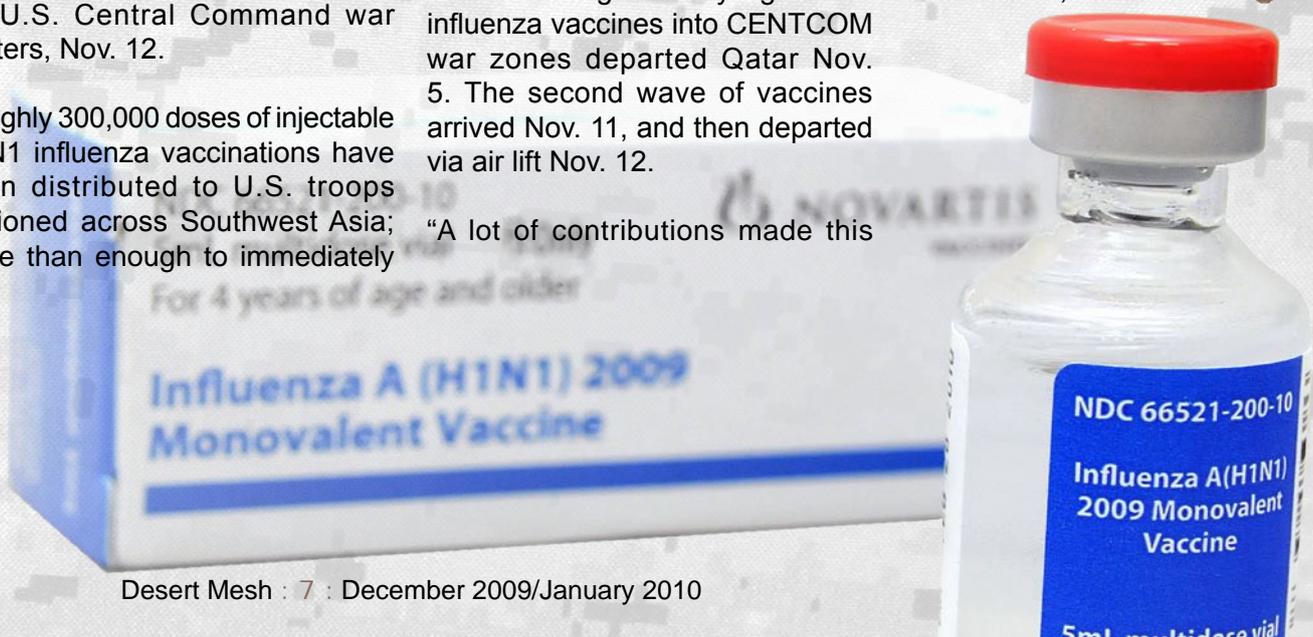
A split shipment, separated into two equal parts, permitted expedited deliveries while respecting storage requirements for medical materials requiring refrigeration. An evening delivery to Camp As Sayliyah started the distribution process Nov. 4. Without delay, USAMMC-SWA personnel repackaged the vaccines for various military installations.

The first flight carrying H1N1 influenza vaccines into CENTCOM war zones departed Qatar Nov. 5. The second wave of vaccines arrived Nov. 11, and then departed via air lift Nov. 12.

"A lot of contributions made this

mission a huge success," said U.S. Army Maj. Willie Davis, USAMMC-SWA chief of support operations. "Our warehouse staff worked extra hours to carefully separate, count and prepare vaccines. Our transportation section made the right calls and stayed well coordinated."

"The willingness of the Air Force to accommodate large quantities of the vaccines on their planes exceeded our expectations," he said. "The vaccines arrived at most CENTCOM medical clinics within 24 hours after leaving our warehouse in Qatar – in some cases, much faster." **A**



Rest and Recuperation Pass Program

Donations

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

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

Contact Sgt. 1st Class Darryl Jenkins, ASG-QA rest and recuperation pass program noncommissioned officer in charge, for more information.



THE WIRE

Qatar passes provide war fighters a needed respite

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

CAMP AS SAYLIYAH, Qatar – “I really wanted to swim in the Persian Gulf,” said U.S. Army Sgt. Mary Phillips, from Boone, N.C., enjoying her last day participating in the U.S. Central Command rest and recuperation pass program at Camp As Sayliyah, Qatar, Nov. 28. She did swim in the Gulf waters, during three separate occasions, along with three other Soldiers from the 30th Heavy Brigade Combat Team operating outside Baghdad, Iraq.

R&R leave is a long-held military

tradition. Exposure to excessive combat stress is known to significantly affect mission accomplishment. While everyone deals with stress differently, continuous exposure to enemy engagement eventually takes its toll, even on the nation's hardest warriors.

Military leaders routinely authorize subordinates reprieve from the rigors of combat in hopes of boosting unit morale, performance levels and career motivation. The goal is to accommodate absences for as many people as possible without adversely affecting the fight.

Active duty armed forces earn 30 days of paid leave every year; accrued at a tempo of two-and-half days for each month of service. Exceeding 60 days of leave over a two-year period forfeits future accumulation. If assignments to overseas contingency operations prevent the use of annual leave, as many as 90 days can be carried over into the next fiscal year.

Pass programs provide an additional respite option in war zones. They help mitigate issues crippling a unit's combat strength enough to cause denial of lengthy leave requests, such as changes in operational commitments or increased medical and emergency leave. Due to their brevity, passes must be well organized to adequately recharge war fighters.

“R&R passes are extremely important to the mental health and wellness of Soldiers in combat areas,” said Nikole Scott Conerly, Ph.D., a certified group psychotherapist from Washington, D.C. “The passes allow Soldiers to focus just on themselves, in a way that going home often doesn't. They provide an opportunity to eat, sleep and relax on a schedule that they set... at their own pace and comfort level.”



U.S. Army Sgt. Mary Phillips, from Boone, N.C., teaches children how to use her camera near Mahmudiyah, south of Baghdad, Iraq, Oct. 15. Phillips had been documenting humanitarian assistance for impoverished families by Company D, 120th Combined Arms Battalion, 30th Heavy Brigade Combat Team and the Iraqi army. (Courtesy Photo)

Soon after the U.S.-led invasion of Iraq in 2003, a fighter management pass program began in Qatar, located along the eastern coast of the Arabian Peninsula. Third Army/U.S. Army Central Area Support Group Qatar, already present in the Gulf state, initiated the program using existing facilities at Camp As Sayliyah.

The relaxation site rapidly evolved, while striving for world-class services that conformed to the installation's temporary posture. In 2004, it became recognized as the CENTCOM rest and recuperation pass program, or RRPP. Since then, nearly 200,000 war fighters have received respite from contingency operations in Southwest Asia.

Servicemembers deployed to authorized contingency locations in direct support of Operation Enduring Freedom or Operation Iraqi Freedom may participate in the program, if their tour of duty is expected to exceed 270 days, boots on the ground. R&R pass requests are accepted after 60 days overseas. They are not charged against annual leave allotments and considered a privilege, versus an entitlement.

"Four days may not sound like a lot of time, but it's enough for a Soldier to debrief and de-stress," said Conerly, who coordinates mental health resources at Camp As Sayliyah. "Soldiers are able to unload emotional baggage and return to their camp with more insight and strategies for managing their concerns."

As the installation clinical psychologist, she has helped servicemembers who felt uncomfortable talking about depression and post-traumatic stress disorder symptoms at locations elsewhere.

"The R&R pass program provides Soldiers with mental health and

wellness resources," said Conerly. "Reading wellness literature, utilizing the strategies for resilience and reaching out to mental health professionals helps to minimize PTSD symptoms."

"Most recently, I spoke with a Soldier from Iraq who had been traumatized by combat," she said. "He had started to isolate himself from other Soldiers in his unit. Over his four days on pass, he told me his story of how combat had made him anxious, angry and afraid... and of how he started staying away from people."

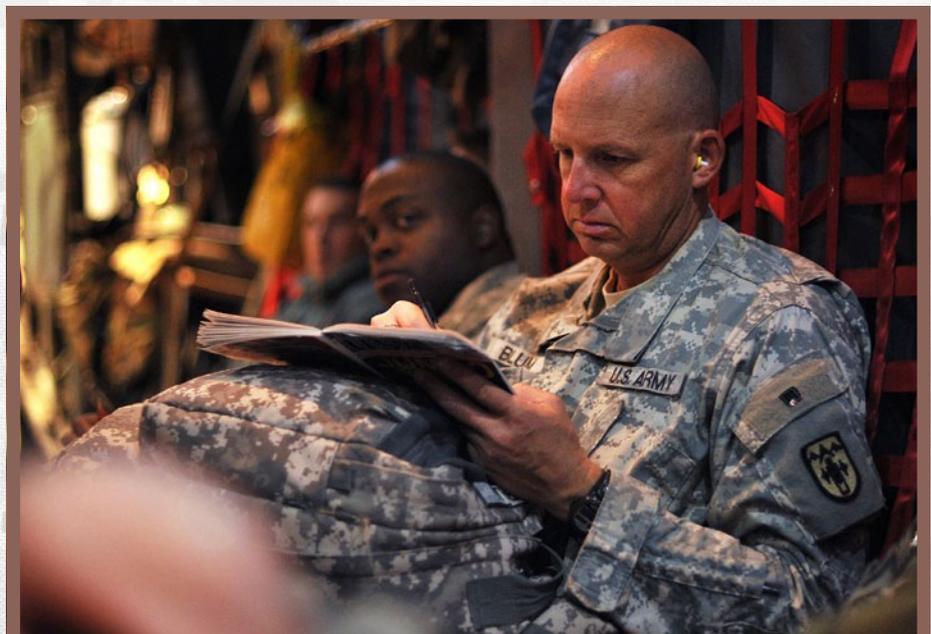
"He suffered from PTSD," said Conerly. "By the time that he left Camp As Sayliyah, he learned the steps needed to manage PTSD. He understood it's an illness from everything he has encountered and help is available."

RRPP participants travel to Qatar

in combat uniforms using military flights. Once they arrive, battle gear is quickly removed. Since most servicemembers do not deploy overseas with an abundance of civilian clothing, a donation locker contains a clean assortment of apparel. Alternatively, brand new items are readily available for purchase without leaving the installation.

After checking in at the RRPP front desk, the first move many participants make: relay news about their travels to family and friends. Loved ones readily find comfort in hearing about temporary exoduses from uncertainties. To encourage communication home, Camp As Sayliyah provides reliable phone centers, Internet terminals and even WiFi services for anyone carrying a laptop.

(RRPP, continued on page 10)



U.S. Army Sgt. Mathew Blum, from Grand Junction, Colo., completes a crossword puzzle while flying from Kuwait to Qatar, Nov. 23, as a U.S. Central Command rest and recuperation pass program participant from Iraq. Soon after the U.S.-led invasion of Iraq in 2003, a fighter management pass program began in Qatar, located along the eastern coast of the Arabian Peninsula. Third Army/U.S. Army Central Area Support Group Qatar, already present in the Gulf state, initiated the program using existing facilities at Camp As Sayliyah. (Official Army Photo/Sgt. Mary Phillips)

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 (64) was picked up by national and hometown media organizations, to include the following (source: DVIDS 360 distribution report, Jan. 6):

- ◆ ABC Radio; New York, NY
- ◆ AP-TV; NY
- ◆ Army.mil
- ◆ Associated Press; New York, NY
- ◆ Bouhammer.com; Amherst, NY
- ◆ Broadcast50.com; Honolulu, HI
- ◆ CNN; Atlanta, GA
- ◆ C-Span; Washington, DC
- ◆ Facebook; Palo Alto, CA
- ◆ Gulf Times; Doha, QA
- ◆ KHQ.com; Spokane, WA
- ◆ Peninsula; Doha, QA
- ◆ Portage County Gazette; Stevens Point, WI
- ◆ Qatar Tribune; Doha, QA
- ◆ Reuters; New York, NY
- ◆ Reuters TV
- ◆ Twitter

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

THE WIRE

RRPP

(Continued from page 9)

The 30th HBCT Soldiers began day zero of their four-day pass Nov. 24. The Soldiers toured the amenities, unaccustomed to the installation but excited about the change in scenery. They played miniature golf and signed up for treatments at the installation spa, which offers massages, manicures and pedicures at reasonable prices.

RRPP participants can sign up for shopping trips, beach activities and various other Qatar expeditions. The 30th HBCT Soldiers attended an inland sea picnic during day one, Nov. 25. The organized off-post trip takes participants to the beach, by way of a scenic ride through soft sand dunes. A half day is spent swimming and snorkeling in the warm Gulf waters.

