

The Official Publication of Camp As Sayliyah

# DESERT MESH

MAGAZINE 

Edition 74 January/February 2012



*Happy New Year!*



# DESERTMESH MAGAZINE

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*Front cover photo collage: Planes take flight for an air show and hydroplanes hit the water for preliminary laps during the H1 UIM Oryx Cup in October 2011.*

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

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CW2 Wayne Niehus, the food service advisor at Patton's Own dining facility on CAS, takes a break from his duties at the DFAC to chat and pose with the U.S. Ambassador to Qatar, Susan Ziadeh. The ambassador was at the facility to partake in the Christmas holiday luncheon.

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# 'Welcome Home' signals end of war in Iraq

By Sgt. Jessica M. Kuhn  
XVIII Airborne Corps PAO

FORT BRAGG, N.C. (Dec. 15, 2011) -- "As your commander in chief and on behalf of a grateful nation, I am proud to finally say these two words -- welcome home," President Barack Obama said, causing a loud joyful roar from the crowd at Pope Army Airfield here, Dec. 14.

More than 3,000 service members gathered to witness Obama's speech marking the end of the war in Iraq.

"Fort Bragg, we are here to mark a historic moment," Obama said. "For nearly nine years, our nation has been at war in Iraq, and you the incredible

men and women of Fort Bragg have been there every step of the way serving with honor while sacrificing greatly from the first waves of the invasion to some of the last troops to come home."

Prior to the president's speech First Lady Michelle Obama also expressed her admiration to all the service members as well as their families.

"When I look out at this crowd, I have to tell you I am simply overwhelmed and proud because I know the level of strength and commitment that you all display every single day," she said.

"Although your children, spouses, siblings and family members don't wear a uniform, they serve right beside you."

Moreover, the president spoke of how the U.S. military's work during both Operation Iraqi Freedom and Operation New Dawn hasn't gone unnoticed.

"All the fighting, all the crying and all the bleeding as well as the building, training and partnering has all led to this moment of success," Obama said. "Iraq is not a perfect place. It has many challenges ahead, but we are leaving behind a solid, stable and self-reliant government that was elected by its people. We are building a new partnership between our nations, and we are ending a war not with a final battle but a final march home -- an extraordinary achievement that was nine years in the making."

After hearing the president's praise during his speech, many

*(continued on page 25)*



*U.S. Army photo*

President Barack Obama meets and greets a throng of Soldiers while visiting Fort Bragg, N.C., Dec. 15. More than 3,000 were on hand to hear the president's speech, which marked the end of the war in Iraq. The president said that he was "simply overwhelmed and proud" of the sacrifices made by the Soldiers and their families.



## Wayne C. Grieme, Jr.

Colonel

Commander

Area Support Group - Qatar



# New challenges and change usher in the new year

A very Happy New Year to everyone and best wishes for an exciting and productive 2012! I know it is difficult to be away from family and friends, wherever they may reside – but know that your service is greatly appreciated by many Americans as well as many citizens in the nations we serve.

The past year was very exciting and one that has ushered in much change around the world as well as in the Area Support Group-Qatar. From the Arab Spring, to the passing of North Korean leader Kim Jung Il, to the end of Operation New Dawn, the global environment never remains the same. As we move into 2012, we can expect a robust year with many more changes as our nation charts the course for the way ahead in the Middle East. The challenges are bountiful, and you can make a difference as we move

forward.

Change and new beginnings are synonymous with the ringing in of a new year. Whether it is in your personal life, the workplace, or some other venue, I challenge everyone to make a positive change. I would like to share a little known quote from an unknown author, “It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change.” This is especially true in the profession of arms. As leaders, we must learn to thrive in a continuously changing environment. But, it is equally important to not only deal with external changes, but to look internally and change oneself for the better. You can make a difference in your life and in the lives of those around you. Whether it is to complete your degree, shed 10 pounds, read a book a week, or conduct more physical training, look for something positive. As well, look for the opportunity to better the life of others this year. There are many opportunities, through Camp As Sayliyah, to volunteer. Volunteering can be one of the most rewarding experiences – making a difference is what it is all about.

In this January/February issue, we celebrate Black History

Month, as well as observe Dr. Martin Luther King, Jr. Day. Ronald Reagan signed this federal holiday into law in 1983, and it was first observed on January 20, 1986. I invite everyone to come out and participate in the many events that are planned. As well, take the time to pick up a book on, or by, Dr. King. You may find his words inspirational, uplifting, and at times, moving. Dr. King stood for positive and peaceful change. He addressed the issue of racial inequality through non-violent activism. His legacy has been especially relevant in the past year with the Arab Spring movement. His idea of non-violent activism was displayed on a national stage in countries such as Egypt, Syria, Oman, Tunisia, and a host of other Arab nations.

There are many tough and exciting challenges ahead as we roll into 2012, and I ask that you remain flexible. With the drawdown of forces and resetting of personnel and units this spring, the Camp As Sayliyah population will grow substantially. As such, we expect the offering of several more morale, welfare, and recreation activities, as well as the potential for additional food venues. As always, I appreciate your service as I look forward to continuously serving you throughout this new year.





**Charles A. Holliday, Sr.**  
**Command Sergeant Major**  
Command Sergeant Major  
Area Support Group - Qatar



# A new year means new beginnings

First off, I would like to wish everyone a Happy New Year! As we go into 2012, I want you to shake off the old things of 2011 and push forward with what the new year can bring. With every new year comes a brand new beginning, and a chance to start fresh, facing each new challenge with clear eyes and undaunted focus.

Last year, many of us faced untoward challenges, both personally and professionally. We saw the end of the war in Iraq, but also witnessed our ongoing involvement in Afghanistan. We saw the toppling of many world leaders, and the unrest that followed, leaving countless nations without strong, committed leadership and direction. Back home in the United States, our families faced the hardship of job loss, financial devastation, and economic uncertainty. Through it all, we as Soldiers have remained steady, keeping the watch and protecting the freedoms we all hold so dear. I'm often reminded how important it is to count your blessings, no matter how difficult the circumstances or how uncertain the future. Never take for granted what's been entrusted to you or forsake those relationships and partnerships you are fortunate enough to have, whether it's personally or professionally.

As we go into this new year, reevaluate your relationships,

whether your family is with you here at CAS or back home in the states. Family is important to all of us, but family life is often challenged by long deployments, transfers, or other personal issues that might occur. Don't let another year go by without addressing those family issues. Our families are the very core of our existence. As Soldiers, family support and commitment are hallmarks to our enduring service to our country. Remember what I've said about not forsaking those relationships. This is the year to right that sinking ship before it's too late. You have plenty of places to go if you need help. There are valuable resources here on CAS whether you need financial, spiritual or any other kind of counseling; there is help. Don't allow yourself to get in so deep that you can't come out. Talk to someone. You are valuable to your family, to me, AND to the Army.

And finally, make this the year that you step out and learn something new. Whether it's signing up for a course or learning a new language, take the opportunity to make a change that really counts in 2012. You might consider taking advantage of some of the educational opportunities that are being offered right here through our Education Center. There are also degree programs, professional development courses, and certifications that are

available to you online. If you want to experience Qatar more, our MWR has events on their schedule that will allow you to explore the culture here through a variety of tours and special trips. You might even consider volunteering at one of the local youth groups, charities, schools or sports organizations. Something as simple as starting or joining a club that shares your interests could mark a new beginning for you.

More than anything, 2012 opens a door of never-ending possibilities. We have an opportunity to start everything anew