Afterward, the Soldiers signed up for shopping at the Villagio mall in Doha, Qatar's capital city. Stores in the Italian-themed shopping center

contain popular British, Italian, German and U.S. clothing brands, as well as a gondola ride to complete the Venetian setting.

In the evening, 30th HBCT Soldiers went bowling at Camp As Sayliyah, where neighboring pubs sell wine and beer, rationed to three drinks per person. The limit helps minimize alcohol-related incidences on the installation. Night life is regularly supported by touring musicians, comics, cheerleaders, sports stars and Hollywood celebrities.

Many servicemembers visit the United Service Organization Qatar lounge to sit and relax, read books, watch movies or play networked games. USO Qatar frequently teams up with other organizations supporting the troops, such as United Through Reading and Pro vs. G.I. Joe.

Phillips said day two, Nov. 26, set a more leisurely pace compared to the previous day's action. She slept in until 11 a.m. and then went shopping on base. The Army, Air Force Exchange System provides



U.S. Army Sgt. Benjamin Kassaw, from Montros, Colo., pets a family dog during a Thanksgiving feast in Doha, Qatar, Nov. 26. Kassaw signed up for a family and friends program that allowed U.S. citizens residing in Qatar to host traditional family-orientated feasts at their residences, as a symbol of appreciation for military service. He was participating in the U.S. Central Command rest and recuperation pass program at Camp As Sayliyah, Qatar. Pass programs provide an additional respite option in war zones. Due to their brevity, passes must be extremely efficient to adequately recharge war fighters. (Official Army Photo/Sgt. Mary Phillips)

almost 20,000 square-feet of clothes, books, magazines, music, movies, personal hygiene and food items. An adjacent mall complex contains shops with souvenirs and jewelry.

If the camp's award-winning Army dining facility doesn't hit expectations, AAFES offers several well-known alternatives, such as Subway, Pizza Inn, Popeye's and Chili's. Additionally, AAFES screens first-run flicks inside a post theater, everyday, using professional 35-millimeter film reels.

Day two coincided with Thanksgiving for the 30th HBCT Soldiers. In appreciation for military service, U.S. citizens living in Qatar hosted traditional family-orientated feasts at their residences.

"Thanksgiving was awesome," said Phillips. "It was kind of like being at home. We hung out with an American family while Christmas music and movies played in the background – the first Christmas sounds I've heard this year. It's easy to lose track of the seasons in Iraq."

On day three, Nov. 27, they headed back to the Gulf waters for another inland sea picnic, an off-post option Phillips highly recommends.

"The water in Qatar is so clear – it's the clearest I've ever been in," said Phillips, who lived in Tampa, Fla., prior to North Carolina. "It's nice to be by the ocean, in the sand, relaxing. Other than lunch, nothing is scheduled."

Afterward, the Soldiers went on a dhow cruise, where they could jump off a boat and swim in somewhat shallow water.

During their last day, Nov. 28, Phillips signed up for off-post sponsorship with another 30th HBCT Soldier, as well as two other RRPP participants they met while in transit to Qatar.

An order-of-merit sponsorship list offers an alternative means to tour the affluent Gulf country. Servicemembers and civilians familiar with Qatar escort interested individuals off the installation.

"You have more freedom with off-post sponsors," said Phillips. "You don't have to conform to one trip. It's always nice to say you did something others didn't get to do." Their fourth day included a visit to the Museum of Islamic Art, followed by shopping at Souq Waqif, one of Qatar's oldest trading establishments. At dusk, the souq filled with patronage as Eid Al Adha celebrations commemorated the Islamic holiday.

"I feel completely safe here," she said, while at Souq Waqif. "We're able to experience Arabic culture,

" R&R pass programs help minimize symptoms of PTSD by providing Soldiers with an opportunity to get away from the traumatic area and participate in activities which build resiliency," said Nikole Scott Conerly, Ph.D., from Washington, D.C.

food and people without worrying about dangers."

"I feel very relaxed. You make friends so fast here. I wish we could stay longer, but I'm ready to get back to my unit. Everyone is working hard and we're out here having a good time."

On Nov. 29, the 30th HBCT Soldiers returned to their unit in Iraq.

"R&R pass programs help minimize symptoms of PTSD by providing Soldiers with an opportunity to get away from the traumatic area and participate in activities which build resiliency," said Conerly.

"Taking a break from the news and participating in self care activities helps Soldiers better adapt to stressful situations." **A**



U.S. Central Command rest and recuperation pass program participants depart the Museum of Islamic Art in Doha, Qatar, Nov. 28. From left: U.S. Army Spc. Arley Arriaga, from Winston-Salem, N.C., Sgt. Mathew Blum, from Grand Junction, Colo., Sgt. Benjamin Kassaw, from Montros, Colo., and Sgt. Mary Phillips, from Boone, N.C. The four Soldiers were enjoying their final day participating in the U.S. Central Command rest and recuperation pass program. Arriaga and Phillips are assigned to the 30th Heavy Brigade Combat Team operating outside Baghdad, Iraq. (Official Army Photo/Dustin Senger)

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!

Central Texas College

Terrorism In the Middle East (MTMS1174)

- Jan. 11 to Jan. 27
- Drug Recognition For Law Enforcement (CJSA 1173)
- Jan. 16 to Feb. 6

University of Maryland University College

Introduction to Business and Management (BMGT 110)

- Jan. 25 to March 17
- College Mathematics (MATH 103)
- Feb. 1 to March 22
- Elementary Spanish I (SPAN111)
- Feb. 1 to March 23
- Introduction to Public Speaking (SPCH101)
- Feb. 5 to March 21

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

Rest and Recuperation Pass Program Sponsorship

Sponsor an RRPP 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 Sgt. 1st Class Darryl Jenkins, ASG-QA rest and recuperation pass program noncommissioned officer in charge, for more information.

THE WIRE

Deployed Soldiers recharge, rest in Qatar

By Pfc. J.P. LAWRENCE
MND-S

CAMP AS SAYLIYAH, Qatar –The life of a Soldier deployed differs greatly from that of a civilian in matters of workplace policy.

Deployed Soldiers soon find they work 24-hour shifts. It's a life of constant vigilance, sacrificed rights and necessary hardships, where the competition works overtime, the company car is a humvee and there is a noticeable absence of casual Fridays.

In order to combat the pressures of deployment, units are given the opportunity to send their Soldiers for rest and relaxation at Camp As Sayliyah in Qatar.

The program offers deployed Soldiers four days of fun in the

sun and sand. It's an opportunity for Soldiers to recharge, reload and head back into the fight with lightened shoulders and clear eyes.

"The mission of the four-day pass program is to allow Soldiers the opportunity to get away from the everyday stressors of war," said Staff Sgt. Bradley Hass, a Woodbury, Minn., native and 34th "Red Bull" Infantry Division liaison stationed in Qatar.

Soldiers are literally allowed to shed the reminders of their Army life. Within established guidelines, they are allowed to wear civilian clothes, and they are told to call each other by first names in order to expunge those annoying workplace memories – this is a place for relaxing, not saluting.

Camp As Sayliyah tempts Soldiers with a bowling alley, video games and movies to rent, pool tables and karaoke for the brave ones. And that's just in one building.

Throughout the base, Soldiers can



Spc. Shawn O'Brien, a supply specialist with the 34th Red Bull Infantry Division, searches through a pile of duffel bags at Basra, Iraq, May 12. "Our job is to support everybody," said O'Brien, a St. Paul, Minn., native. "Get anything and everything that anyone needs. Make sure that we're taking care of 'Joes.'" Official Army Photo/Pfc. J.P. Lawrence)

find a swimming pool, two gyms, a massage parlor, a mini-golf course, commercial restaurants and an AstroTurf football field.

For the adventurous, the program allows selected excursions off-base, including trips to the beach, tours of nearby Doha and opportunities to Jet Ski.

In addition, Soldiers can purchase a maximum of three alcoholic beverages each day from one of three sanctioned bars on post.

"It was a refreshing break from the military life," said Sgt. William Boyd, an Owensboro, Ky., native and enlisted leader of the 34th Red Bull Infantry Division's administrative law section.

"I didn't have any responsibilities. I got to do what I wanted," remarked Sgt. Travis Johnson, a Hanover, Minn., native and an information assurance security officer with the 34th Inf. Div.

"A military mental break," said Spc. Shawn O'Brien, a St. Paul, Minn., native and "Red Bull" supply specialist. "Four days. No work. No worries. No stress."

Experts emphasize the importance of stress outlets. Workplace stress costs U.S. employers an estimated \$300 billion per year in lower productivity, staff turnover and absenteeism.

In addition, scientists have proven that stress makes people more vulnerable to sickness. A group of

Australian researchers found stress triggers the release of the hormone "neuropeptide Y," which is known to stop the immune system from functioning properly.

In the Army, where there is no quitting, where the mission always comes first, where defeat is never acceptable, the dangers of stress are amplified. So, the Army is banking that these four-day getaways will provide Soldiers with adequate outlets for stress.

"It was nice," said Maj. Jennifer Flikke, a Fertile, Minn., native and a logistics officer with the 34th Inf. Div., "to be able to get away from here and not be encumbered by the everyday stressors of our job." **A**

Yauch

(Continued from page 3)

Aside from understanding suitable implementation methods, reliable uptimes require operators who care for their equipment, he said.

The tactical satellite document has been disseminated throughout Iraq and Afghanistan.

"It's a step-by-step guide on everything from setting up to maintaining," said Sgt. Andrew Haase, 1st Armored Division satellite communications operator. The 1st AD will relieve 1st Cav. at MND-B next month. "We've been using it to set up here," referring to an ongoing relief-in-place transition in Qatar.

"Sergeant Yauch did an amazing job writing the TSOP and answering



technical questions downrange," said Gray. "We've gotten a lot of great kudos from commanders in Iraq."

The 1st Cav. redeploys in January, leaving behind a signal support legacy in Southwest Asia. **A**

U.S. Army Staff Sgt. John Burgess, from Phoenix, Ariz., washes off a tactical satellite hub vehicle at Camp As Sayliyah, Qatar, Dec. 24. The 1st Cavalry Division redeploys in January, leaving behind a signal support legacy in Southwest Asia. (Official Army Photo/Dustin Senger)

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 Qatar is seeking volunteers

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

United Through Reading

• USO Qatar and the United Through Reading military program is helping children of deployed servicemembers learn the joys of reading, while developing meaningful connections and enhancing self esteem. United Through Reading is a non-profit organization intended to help children feel the security of caring family relationships and develop a love for reading.



Contact Regina Wilhite, USO Qatar center manager, for more information.

THE WIRE

A family reunion of sorts: the three Weichel brothers

By Capt. ALLIE SCOTT
22nd MPAD

KANDAHAR AIRFIELD, Afghanistan – Three brothers, deployed again together but in separate areas, their family bond brings them together here, Nov. 19. This is the second time the three brothers have served in a war zone, at the same time. The first time was nearly 19 years earlier when the three were non-commissioned officers deployed to the United Arab Emirates.

The Weichel family is stupendous. More than 60 years ago their father met their mother over a \$5 dare that she wouldn't, in fact, go on a date with him. That dare flourished into the Weichel family. Altogether there are eleven siblings, two sisters

and nine brothers. Out of those eleven, eight of the brothers have served in the military, including the three brothers here. Some of the grandchildren also work protecting the nation.

The oldest of the three, Army Chief Warrant Officer Byron Weichel of Bismarck, N.D., will have 30 years of service in the Army Reserve in February 2010. He's currently serving at the Medical Logistics Center at Kandahar Air Field; this facility resupplies the hospitals and medical units within Regional Command South. He deployed in 1991 to Desert Storm-Desert Shield and now to Operations Enduring Freedom.

" I like what I do, my kids are proud of what I do, there's meaning in what I do," said Maj. Richard Weichel, from Bismarck, N.D.

Maj. Richard Weichel, of Syracuse, Utah, is currently stationed in Qatar as the commander of the 354th Medical Logistics Company. The 354th MLC provides medical supplies to both Afghanistan and Iraq. He deployed from Salt Lake City, Utah. He has served the nation for 24 years. He too deployed in 1991 to Desert Storm-Desert Shield



U.S. Air Force Maj. Marlin Weichel, Maj. Richard Weichel and Chief Warrant Officer Byron Weichel pose for a family photo outside the Medical Logistics warehouse at Kandahar Airfield, Afghanistan, Nov. 19. All three are healthcare officers deployed in support of Operation Enduring Freedom. (Official Army Photo/Capt. Allie Scott)

and now to OEF.

The youngest but most senior ranking of the trio, Air Force Maj. Marlin Weichel, a Registered Nurse, deployed from the 10th Medical Group from the Air Force Academy in Colorado Springs. He has served in the Army and Air Force collectively for 24 years. He works mostly as an operating room nurse and mentor to the Afghan medical

staff in Kandahar City. This is his second deployment to OEF and he has also deployed to other locations including Haiti and Chile.

Each is motivated to serve by similar feelings. Collectively they cite the love of what they do, their ability to create change and the opportunity to give back to the Soldiers they lead. Perhaps Maj. Richard Weichel summed it up best.

"I like what I do, my kids are proud of what I do, there's meaning in what I do," said Weichel. "To see the MEDEVAC helicopter evacuate the wounded, being cared for by medics, nurses and doctors, and knowing that we provided all the supplies that help save lives; it's hard not to feel good about what you do. When you witness the end result of what we do, it's very gratifying." **A**

:: Harlem Globetrotters shoot hoops with troops



U.S. Army Capt. Carla Debro from Atlanta, Ga., poses for a photograph with the Harlem Globetrotters professional basketball team during a meet and greet session at Camp As Sayliyah, Qatar, Dec. 6. Ten Harlem Globetrotters toured U.S. military installations throughout Southwest Asia, where they met servicemembers, signed autographs and provided an evening show. The Qatar base hosted the team's annual holiday military tour sponsored by Navy Entertainment and Armed Forces Entertainment. Qatar was the fourth stop.

U.S. Army Brig. Gen. Gerald E. Lang, from St. Cloud, Minn., receives an autograph from Anthony "Airport" Greenup, Harlem Globetrotters professional basketball player, during an exhibition game at Camp As Sayliyah, Qatar, Dec. 6. "I've followed the team since I was in high school," said Lang. "This is my first time seeing them live." He is the first general to participate in the U.S. Central Command rest and recuperation pass program since its inception in 2004. It's the seventh consecutive year the Harlem Globetrotters have traveled overseas to show support for deployed troops. (Official Army Photos/Lakia Clarke-Brown)



NEW YEAR'S EVE

Dec. 31 – Official Army Photos/Devin Butler



AT THE TOP-OFF



2010

Town Hall

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

- Feb. 1: 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.

CAS-TV

Turn your on-post television to channel 36 (may vary) for important camp information.



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

THE WIRE

Shaping the future in Qatar

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

This year started off with a change in the nation's leadership. Barack Obama was sworn in as the 44th U.S. president, Jan. 20, thereby announcing the first African-American to hold the office of commander-in-chief. Well over one million attendees witnessed the event in Washington D.C.; millions more on television and the Internet.

Servicemembers enjoying a four-day break from duties in Iraq took a moment to talk politics at Camp As Sayliyah, Jan. 27.

"We just want to get things done in Iraq," said U.S. Marine Corps Lance Cpl. Thomas Chamberlin, from Diamond Bar, Calif. "The insurgency has gone down and things are really

improving. But we want the Iraqis to be able to sustain themselves before we leave."

Matthew H. Blong, U.S. Department of State Office of Arabian Peninsula Affairs Qatar desk officer, arrived to Camp As Sayliyah, Feb. 1. Blong toured the U.S. Central Command rest and recuperation pass program and Stryker battle damage repair facilities during his first visit to the U.S. military installation in Qatar.

"I am very impressed by the facilities," said Blong, during his walkthrough of the R&R program, "not only the organization but the depth of what's available here."

Vicke Fildes Plunkett, Cathleen D. Garman and Lynn Williams toured CENTCOM rest and recuperation pass program facilities at Camp As Sayliyah, Feb. 3. The three U.S. House of Representatives Armed Services Committee professional staff members spent the entire day reviewing activities in the Gulf state.

Qatar Maj. Gen. Hamad bin Ali Al Attiyah, armed forces chief of staff, completed a five-day outing for U.S. servicemembers at his beach home in Al Khor, Feb. 17. Approximately 1,300 visitors benefited from the top Qatari general's generosity, which included several seaside activities along the warm Gulf waters – entertainment with an Arabic twist.

"It was amazing hospitality to experience while deployed," said U.S. Air Force Staff Sgt. Ieaka Jones, from Cartersville, Ga. "I feel honored to come out here and see how Qataris enjoy themselves. This is a beautiful country."

U.S. Army Maj. Gen. Charles A. Anderson, Third Army/U.S. Army Central deputy commanding general, and Command Sgt. Maj. Marvin L. Hill, U.S. Central Command senior enlisted leader, arrived to thank Attiyah for his generosity while



A repair team sits atop 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. (Official Army Photo/Dustin Senger)

visiting servicemembers at his seaside property during the final day.

Bruce Dreger, Combined Federal Campaign Overseas Central Command coordinator, commended fund raising efforts during the previous year's CFC-O campaign, at Camp As Sayliyah, Feb. 25. Despite an economic crisis back home, deployed servicemembers and government civilians raised over \$16 million for charitable organizations in 2008. Per capita amounts improved and resulted in almost \$40,000 in donations; an increase of nearly \$7,000, despite fewer installation residents.

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, March 14. Government officials inspected and approved the restoration procedures, March 11. Stryker MCV-0161-05 B, a Mortar Carrier Vehicle variant, returned to protecting U.S. Central Command war fighters in Iraq.

U.S. servicemembers stationed at Camp As Sayliyah provided a motorcycle safety booth at the 25th Gulf Cooperation Council Traffic Safety Week, in Doha, March 16, exhibiting one of two Honda Safe Motorcyclist Awareness and Recognition Trainer (SMARTrainer) systems purchased by Third Army/U.S. Army Central for installations in the Middle East. It marked the first U.S. Armed Forces involvement in the Qatar annual safety activities, organized by the National Campaign for Road Accident Prevention.

USCENTCOM senior enlisted leaders discussed urgent topics affecting troops serving throughout



"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 non-commissioned officers in Southwest Asia at the CENTCOM forward headquarters briefing room. (Official Army Photo/Dustin Senger)

Southwest Asia at Camp As Sayliyah, March 29. U.S. Army Command Sgt. Maj. Marvin L. Hill, CENTCOM senior enlisted leader, requested an immediate gathering of the region's top enlisted noncommissioned 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.

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.

Forty-seven members of the Qatar military police exhibited working dog capabilities for U.S. servicemembers at Camp As Sayliyah, April 13. The first-time event was coordinated to enhance bilateral relationships between the two nations' armed forces. Surrounded by curious spectators, Qatar Sgt. Maj. Abdulla Al Ghanem, military police canine trainer, directed the demonstration of fitness, skillfulness and obedience.

(2009, continued on page 22)





2009 PARTNERSHIPS

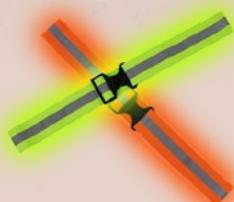
(Official Army Photos/Dustin Senger)



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 wearing physical fitness uniforms, reflective belts are worn at all times.



✓ 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.

✓ Bicyclists will wear a reflective upper outer garment at all times. Riders must wear an 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 Joel Pattillo, installation safety manager, for more information.

THE WIRE

2009

(Continued from page 19)

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

U.S. Army Spc. Chyna Williams, from Crestview, Fla., and Staff Sgt. Ria Phillips, from Saint Croix, Virgin Islands, were announced as the Third Army/UARCENT Area Support Group Qatar Soldier of the Year and Noncommissioned Officer of the Year, respectively, at Camp As Sayliyah, May 11.

U.S. armed forces participation in an annual Qatar military sports basketball competition ended after an intense battle on the court at Al Gharafa stadium, May 21. Experienced players from Camp As Sayliyah and Al Udeid Air Base attempted to qualify for their host nation's armed forces basketball tournament finals by facing four

games out over two weeks. At their final opportunity to qualify for the semi-finals, the U.S. military team appeared set up for victory after outscoring the Qatar air force early in the game. However, in the final half, Qatar players earned enough points to sufficiently widen the gap, winning the game 86-76.

"We just needed more confidence on the court," said U.S. Army Sgt. 1st Class Otis Walker, from Miami, Fla. Walker has been involved in basketball throughout his life – from grade school athletics to military installation tournaments. During the Qatar competition, he stayed along the side lines to instruct and motivate the newly formed U.S. team.

"The hardest part was not understanding each player's strengths and weaknesses well enough to play as a truly competitive team," said Walker. "But in the end, it's safe to say everyone enjoyed the experience and played with a lot of heart."

U.S. Army Command Sgt. Maj. Michael D. Howard, ASG-QA senior enlisted leader, toured installation facilities to congratulate servicemembers for



Murphy, an English springer spaniel, searches for explosives during a Qatar military working dog exhibition for U.S servicemembers at Camp As Sayliyah, Qatar, April 13. The dogs traversed through various obstacles and mock scenarios to demonstrate fitness, skillfulness and obedience. (Official Army Photo/Dustin Senger)

officially completing 400 days without significant military personnel injury or government property loss at Camp As Sayliyah, June 3. For well over a year, the military workforce at the installation prevented missed work days and slowed production tempos by executing a safety program that resulted in no recordable incidents.

"It's very rare that a brigade-level command achieves such an extensive term without any significant incidents," said Joel Pattillo, installation safety manager. Pattillo has spent over

16 years involved in Army safety programs. "This accomplishment is an indicator of a proactive approach toward safety by all servicemembers at Camp As Sayliyah. They are effectively identifying and mitigating risks in their workplaces."

"Colonel Girard takes command of Area Support Group Qatar today," said Lt. Gen. William G. Webster, Jr., Third Army/U.S. Army Central commander, during a change of command ceremony at Camp As Sayliyah, July 25. Col. Maxine C.

Girard, previously a tenant unit commander at the Qatar base, succeeded Col. David G. Cotter as ASG-QA and installation commander.

"The commander has changed but the overall mission remains the same."

"The ASG-QA command group and staff sections got me onboard and integrated quickly," said Girard.

(2009, continued on page 24)

:: Servicemembers honor Veterans Day in Qatar



U.S. Army Sgt. 1st Class Billy Robertson from Denver City, Texas, stands with a wreath during a Veterans Day ceremony at Camp As Sayliyah, Qatar, Nov. 11. The ceremony began with the Qatari and U.S. national anthems, followed by a chaplain's invocation and an opening message by Col. Maxine C. Girard, Third Army/U.S. Army Central Area Support Group Qatar commander. Afterward, Joseph LeBaron, U.S. ambassador to Qatar, delivered a message as the ceremony's guest speaker. Girard read President Barack Obama's Veterans Day proclamation, along with his announcement honoring the victims of the tragedy at Fort Hood, Texas, Nov. 5. After laying the wreath, the ceremony closed with a moment of silence, leading into taps and retiring of the national ensign.

Joseph LeBaron, U.S. ambassador to Qatar, speaks to servicemembers during a Veterans Day ceremony at Camp As Sayliyah, Qatar, Nov. 11. "Fewer than 10 percent of Americans can claim the title of 'veteran,'" said LeBaron. "That relatively small group has helped defeat fascism and communism, kept us at peace during the Cold War and safe from terrorism today. For all of this, America owes a debt to veterans that can never be repaid." (Official Army Photos/Dustin Senger)



Troop Medical Clinic

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

Mornings: 7 a.m. to 11 a.m.

After Hours: 7 p.m. to 11 p.m.

Routine appointments are for evaluation or re-evaluation of chronic medical conditions, medication refills and post-deployment health assessments. Everyday: 1 p.m. to 6 p.m.

Call the troop medical clinic at DSN 432-3508.

Contact Maj. (Dr.) Sameer Khatri, ASG-QA medical and health services director, for more information.

Desert Mesh Online!

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

Third Army/U.S. Army Central Standards Book

Ready Tonight, Sustain the Fight, Shape the Future

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

Download it from here:

<http://www-qa.arcent.army.mil>

THE WIRE

2009

(Continued from page 23)

"I pledge continued protection of the force, excellence in supporting and sustaining our war fighters and development and empowerment of strong and capable leaders. All policies remain in effect until further notice. Support six signing onto the Net... Army strong!"

Col. Gary M. Bowman, U.S. Army Center of Military History deputy commander, met with Girard at Camp As Sayliyah, Aug. 23. Bowman, an Army historian, traveled to U.S. military installations in Kuwait and Qatar, as part of a research project outlining USARCENT activities during the Global War on Terrorism. According to Bowman, the document is primarily intended for internal use within the Department of Defense but a version will be made available from the U.S. Army Center of Military History Web site in late 2010.

Atiyah invited 25 U.S. military officers stationed in Qatar to an evening fast-breaking meal during Ramadan in Doha, Aug. 25. Over 400 Muslims were in attendance; mainly members of the Qatari military. Abdulla Bin Nasser Bin Khalifa Al Thani, Qatar minister of state for internal affairs, was the most senior Qatari official in attendance.

"We are honored to share in this special religious occasion," said Girard, upon arriving at the general's falcon sanctuary, where a large, warmly lit tent contained 50 tables with a dozen food servers standing by.

Al Hydeman, Motorcycle Safety Foundation managing director, certified U.S. servicemembers and contractors as MSF Honda Safe Motorcyclist Awareness and Recognition Trainer (SMARTrainer) coaches at Camp As Sayliyah, Sept. 29. The nine experienced riders are the only MSF-certified coaches in Southwest Asia, each committed to combating motorcycle fatalities in the military community by teaching



U.S. Army Command Sgt. Maj. Michael D. Howard, Area Support Group Qatar senior enlisted leader, walks with Sgt 1st Class Lee Bolding, from Gulfport, Miss., alongside a 34-ton vehicle used to move equipment at Camp As Sayliyah, Qatar, June 3. "We try to minimize workplace complacency by conducting two safety briefs every day," said Bolding. "One in the morning prior to work and the other in the afternoon – to tackle 'post-lunch syndrome,' a time when people are full of food and tired. (Official Army Photo/Dustin Senger)

safe riding practices in a deployed environment.

"Instead of lecturing, he taught us how to use learner-centered coaching principles," said U.S. Air Force Tech Sgt. David Shaw, from Tulsa, Okla. "He taught us to teach riders to make their own decisions and never force concepts on them. We don't want to discourage people, but rather build them up while remaining firm enough to get the message across."

Four Airmen started the first bike patrol policing program at Camp As Sayliyah, Oct. 1. The 379th Expeditionary Security Forces Squadron is providing more personal interaction between security forces personnel and installation residents by imparted roving bike patrols.

"We haven't seen many problems here but why wait until there is one?" U.S. Air Force Capt. Robert Lord, 379th ESFS officer in charge. "We like to remain on the offense. Any place with a lot of transient people and social activities breeds a potential for criminal activity."

Stryker armored combat vehicles will soon receive a cosmetic makeover for better concealment in Iraq and Afghanistan. The current deep green color will be phased out in favor of desert tan. The first to adopt the change was revealed inside the Stryker battle damage repair facility at Camp As Sayliyah, Oct. 5, an infantry carrier vehicle that had been restored after deterioration during enemy engagement in Iraq.

"Talks about changing the color have

been ongoing since 2004," said U.S. Army Lt. Col. Peter Butts, 1st Battalion, 401st Army Field Support Brigade commander. "Painting this first Stryker helped us understand the necessary man hours, material needs and unit coordination to finally make it happen – it's our proof of principle." Every Stryker vehicle sent to the Qatar repair site will depart desert tan, once administrative requirements are complete.

The planned transition to desert tan represents the latest survivability retrofit since Stryker vehicles moved into Afghanistan this summer. Since then, GDLS welders and mechanics have installed mine protection kits, tire fire suppression kits, cameras, engine enhancements and software upgrades.

The 1-401st AFSB vehicle maintenance facility showcased its first M1151 up-armored Humvee fitted with Fragmentation Kit Seven at Camp As Sayliyah, Oct. 10. Shipped from Iraq, ITT-contracted mechanics finished retrofitting the vehicle to FRAG-7 configurations on Oct. 8, upgrading it from FRAG-5. The Qatar facility is helping expedite the latest up-armored Humvee technology for war fighters in Iraq and Afghanistan.

U.S. Army Medical Materiel Center Southwest Asia logistics specialists at Camp As Sayliyah, completed a massive and urgent volley of H1N1 influenza vaccines for U.S. Central Command war fighters Nov. 12. Roughly 300,000 doses of injectable H1N1 influenza vaccinations have been distributed to U.S. troops stationed across Southwest Asia; more than enough to immediately inoculate every servicemember.

The Camp As Sayliyah community continues to shape the future while supporting CENTCOM commitments in Southwest Asia. While many milestones have passed, many more are sure to come. **A**



U.S. Army Col. Maxine C. Girard receives command of Area Support Group Qatar from Lt. Gen. William G. Webster, Jr., Third Army/USARCENT commander, during a change of command ceremony at Camp As Sayliyah, Qatar, July 25. Girard, previously a tenant unit commander at the Qatar base, succeeded Col. David G. Cotter as ASG-QA and installation commander. (Official Army Photo/Dustin Senger)

H1N1

If you suspect you have H1N1 flu symptoms, contact the troop medical clinic immediately at 432-3508. **Servicemembers:** If you suspect exposure to H1N1, head to the TMC. **DOD Civilians and Contractors:** If you suspect exposure to H1N1 and symptoms are severe, go to the closest host nation medical facility.

Protect yourself with good hygiene.

- ✓ Wash your hands with soap and water, or alcohol-based hand wash.
- ✓ Avoid close contact with sick people.
- ✓ Drink plenty of fluids.
- ✓ Get quality rest and night.
- ✓ Remain physically active.
- ✓ The virus is not transmitted through food – you cannot catch it by eating pork.

Contact Maj. (Dr.) Sameer Khatri, ASG-QA medical and health services director, for more information.

Camp Policies

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

*ASG-QA domain access required.

Chaplain Services

Attend the installation ministry team's spiritual support services.

Spiritual Fitness Luncheon

- Jan. 27: Luncheon at noon in the large dining facility.
- Feb. 24: Luncheon at noon in the large dining facility.

Contact Lt. Col. Jeffery Bruns, ASG-QA chaplain, for more information at DSN 432-2198.

THE WIRE

Wellness in 2010

By **NIKOLE SCOTT CONERLY, Ph.D., C.G.P.** and
By **CAROL HUBER, RN**
ASG-QA TMC

The Camp As Sayliyah troop medical clinic staff hopes the new year brings self growth and good health to everyone. Remember, bad habits from 2009 don't have to follow you into 2010. With some thoughtful planning, you'll meet new year's resolutions.

The first step is to decide on a goal. What will increase your quality of life? The second step involves surrounding yourself with support. The third step: enjoy your results. The following are some tips to help you succeed.

- 1. Focus on reasonable goals.** Break your new year resolution into small, manageable bits. This way, you're more likely to achieve success.
- 2. Don't attempt too many immediate changes.** For many people, it's too difficult to lose weight, quit smoking and stop drinking – all at once.
- 3. Prepare yourself mentally.** Take time to think about your goals and the activities required to achieve them. Try to prepare yourself for upcoming changes before implementation.
- 4. Don't get discouraged.** If at first you don't succeed, try again.
- 5. Make resolutions that are meaningful to you.** A resolution is a personal decision based on individual interests. Don't make

resolutions based on fads or friends. Do your own thing.

6. Reward yourself for small successes. You deserve recognition whenever you perform well – even if you are the only one recognizing it. Celebrate each week you creep closer to your ultimate resolution. You can reward yourself with a small purchase; such as a night at the movies or picking up a new book. Commemorate your efforts to live a healthier, happier life.

Is tobacco addiction a burden you've been trying to escape? Would you like to wake up and not think about smoking? You can become one of those non-smokers this year. In doing so, you'll develop an improved sensitivity to the flavors found in food. Your hands, breath and surroundings will smell fresh again – freed of that smoker's scent.



Camp As Sayliyah is a great place to kick a nicotine habit. If you're ready, help is available for finding freedom from this addiction and becoming a healthier person. The troop medical clinic offers a tobacco cessation program to assist servicemembers with tobacco addiction. It is designed to be flexible enough to suit each individual's needs. The program consists of four 20-minute weekly sessions of individual, interactive instruction. Nicotine-replacement products help in overcoming the urge to chew tobacco or smoke. Call or visit the troop medical clinic to set up times that fit your schedule.

Happy New Year! It's a wonderful time to take control of your health, hopes and dreams. **A**

LEADER ALWAYS

Effective teamwork requires equal treatment

By Sgt. 1st Class DORIS ANN CARTER
ASG-QA EO

As the installation equal opportunities advisor, it is my duty to ensure the Department of the Army EO program remains a sturdy pillar in Camp As Sayliyah activities. EO is a combat readiness issue. It's everyone's responsibility to assist in formulating, directing and sustaining a comprehensive effort to maximize human potential.

Great leadership requires building unit cohesion, while teamwork relies on each member treating another with dignity and respect. It's important to make decisions based solely on a person's capability to support readiness, without reservation.

Martin Luther King, Jr., is one individual who offered a big voice in unity. "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character," he said, while calling for racial equality and an end to discrimination at the Lincoln Memorial, Aug. 28, 1963.

That summer day, King had just eight minutes to address

thousands of onlookers. When his moment arrived, he stepped to the microphone amid great expectations. He was deeply moved while gazing across the mall in Washington D.C., where black and whites stood together.

Nearly 50 years have passed since King moved our nation with his powerful prose. Unfortunately, people still continue to miss opportunities to better themselves because of race, color, gender, religion and national origin, each and every day. The Army puts a strong emphasis on EO programs because civil rights remain a problem.

Our community must exemplify fairness, justice and equality while executing missions, conducting training or engaging in recreational endeavors – anytime you're in a social setting, or otherwise interacting with people.

Do your part to create and sustain effective units by eliminating discriminatory behaviors and practices that undermine mutual respect and loyalty.

Supporting fair treatment within an organization is part of living the Army values. **A**

"In complete darkness we are all the same, it is only our knowledge and wisdom that separates us, don't let your eyes deceive you." – Janet Jackson

It's everyone's responsibility to assist in formulating, directing and sustaining a comprehensive effort to maximize human potential.



Americans participating in a civil rights march surround the reflecting pool at the Washington Monument, Aug. 28, 1963. (Courtesy Photo/Warren K. Leffler/ Library of Congress Prints and Photographs Division)

Equality Observance

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

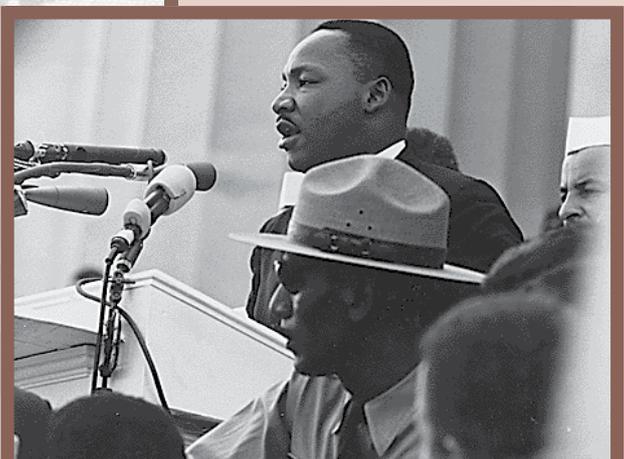
Martin Luther King Jr. Birthday celebration

• Jan. 15: Observance from 4 to 6 p.m. at the ASG-QA headquarters and community activity center.

Black History Month

• February

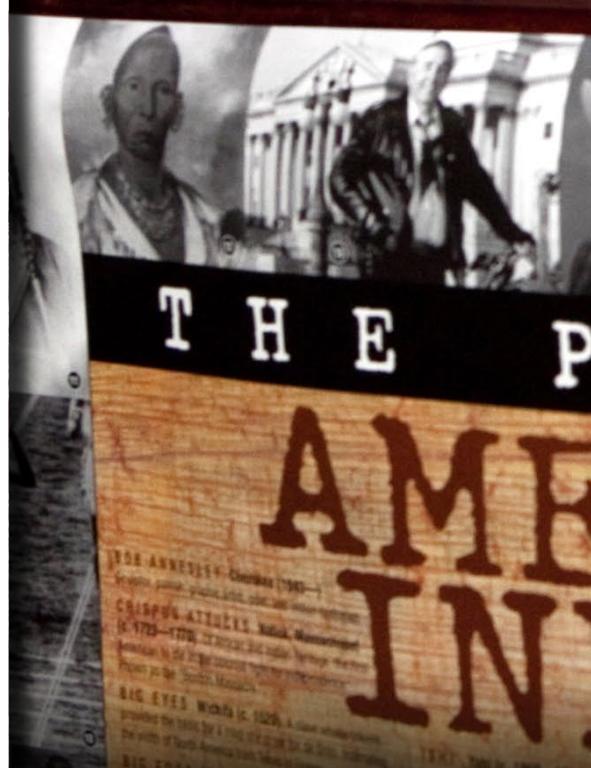
Contact Sgt. 1st Class Doris Carter, ASG-QA equal opportunity advisor, for more information.



Martin Luther King, Jr., speaks to Americans at the Washington Monument, Aug. 28, 1963. (Courtesy Photo/National Archives)

NATIVE AMERICAN

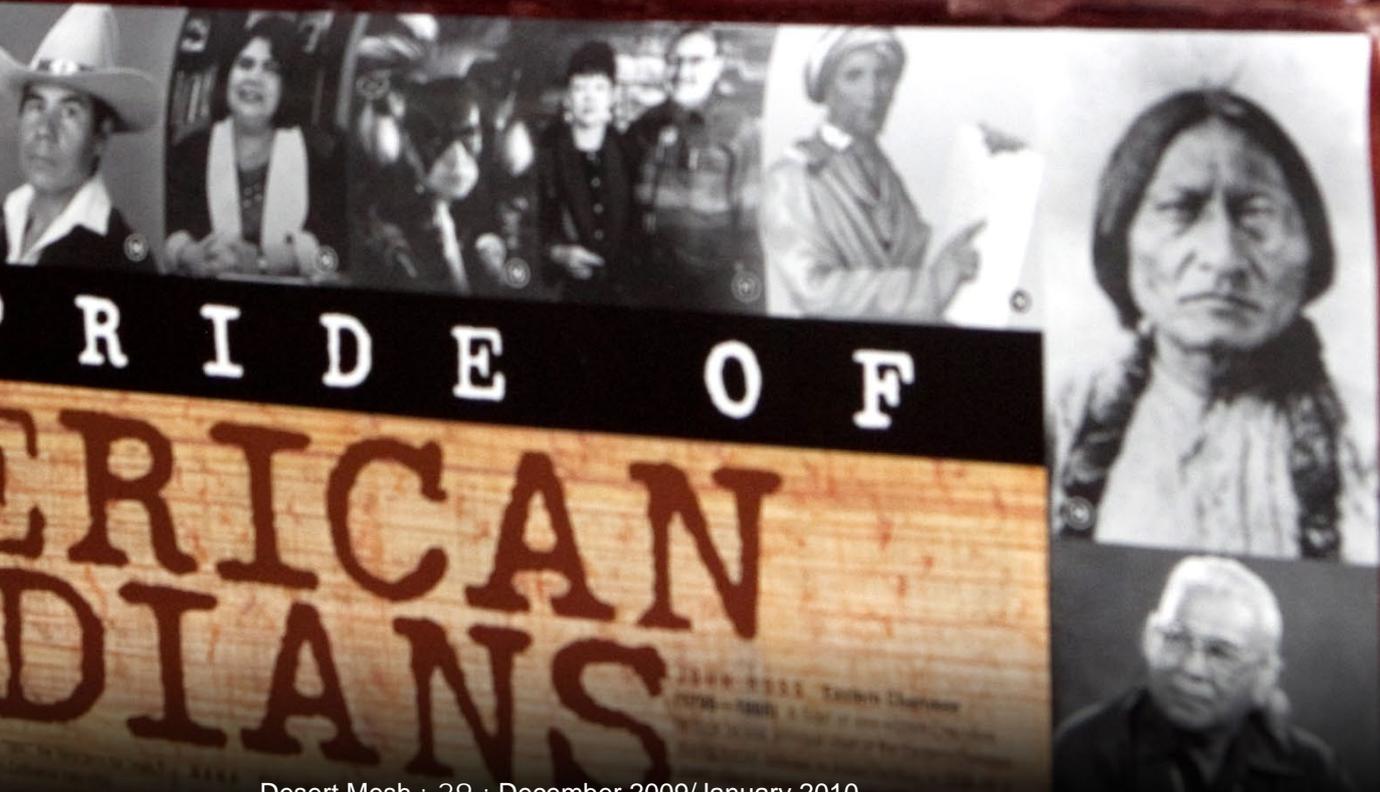
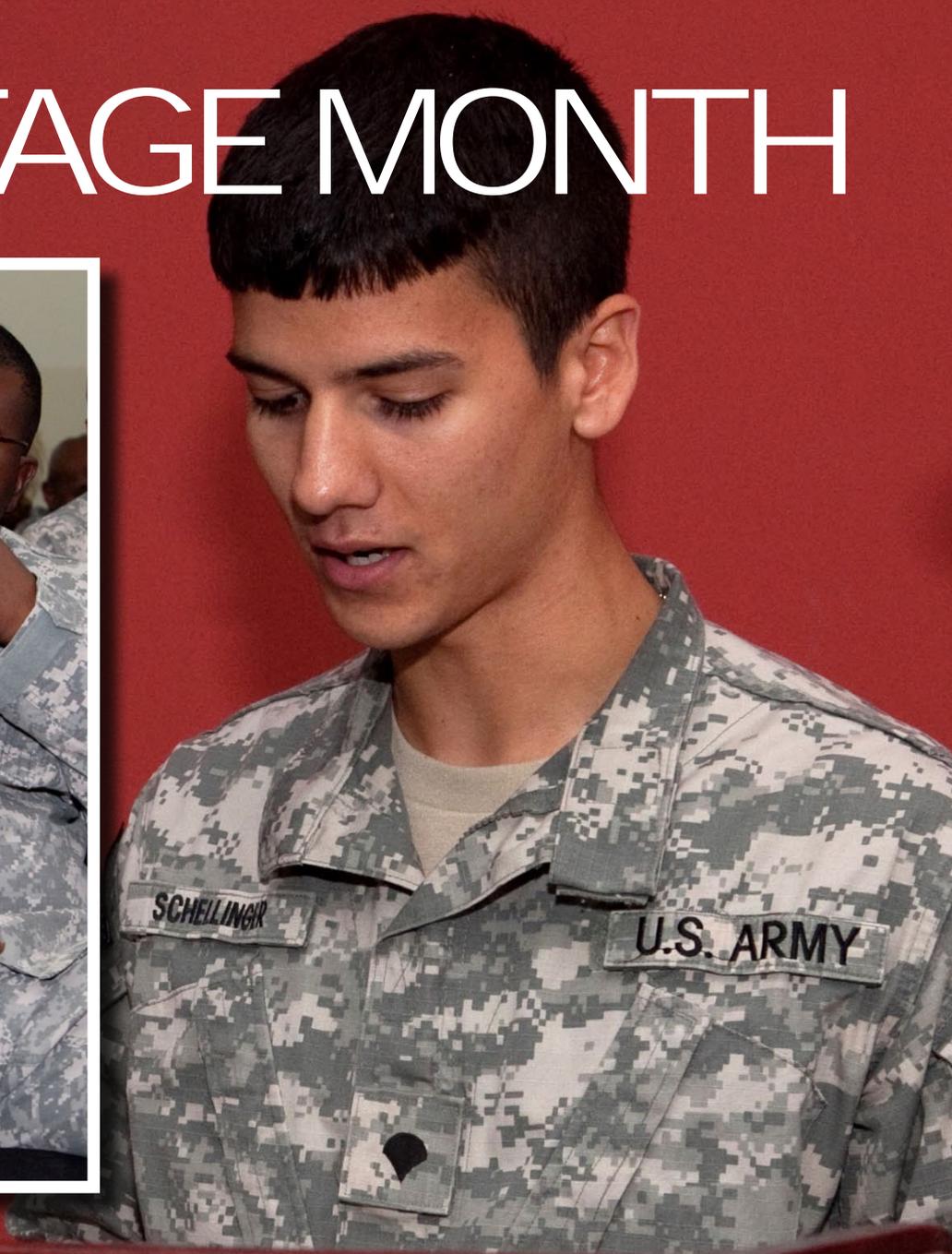
Nov. 30 – Official Army Photos/Devin Butler



Photography Support

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

HERITAGE MONTH



Suicide Risk Signs

A combination of the following actions, feelings, thoughts, and physical characteristics could indicate a suicidal tendencies.

Actions

- Giving away possessions
- Withdrawal (family, friends, school, work)
- Loss of interest in hobbies
- Abuse of alcohol, drugs
- Reckless behavior
- Extreme behavior changes
- Impulsivity
- Self-mutilation

Feelings

- Desperate
- Angry
- Guilty
- Worthless
- Lonely
- Sad
- Hopeless
- Helpless

Thoughts

- "All of my problems will end soon"
- "No one can do anything to help me now"
- "Now I know what they were going through"
- "I just can't take it any more"
- "I wish I were dead"
- "Everyone will be better off without me"
- "I won't be needing these things anymore"
- "I can't do anything right"
- "I just can't keep my thoughts straight anymore"

Physical

- Lack of interest in appearance
- Change/loss in sex interest
- Disturbed sleep
- Change/loss of appetite, weight
- Physical health complaints

Contact Lt. Col. Jeffery Bruns, ASG-QA chaplain, for more information at DSN 432-2198.

THE WIRE

When God interrupts

By Lt. Col. JEFFERY BRUNS
Installation ministry team

The first week of June, my life was interrupted. I had come to the end of my three-year tour in Hawaii but had in hand an approved one-year extension. It would carry me until June 2010. I was living large in an island paradise. That is until the first Saturday of June, when I was asked: "Is there any reason you can't go to Qatar now?"

What? Were? When... now?

What would you say? Whine about the difficulties of getting ready to go? Would you salute and embrace the opportunity?

What do we do when God interrupts our lives with his plan? God does do that you know. In fact, I believe that is exactly what God was doing in my assignment process.

I arrived at Camp As Sayliyah, July 15.

If you have doubts about God interrupting our lives, read the stories of men like Noah, Moses, and Joseph. These men were tracking their lives until God placed a new mission on their laps. Under God's direction, Noah built a boat that survived a devastating flood, all in order to repopulate the earth. Under God's direction, Moses was called to Egypt to lead the Israelites toward freedom. Joseph was directed by God to be the earthly father of Jesus.

When God interrupts our lives with his plan we are faced with a decision. What should we do?

Listen to the direction. God does provide direction, but listening demands our attention. At times, our patience as well. To confirm what we hear from God we always measure

it against his word. If we think God is telling us to do something that goes against his word, then it is not God speaking or directing us.

"So now, go. I am sending you to Pharaoh to bring my people the Israelites out of Egypt." (Deut 3:10) Moses is told what to do. "Go, assemble the elders of Israel and say to them, 'The Lord, the God of your fathers—the God of Abraham, Isaac and Jacob—appeared to me and said: I have watched over you and have seen what has been done to you in Egypt.'" (Deut 3:16)

Act in faith. At times, it just seems inconvenient for us to move in a new direction. Sometimes, it seems as though others are more qualified or suited to do what God is directing us to do. "By faith Abraham, when called to go to a place he would later receive as his inheritance, obeyed and went, even though he did not know where he was going." (Hebrews 11:8)

My faith experience taught me that wherever God sends me, He goes with me. He does not push me out to fail but to fly. "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faith." (Isaiah 40:31)

Be strong. The angel visiting Joseph said, "Don't be afraid." We need to hear God's words to Joseph when the tasks God places before us seem bigger than we can handle. Don't be afraid. God not only calls us but also provides us the strength to accomplish his mission. "Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go." (Joshua 1:9)

As we enter the new year, may we position ourselves to receive and respond to the call of God in our lives. When he calls, let us be ready to embrace the opportunity and go. **A**

AAFES movie schedule

Jan. 4 • 7:30 p.m. • **Amelia** (PG)
 Jan. 5 • 7:30 p.m. • **Astro Boy** (PG)
 Jan. 6 • 7:30 p.m. • **Law Abiding Citizen** (PG-13)
 Jan. 7 • 7:30 p.m. • **Armored** (PG-13)
 Jan. 8 • 5 p.m. • **The Box** (PG-13)
 Jan. 8 • 7:30 p.m. • **The Princess And The Frog** (PG)
 Jan. 9 • 3 p.m. • **The Blind Side** (PG-13)
 Jan. 9 • 5:30 p.m. • **Invictus** (PG-13)
 Jan. 10 • 5 p.m. • **Invictus** (PG-13)
 Jan. 10 • 7:30 p.m. • **The Princess And The Frog** (PG)

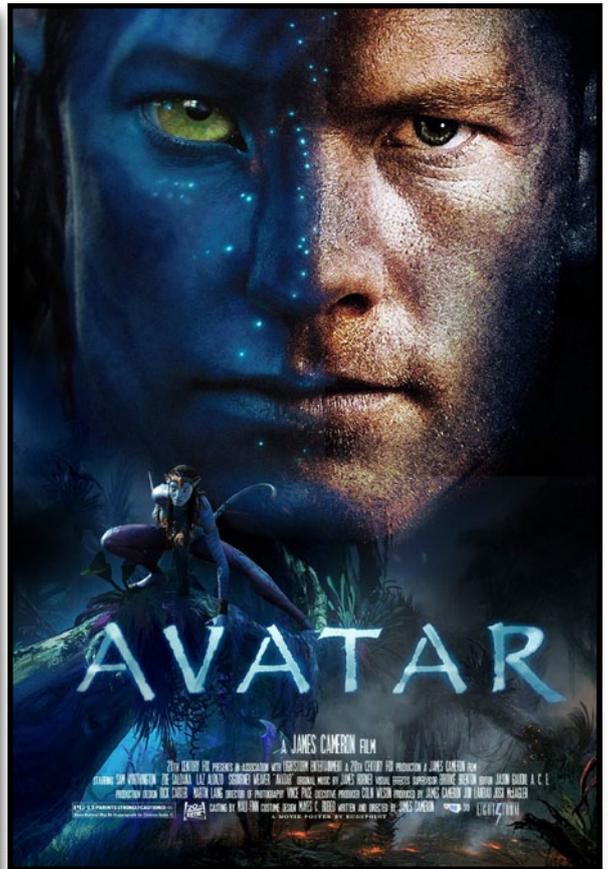
Jan. 11 • 7:30 p.m. • **The Fourth Kind** (PG-13)
 Jan. 12 • 7:30 p.m. • **Amelia** (PG)
 Jan. 13 • 7:30 p.m. • **The Box** (PG-13)
 Jan. 14 • 7:30 p.m. • **Invictus** (PG-13)
 Jan. 15 • 5 p.m. • **Did You Hear About Morgans?** (PG-13)
 Jan. 15 • 7:30 p.m. • **Avatar** (PG-13)
 Jan. 16 • 3 p.m. • **Avatar** (PG-13)
 Jan. 16 • 5:30 p.m. • **Did You Hear about Morgans?** (PG-13)
 Jan. 17 • 5 p.m. • **Did You Hear About Morgans?** (PG-13)
 Jan. 17 • 7:30 p.m. • **The Men Who Stare At Goats** (R)

Jan. 18 • 7:30 p.m. • **Pirate Radio** (R)
 Jan. 19 • 7:30 p.m. • **The Fourth Kind** (PG-13)
 Jan. 20 • 7:30 p.m. • **The Blind Side** (PG-13)
 Jan. 21 • 7:30 p.m. • **Avatar** (PG-13)
 Jan. 22 • 5 p.m. • **Pirate Radio** (R)
 Jan. 22 • 7:30 p.m. • **Alvin And The Chipmunks: The Squeakquel** (PG)
 Jan. 23 • 5 p.m. • **The Fourth Kind** (PG-13)
 Jan. 23 • 7:30 p.m. • **Sherlock Holmes** (PG-13)
 Jan. 24 • 5 p.m. • **Old Dogs** (PG)
 Jan. 24 • 7:30 p.m. • **Alvin And The Chipmunks: The Squeakquel** (PG)

Jan. 25 • 7:30 p.m. • **Ninja Assassin** (R)
 Jan. 26 • 7:30 p.m. • **Pirate Radio** (R)
 Jan. 27 • 7:30 p.m. • **The Men Who Stare At Goats** (R)
 Jan. 28 • 7:30 p.m. • **Sherlock Holmes** (PG-13)
 Jan. 29 • 5 p.m. • **Ninja Assassin** (R)
 Jan. 29 • 7:30 p.m. • **2012** (PG-13)
 Jan. 30 • 5 p.m. • **Armored** (PG-13)
 Jan. 30 • 7:30 p.m. • **Twilight Saga: New Moon** (PG-13)
 Jan. 31 • 5 p.m. • **The Men Who Stare At Goats** (R)
 Jan. 31 • 7:30 p.m. • **Ninja Assassin** (R)

All movies shown using professional 35 millimeter film reels! More movie times at: <http://www.aafes.com/ems/euro/qatar.htm>.

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



MWR and USO events

- ♦ Martin Luther King Jr. Day 5k Fun Run
Jan. 18 • 6 a.m. • Community Activity Center
- ♦ Block Party and Scavenger Hunt
Jan. 15 • 7 p.m. • Top-Off Club
- ♦ Godfather Dinner and Movie
Jan. 23 • 6 p.m. • Oasis Club
- ♦ Matt Baetz Comedy Tour
Jan. 25 • 7 p.m. • Top-Off Club
- ♦ Winter Wine Tasting
Jan. 31 • 7 to 10 p.m. • Oasis Club

All events are subject to last-minute changes. Contact Lt. Col. Sheva Allen, MWR director, or Regina Wilhite, USO Qatar center manager, for current information.



FITNESS MANIA!
U.S. Army Warrant Officer Benjamin Sales, JCSC, scored 1,870 points to win the November fitness challenge at Camp As Sayliyah! His score is 510 points higher than the second-place finisher Staff Sgt. Oquindle Bennet, JPOTF. Yvette Dockery, Medical Logistics, scored 1,070 points to earn her second consecutive first-place finish in the female category.

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



MWR Fitness challenge

Participate in the installation fitness challenges to compete for prizes and bragging rights!

Flag Football Tournament

• Jan. 7 to 9.

Run to Dubai

• Feb. 1 to 28.

Contact Lt. Col. Sheva Allen, ASG-QA MWR director, for more information.

FITNESS

SOLDIER STRONG

Fitness Q&A

By Staff Sgt. DEREK SOUDER
1st Bn, 401st AFSB

Q. I plan to get into phenomenal shape this year – any secrets?

A. It's a great idea to brainstorm resolution ideas after celebrating the new year. You're not alone in striving to get into phenomenal shape. It's a shared objective by many people; unfortunately not everyone sticks to it. Individuals frequently jump in using crash diets, crazy training schedules and all types of fat burning pills – leading to a defunct metabolism, perpetual tiredness and anxiety. You can achieve your fitness goal in 2010, without resorting to hasty tactics.

1. Increase activity (energy output)

It's always good to start small. Keep it simple! Know your commitment level and try to avoid too much, too soon. If you haven't been training regularly, slowly integrate gym time back into your schedule. Take a more aggressive approach if you've already been reasonably active, but don't let a moment of peaked motivation lead to overtraining or injury.

Find basic ways to become more

active during the first two weeks. Go for a walk after dinner. Ride a bike rather than drive a car. Scrub your vehicle without using automated wash stations. Cut grass more often or start gardening. Organize weekly recreational sports events, such as bowling, baseball or basketball. You'll learn to find time for physical activities, while burning fuel as opposed to storing fat.

2. Modify food consumption (energy input)

Start monitoring how much you're eating after two weeks of increased activity. An essential element in eating healthy is portion control. Cut your meals in half if you're trying to lose weight. For example, if you usually eat two sandwiches each meal, grab just one. If you drink a soda, only finish half of it. Cutting calories prevents excess fuel dumping into fat storage. No amount of fat-burning pills can make up for poor portion control.

It's always good to start small. Keep it simple! Know your commitment level and try to avoid too much, too soon.

Obviously, if you want to gain weight, eat more. However, attempts to gain weight shouldn't avoid dietary discipline. Choose whole, natural foods over processed, sugary alternatives.

Getting into phenomenal shape requires paying attention to your inner condition, not only the outer.

3. Form a fitness program

It's time to introduce a structured physical training program after a period of increased activities and portion controlling. At first, assign yourself a standard three-days-per-week arrangement. Again, keep it simple and start small. This will help you to adjust to the schedule and increased exertion.

A sensible program may include

hoping on a bike or elliptical machine, running or Tae-Bo. In respect to starting small, restrict intense activities to 20 to 30 minutes. Resistance training is another good option. For both men and women, nice shapes and curves require muscle. Furthermore, muscle mass boosts metabolic rate. Use weights to shape the muscle, and then cardio respiratory exercises to uncover it. You'll get into phenomenal shape with a combination of resistance and endurance training!

Top secret training tip

The secret to training your body for peak performance and conditioning is consistency. It has nothing to do with how much training you perform each week. It's the motivation that drives you to keep training week

after week, month after month – year after year. Physical fitness has to become a hygienic ritual – like bathing or brushing your teeth – not just that thing you do with spare time.

Along with persistent training, you must push to make improvements. Go for longer walks or start running. Swim 500 meters after 400 becomes effortless. Strive to push 185 pounds on a bench press when lesser weights are no longer challenging. As your fitness level improves, you'll need to increase your training frequency for greater results.

Build a strong foundation in the beginning; something that's going to last. So, start small and keep it simple! **A**



EDITOR'S NOTE: Staff Sgt. Dereck Souder has over 20 years of resistance training experience. He has trained under the guidance of eight-time Mr. Olympian Lee Haney at World Class Fitness, Atlanta, Ga. Souder qualified for national level bodybuilding competitions (NPC) during three separate years. Prior to enlisting, he spent four years working with clients, as a certified personal fitness trainer.



U.S. Army Staff Sgt. Dereck Souder, from College Park, Ga., trains his back with rows inside the weight-lifting gym at Camp As Sayliyah, Qatar, Oct. 29. (Official Army Photo/Dustin Senger)

CAS Bowling Alley



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

Free Bowling Tuesdays Evenings

Contact Lt. Col. Sheva Allen, ASG-QA MWR director, for more information.

Qatar Armed Force Sports Competitions

The annual Qatar armed forces sports competitions are underway. Take part in an outreach effort to build friendly relationships.

Armed Forces Markmanship Competition
• Feb. 14 to March 25

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



FITNESS

Fit bodies are a birth right

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

Evaluations of populations continue to establish a major concern about our civilization's current weight management protocols. Magical diets try to survive the consumer's ultimate request: overeat and remain inactive, yet still lose weight. Regardless of fad diets and hyped-up hopes, humans all over the planet are becoming overweight and eventually obese.

According to a World Health Organization global estimate in 2005, approximately 1.6 billion adults (over age 15) are overweight and at least 400 million adults are obese. These numbers continue to climb, placing increasing pressure on public health. By 2015, WHO projects that approximately 2.3 billion adults will be overweight and more than 700 million will be obese. Even with new-found technology and modern medicine, a present epidemic continues to elude us. Spreading like wildfire: we are getting too fat.

Our history as a species can help explain the cause of this alarming trend. Humankind was in good physical shape thousands of years ago.

The thrifty-gene hypothesis, proposed in 1962 by geneticist James Neel, explains how mass populations evolved to maximize metabolic efficiency, fat storage and food searching behaviors. These genes protected us from an unpredictable lifestyle. Natural selection weeded out the genetically weak and molded our present human genome. Today, these same genes are interacting with heavily

processed foods and excessive nutritional intake.

"We are all heirs of inherited characteristics accrued over millions of years," stated S. Boyd Eaton, a medical anthropologist and "evolutionary nutrition" expert from Emory University, in the *European Journal of Clinical Nutrition*, 1997. "The vast majority of our biochemistry and physiology are tuned to life conditions that existed prior to the advent of agriculture some 10,000 years ago. No adaptation to the introduction of new dietary pressures has been possible in such a short time span. Thus, an inevitable discordance exists between our dietary intake and that which our genes are suited to."

DNA evidence shows humans haven't changed much since the hunter-gatherer Paleolithic era 50,000 years ago. During that time, clans hunted and gathered to survive – strenuous activity was a requirement, not an optional pastime. More specifically, geneticists have demonstrated that the human genome has changed less than .02 percent in 40,000 years. In other words, we are modern-day Stone Agers. People become overweight through interactions between genetic, environmental and behavioral factors. Rapidly increasing rates of obesity, in spite of an unchanged gene pool, puts focus on environmental and behavioral factors.

To learn more about our genetic origins, researchers have performed painstaking evaluations of human skeletal remains. As well as methodical studies to examine current civilizations still leading lives similar to universal habits thousands of years ago.

Life was not always predictable for our Paleolithic ancestors. Phases of

famine were eventually contrasted and rebounded by periods of plenty. A cyclic energy rotation was a way of life. Recent years have replaced this balance with frequent feedings and minimal exercise. The brain-reward relationship may have benefited early man during heavy re-feeds, since they were preparing themselves for inevitable famines. But today, constant calorie consumption – especially loaded in sugar and fat with little fiber – combined with the lack of sufficient energy exertion causes widespread problems within today's modern Paleolithic system.

Paleolithic man's work rhythm required hunting two to four days per week. Women gathered every two or three days. Physical exertion was part of regular life; frequently becoming exhaustive. They once fought for every meal and hunted large and meaty game to maximize energy expenditure. Pursuing rabbits all day would have been pointless. Anthropologists have found similarities in the bony remains of late-Paleolithic humans to those of contemporary elite athletes, such as Olympic competitors.

The Paleolithic family ate whole foods. They survived off meat, eggs, fish, fowl and the leaves, roots and fruits of many plants. Their diet was typically nutrient dense and low in naturally occurring sugars. They generally survived off undomesticated, free-range animals. Dietary fats were high in healthy monounsaturated and polyunsaturated, while low in saturated fat. Dairy farming was still far out from existence. They hardly ate cereal-based items and nobody had alcohol. Nearly all carbohydrate consumption was from fibrous, non-starchy, organic fruits and vegetables. A diet full of natural and unprocessed foods makes it difficult to overeat while providing an

abundance of nutrition for properly managing metabolic processes.

The over consumption of processed foods – loaded with fat, sugar and salt – were never added to the Stone Ager's diet. Naturally sweet foods were also highly nutritious and low in fat; such as fruits and honey – no donuts, ice cream or pastries. Most recently, advances in farming technology introduced rice, grains, beans and potatoes to generate mass produce to world populations. Packed full of calories, these items require cooking and were never cultivated by our ancestors.

Certain foods drive people to eat far beyond their body's requirements. The human body continues to seek food, even after it has been replenished, due to non-homeostatic systems. These same systems participate in drug-seeking behavior. Sometimes over-eating is the result of social connections; such as eating with family and friends. Husband and wife relationships strongly influence each other's food choices.

Today's obesity problem is strongly connected to decreasing activity levels. According to U.S. Department of Health and Human Services estimates, at least 70 percent of the U.S. population is undertaking less than 30 minutes of moderate-intensity physical exercise per day. Hunting and gathering has been replaced by convenience stores and fast-food outlets. Financial means are usually the biggest limiter for food in most societies. Mankind has engineered physical activity out of daily lives.

Recreational free time is becoming exceedingly less active with the advent of the Internet and video games. There is greater promotion to become a sports' spectator versus a participant. Through laziness, the occurrence of diabetes, obesity and

other exercise-related conditions has thrived.

Exercise is required for a quality life. Human and other animal studies demonstrate that exercise targets many aspects of brain function with broad effects on overall brain health. Physical exertion reduces peripheral risk factors; such as diabetes, hypertension and cardiovascular disease, which converge to cause brain dysfunction and neurodegeneration.

A trained muscle has a greater capacity for blood glucose extraction. Additionally, muscle tissue is a powerful oxidizer of stored body fat. A disproportionate amount of fat to muscle tissue reduces the blood-glucose-lowering effect of pancreatic insulin release; resulting in additional insulin secretion for normal blood glucose levels. The lifestyle and body composition of early humans acted to promote insulin sensitivity, while contemporary lives foster insulin resistance.

Loren Cordain, Ph.D., a world renowned scientist, published a book titled "The Paleo Diet," with ground-breaking research into the original human diet. According to Cordain, becoming fit like your ancestors is your birth right. "By going backward in time with your diet, you will actually be moving forward. You'll be combining the ancient dietary wisdom with all of the health advantages that modern medicine has to offer. You will reap the best of both worlds." **A**

EDITOR'S NOTE: Dustin Senger has spent nearly 15 years researching theories in human performance. To properly introduce new concepts, his knowledge stems from reviewing the research of many authorities, personal application and coaching others. Consult your primary care provider before beginning a new exercise routine or changing your diet.

CAMP'S PREMIER

Nov. 6 and 7 – Official Army Photos/Devin Butler



TOP 6

1. 1-43 ADA
2. ASG-QA
3. ILIAD
4. JOPTF
5. MEDLOG
6. AMC/JTAGS

Commander's
Cup



FITNESS EVENT



-43 ADA

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

- Iranian souqs
- Industrial area
- Al Wakra
- Marine House
- 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 Lt. Col. Tim O'Neil, ASG-QA provost marshal, or Hani Abukishk, civil affairs officer, for more information.

Head Start

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

- Jan 23 to 27: 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 regarding cultural awareness and sensitivity in Qatar.

Christmas in the Gulf

Although Qatar is an Arab-Islamic nation, many non-Muslim Arabs live and work in the prosperous nation. There is a large population of Arab-Christian expatriates in the Gulf region. Many Christians in the Middle East celebrate Jan. 7 as the actual birthday of Christ, according to the Gregorian calendar. They celebrate Jan. 7 just as other Christians celebrate Dec. 25.

Contact Hani Abukishk, ASG-QA civil affairs officer, for more information regarding cultural awareness and sensitivity in Qatar.

CULTURE

Origins of Arab falconry

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

The art of training falcons to hunt and return is arguably one of the most impressive displays of humankind's collaboration with the animal kingdom. Arabs are possibly the first people to develop this talent. Evidence suggests falconry has been widely practiced in the Middle East for over 5,000 years.

According to the International Association for Falconry and Conservation of Birds of Prey, references to hunting with falcons are clearly stated in the Epic of Gilgamesh, the earliest known literary writings from ancient Iraq, circa 2,000 B.C. Arab poets have continuously linked falcons to elevated social orders, such as sultans and sheikhs.

Falconry gained widespread

exposure amid extensive military campaigns across Asia. Mongolian Khans reportedly practiced falconry between battles around 1,000 B.C. Written records of Chinese falconry indicate a strong relationship with politics and power prior to 700 B.C. Koreans adopted falconry around 200 B.C., followed by Japan much later.

Early Bedouin people, Arabia's nomadic pastoralists, viewed falcons as a valuable hunting tool. The birds circle to pitches thousands of feet in the air, where their sharp eyesight surveys thousands of square feet of land, searching for scurrying quarry. Bedouin falconry helped better distribute the harsh environment's available prey, since falcons tend to kill more than they can eat.

Arabian countries became famous for falconry while spreading the sport throughout the Islamic world, from North Africa to Central Asia. The Koran, Islam's holy book, includes a passage that permits falconry as a hunting method.



U.S. Air Force Capt. David Barns, from Mobile, Ala., holds a peregrine falcon at the beach home of Qatar Maj. Gen. Hamad bin Ali Al Attiyah, armed forces chief of staff, in Al Khor, Qatar, Feb. 9. "This is a beautiful bird," said Barns. "It's amazing they can train a bird to hunt," he said after watching Qatari falconers demonstrate lure training for U.S. servicemembers. (Official Army Photo/Dustin Senger)

As translated by Abdullah Yusuf Ali, the Koran (5:4) states: "They ask thee what is lawful to them (as food). Say: 'lawful unto you are (all) things good and pure: and what ye have taught your trained hunting animals (to catch) in the manner directed to you by Allah. Eat what they catch for you, but pronounce the name of Allah over it. And fear Allah, for Allah is swift in taking account.'"

Falconry is a symbol of heritage in the Gulf countries, more than any other place in the world. Countless generations have retained the popular pastime over thousands of years. Arab falconers instill trust using time-honored manning and training techniques.

Saker falcons are the most popular birds of prey employed in the Gulf countries today. Peregrine and Lanner falcons are also trained. The raptors are captured during autumn migration and then flown through the winter months. Many are released in

the spring to follow natural migratory flyways.

Health concerns while in captivity are generally associated with their feet. A falcon's sharp talons must be properly groomed to prevent self-inflicted puncture wounds. Bumblefoot, a bacterial infection and inflammatory reaction, is a common concern, frequently affecting falcons that stay perched too long.

Hoods are frequently used to keep falcons calm. Without them, they are likely to jump while tethered. Broken feathers can quickly diminish a raptor's hunting capacity. Hoods must be properly sized to avoid eye irritations.

"Falcons and falconry in desert poetry," a report by Jaime Samour, National Avian Research Centre head of veterinary science in Abu Dhabi, United Arab Emirates, 1997, cited the following Arab poetry:

"We stayed there as long as God had willed us to stay and brought the best bustards God willed us to hunt. Our leader then commanded us and took us directly to Wahibi's tribe. We left the mountainous plains to find ourselves in the desert. We left the valley to find ourselves in another. The falconers shall never forget this hunting expedition. They wish such a happy day would return. In the desert, they were all alone, with no problems whatsoever. They lived the genuine Bedouin life, away from artificial urban life. They passed by Amira valley on a cloudy day, not annoyed, not even by the difficulties caused by the floods. The hunting season is the best time of the year and they wish it would return. They return home after hunting with their sheikh who visited them, may he live long and remain the good mannered and the source of their pride and support." **A**



A Qatari falconer prepares to release a raptor outside the beach home of Qatar Maj. Gen. Hamad bin Ali Al Attiyah, armed forces chief of staff, in Al Khor, Qatar, Feb. 10. (Official Army Photo/Dustin Senger)

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>.



Steve David, from Lighthouse Pt., Fla., in the U-1 Oh Boy! Oberto during heat racing at the 2009 Oryx Cup UIM World Championship in Doha, Qatar. David finished second in the final heat and claimed the H1 Unlimited National High Points Championship for the Oberto team. (Courtesy Photo/H1 Unlimited/ Chris Denslow)



U-1 Oh Boy! Oberto team finishes securing their hydroplane powerboat prior to the final laps of the Oryx Cup Union Internationale Motonautique World Championship in Doha, Qatar, Nov. 21. (Official Army Photo/Dustin Senger)

DOHA LIFE

Troops invited to Qatar's first hydroplane race

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

DOHA, Qatar – “This invitation represented a huge ‘thank you’ to our servicemembers,” said Larry Oberto, Oberto Sausage Company sports marketing technical director, prior to the final race at the Oryx Cup Union Internationale Motonautique World Championship in Doha, Qatar, Nov. 21.

As a gesture of gratitude by the U-1 Oh Boy! Oberto racing team, U.S. troops in the Middle East obtained two days of unrestricted access to the world's fastest powerboats during the American Boat Racing Association's first competition outside North America.

Qatar Marine Sports Federation brought the 2009 ABRA unlimited hydroplane season finals to the

eastern coast of the Arabian Peninsula. Immediately after officials announced the newest racing venue, Oberto searched for U.S. military bases in Qatar. His team hoped to host servicemembers at the inaugural boat race in the warm, Gulf waters.

Owen Blauman, U-1 Oh Boy! Oberto public relations specialist, provided VIP passes to nearly 20 servicemembers during each day of the Oryx Cup.

Blauman explained the history and fundamentals of unlimited hydroplane powerboat racing. Races are highly competitive because universal specifications are enforced, such as maximum weight and length. Every boat must use a propeller in the water - even though only one of three propeller blades actually touches while the hull hovers at top speeds.

Oberto frequently approached the troops, always enthusiastic about offering racing stories.

The troops found themselves mixed in with 10 different hydroplane powerboat teams. Safety issues imposed the only limitations, such as clearing surrounding areas when cranes lifted the boats in between heats. Servicemembers asked questions, or simply observed crews configuring thousands of pounds of durable honeycomb composite material, excessively lubricating parts, setting air density and gear ratios and topping off engine tanks with jet fuel.

“I find it fascinating how the mechanics are so nonchalant about taking apart a turbine engine,” said Army Sgt. Benjamin Miceli, from Greeley, Colo., while watching Jay Lecrone, from Port Orchard, Wash., and Kevin Stoltz, from Mukilteo,

Wash., disassemble a turbine for the U-25 Superior Racing powerboat at the Qatar race. "This almost feels like sitting back at home, working on cars."

For over 20 years, the thunderous roar emitted by most hydroplane powerboats has originated from a single turbine engine. The boats in the Qatar Oryx Cup qualified with a Lycoming T55 turbine – the same engine used in Vietnam War-era CH-47 Chinook helicopters. For that reason, former military helicopter mechanics are frequently recruited to help with powerboat integration. The engines are stretched to their limits by skilled technicians, who customize them to spin well over rated speeds, as well as assemble durability upgrades to the standard military torque kits.

"This engine is rated at 2,750 horse power but we're running it at 3,300," said Lecrone, a former Army Chinook crew chief. "But we'll take it as high as 5,000." Without torque kit upgrades, Lecrone said the engines wouldn't last a lap at

these configurations.

Dave Villwock, U-16 Ellstrom Elam Plus, set the hydroplane powerboat speed world record in the same two-mile oval course used in Qatar, after averaging 161.167 mph in Evansville, Ind. He led in the final heat of the Qatar Oryx Cup, until his boat suffered a crippling engine flame-out.

"I didn't expect to be able to talk to the drivers and mechanics – they're so open about explaining the driveline and customizations," said Navy Petty Officer 2nd Class Ernest Roy, from Prattville, Ala., after talking to Matt Sontag, a U-1 Oh Boy! Oberto propeller technician from Madison, Ind. The powerboat employs a three-blade stainless steel propeller worth \$15,000.

"The salt is giving their hydroplanes' props greater thrust – more grip to the ground," said Roy. Sontag admitted some uncertainties existed about the Persian Gulf's salty waters, since most hydroplane racing takes place in lakes and

rivers. Aside from performance issues, salt quickly accumulated on surfaces, causing parts to rust after the first day racing in Qatar.

"I really enjoyed the crew and hospitality of everyone," said Marine Corps Cpl. Tyler Teslik, from Butler, Pa. He attended both days at the Qatar races during a four-day pass from duty in Iraq. Several other servicemembers were also participating in the U.S. Central Command rest and recuperation pass program at Camp As Sayliyah, Qatar. "They let us come down here, get up close and personal, answered our questions and gave us great seats. I plan on taking leave to go to one of the hydroplane races in the United States next year."

"Anytime I can get out on the water, I'll go," said Teslik, who has raced sailboats on the Conneaut Lake in Pennsylvania since high school.

"We wanted the men and women serving our nation to join us," said Oberto. "We're able to enjoy our passion for racing because of what they do." He hoped the troops would discover selflessness teamwork is necessary in racing, just as it is in military duties. Since equipment is standardized in hydroplane powerboat racing, Oberto believes a focused team is the most important ingredient for winning.

Steve David, U-1 Oh Boy! Oberto driver, led the season with a slim 216-point lead over Jeff Bernard, U-5 Formulaboats.com, when the races moved to their closing destination in Qatar. Despite safely landing a high-speed flip during the finals, David successfully defended his national championship title, while J. Michael Kelly, U-7 Graham Trucking, won the Qatar Oryx Cup. **A**



U.S. Army Sgt. Benjamin Miceli, from Greeley, Colo., watches Kevin Stoltz, from Mukilteo, Wash., disassemble a turbine engine for the U-25 Superior Racing powerboat at the Oryx Cup Union Internationale Motonautique World Championship in Doha, Qatar, Nov. 21. (Official Army Photo/Dustin Senger)

QATAR-US TEAM

Nov. 16 and 18 – Official Army Photos/Devin Butler



VOLLEYBALL



Motorcycle Safety Situations when crashes are most likely to occur:

- Car in front making a left turn
- Riding in a driver's blind spot
- Hazardous road conditions
- Obstructed line of site



Ways to increase awareness for riders on the roadways:

- Ride where you can be seen
- Never share a lane with a car
- Clearly signal intentions to other drivers

Contact Joel Pattillo, installation safety manager, for more information.

Safety/Fire Training

Attend installation safety training.

HAZWOPER 40-Hour Training

- Jan. 11 (Day 1): 9 a.m. to 4 p.m.
- Jan. 12 (Day 2): 9 a.m. to 4 p.m.
- Jan. 16 (Day 3): 9 a.m. to 4 p.m.
- Jan. 19 (Day 4): 9 a.m. to 4 p.m.
- Jan. 20 (Day 5): 9 a.m. to 4 p.m.

Unit Safety/Fire Warden Training

- Jan. 21: 9 a.m. to 4 p.m.

Confined Space Training

- Jan. 23: 9 a.m. to noon

First Aid Training

- Jan. 24: 9 a.m. to 5 p.m.

CPR Training

- Jan. 25: 9 a.m. to 3 p.m.

Fire Extinguisher Training

- Jan. 26: 9 a.m. to 10 a.m.

HAZWOPER Refresher

- Feb. 16: 9 a.m. to 4 p.m.

HAZWOPER Supervisor

- Feb. 16: 9 a.m. to 4 p.m.

Unit Safety/Fire Warden Training

- Feb. 18: 9 a.m. to 4 p.m.

Confined Space Training

- Feb. 22: 9 a.m. to noon

First Aid Training

- Feb. 23: 9 a.m. to 5 p.m.

Fire Extinguisher Training

- Feb. 23: 9 a.m. to 10 a.m.

CPR Training

- Feb. 24: 9 a.m. to 3 p.m.

Contact Joel Pattillo, installation safety manager, or Robert Baldrate, installation fire chief, for more information.

SAFETY

Qatar base recognized for motorcycle safety efforts

By **DUSTIN SENGER**

ASG-QA public affairs

CAMP AS SAYLIYAH, Qatar – Col. Maxine C. Girard, Third Army/U.S. Army Central Area Support Group Qatar commander, presented Joel Pattillo, installation safety manager, a 2008 Motorcycle Safety Foundation Outstanding Motorcycle Safety Support Award at Camp As Sayliyah, Qatar, Nov. 24.

“The MSF is pleased to honor your hard work and commitment,” said Tim Buche, MSF president, in a formal letter of congratulations to

the ASG-QA commander, dated Oct 20. “The MSF commends your dedication to motorcycle safety. The MSF awards program is one way that affords us the opportunity to recognize such outstanding accomplishments.”

Army organizations stepped up safety initiatives in 2009, in reaction to a 12-year high in motorcycle rider fatalities. Third Army/USARCENT enhanced overseas safety programs at installations in Qatar and Kuwait by implementing the latest in MSF technology: the Honda Safe Motorcyclist Awareness and Recognition Trainer, or “SMARTrainer.” The system simulates real-world riding experiences using a computer terminal equipped with real motorcycle controls, a noise suppression headset and powerful software presenting various driving



Col. Maxine C. Girard, Third Army/U.S. Army Central Area Support Group Qatar commander, presents Joel Pattillo, installation safety manager, a 2008 Motorcycle Safety Foundation Outstanding Motorcycle Safety Support Award at Camp As Sayliyah, Qatar, Nov. 24. “The MSF is pleased to honor your hard work and commitment,” said Tim Buche, MSF president, in a formal letter of congratulations to the ASG-QA commander, dated Oct 20. “The MSF commends your dedication to motorcycle safety. The MSF awards program is one way that affords us the opportunity to recognize such outstanding accomplishments.” (Official Army Photo/Dustin Senger)

conditions and playback options.

“Motorcycle riders should routinely review roadway safety concerns to avoid complacency,” said Patillo, an ITT contractor from Jacksonville, Fla., who has spent over 16 years involved in Army safety programs. “This is especially necessary after an extended time away from riding.”

“Our MSF-certified coaches are committed to encouraging safe motorcycle riding using the SMARTrainer at Camp As Sayliyah,” said Pattillo. “They’re helping motorcycle riders return home with a renewed respect for the risks that cause deadly accidents.”

While delivering the SMARTrainers in March, Al Hydeman, MSF managing director, conducted a two-day training class at Camp As Sayliyah. Three individuals became the first MSF-certified SMARTrainer coaches in the Middle East, each committed to re-orientating servicemembers to safe riding principles.

Shortly after receiving the SMARTrainer in Qatar, U.S. servicemembers proudly displayed the device at the 25th Gulf Cooperation Council Traffic Safety Week. It was the first time U.S. Armed Forces participated in the annual event, organized by the Qatar National Campaign for Road Accident Prevention. Soldiers explained the SMARTrainer system to numerous host nation traffic safety officials and motorcycle enthusiasts.

Each year, MSF officials acknowledge outstanding achievements and excellence

in motorcycle rider education and training. A multi-disciplinary evaluation committee, composed of experienced motorcycle safety professionals, selects award winners from nominations received from the training community. A panel of nine members includes four MSF staff members, three state administrators and two MSF RiderCoach trainers.

The ASG-QA nomination recognized the command for acting as a “key collaborator with the MSF in the development of special programs centering on the use of the Honda SMARTrainer.” Involvement in host nation safety initiatives highlighted “significant benefit to the people of

Qatar, both in goodwill and traffic safety.”

The secretary of the Army and chief of staff of the Army awarded ASG-QA with the Exceptional Organization Safety Award in 2007 and 2008, for administering the best garrison safety program. An unwavering commitment to troop safety is offering reliable support to the Central Command area of operations.

ASG-QA provides force protection and base operations services as a component headquarters for assigned Army forces and joint tenant units at Camp As Sayliyah. The Third Army/USARCENT subordinate command executes the only authorized CENTCOM rest and recuperation pass program; recharging nearly 200,000 war fighters since its 2004 inception. ^A

“ Our MSF-certified coaches are committed to encouraging safe motorcycle riding using the SMARTrainer at Camp As Sayliyah,” said Joel Pattillo, installation safety manager.



Al Hydeman, from Ervin, Calif., shows Qatar Army Cpl. Ibrahim Ali Al Naimi, BMW 800cc motorcycle owner, a Honda Safe Motorcyclist Awareness and Recognition Trainer (SMARTrainer) during the 25th Gulf Cooperation Council Traffic Safety Week, in Doha, Qatar, March 16. Hydeman, Motorcycle Safety Foundation managing director, had just delivered SMARTrainer systems to Third Army/U.S. Army Central installations in Qatar and Kuwait.” (Official Army Photo/Dustin Senger)

Minimize After-Dark Driving Dangers

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

- Prepare your car for night driving. Clean headlights, taillights, signal lights and windows (inside and out) once a week, more often if necessary.
- Have your headlights properly aimed. Misaimed headlights blind other drivers and reduce your ability to see the road.
- Don't drink and drive. Not only does alcohol severely impair your driving ability, it also acts as a depressant. Just one drink can induce fatigue.
- Avoid smoking when you drive. Smoke's nicotine and carbon monoxide hamper night vision.
- If there is any doubt, turn your headlights on. Lights will not help you see better in early twilight, but they'll make it easier for other drivers to see you. Being seen is as important as seeing.
- Reduce your speed and increase your following distances. It is more difficult to judge other vehicle's speeds and distances at night.
- Don't overdrive your headlights. You should be able to stop inside the illuminated area. If you're not, you are creating a blind crash area in front of your vehicle.
- When following another vehicle, keep your headlights on low beams so you don't blind the driver ahead of you.
- If an oncoming vehicle doesn't lower beams from high to low, avoid glare by watching the right edge of the road and using it as a steering guide.

*(Continued on page 47)
(Continued from page 46)*

SAFETY

Qatar cool season driving concerns

By **JOEL E. PATTILLO**
ASG-QA safety

Traveling around Qatar can be difficult, especially for drivers unfamiliar with foreign traffic situations. Qatar weather conditions and aggressive driving habits, compounded with treacherous roads, offer significant challenges for all drivers. It's important for leaders to impart strong vehicle safety awareness programs at Camp As Sayliyah.

The U.S. Army Combat Readiness/Safety Center fiscal 2009 end-of-year review reported a 35-percent reduction in Class A-C ground accidents, compared to last year. The privately-owned vehicle fatality number decreased from 129 in 2008, to 110 in 2009. The reported decrease is good news, but Soldiers are still losing their lives. Stay vigilant while driving and resolve to reduce this fatality rate to zero. Take your time and learn measures to ensure you arrive safely and avoid becoming an Army loss statistic!

Driving in the dark

The sun sets quicker during the cool season. It's important to remain alert and ready to react while conducting off-post missions at night. Driving after sunset is challenging, at times it's dangerous.

According to the U.S. National Safety Council, traffic death rates are three times greater at night than during the day. In

fact, nighttime death rates are more than two times higher. Why is it so dangerous? Darkness and fatigue are the primary culprits.

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

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

Finding your way in fog

Qatar is in its inclement weather season. During the cool months, heavy fog frequently unfolds in early morning hours, sometimes airborne sand settles in the air. Exercise caution and avoid excessive speeds when driving during these periods of limited visibility – pedestrians, bicycles and motorcycles become difficult to spot!

You may use low-beam headlights or fog lights to indicate your position on the road to other drivers.

But do not use your high-beam headlights or your hazard lights as a means of being seen. Although this is a



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

Roads soaked by rain

According to historical averages, Qatar's rainy season emerges in December and continues until March. We've had showers for several days lead to flooded streets already this year. Many drivers found themselves unprepared as the roads filled with water. Monitor the weather and plan accordingly.

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

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

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

Be aware of high winds

Driving in windy conditions can be another test of driving skills. You need to be extra cautious and maintain good control of your vehicle by driving defensively, reducing your vehicle speed, increasing your following distance and giving yourself plenty of room to react to blowing objects and debris. Be careful of upcoming traffic situations – even when you maintain proper control, other drivers may not.

Be extremely careful when opening vehicle doors while parked in windy conditions. Strong winds can easily whip the door right out of your hand and damage the vehicle parked next to you. Driving in Qatar can be difficult without any adverse environmental conditions. Stay aware of your surroundings and drive to arrive. **A**

- Make frequent stops for light snacks and exercise. If you're too tired to drive, stop and get some rest.

- If you have car trouble, pull off the road as far as possible. Warn approaching traffic at once by setting up reflecting triangles near your vehicle and 300 feet behind it. Turn on flashers and the dome light. Stay off the roadway and get passengers away from the area.

- Observe night driving safety as soon as the sun goes down. Twilight is one of the most difficult times to drive, because your eyes are constantly changing to adapt to the growing darkness.

Contact Joel Pattillo, installation safety manager, for more information.

Drove a Little Fast?

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

Vehicle Accidents

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

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

Put these phone numbers



in your mobile phone:

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

Contact Lt. Col. Tim O'Neil, ASG-QA provost marshal, or Hani Abukishk, civil affairs officer, for more information.



Engineered for life

What did you think of Desert Mesh edition 64?

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 64

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We need your feedback!

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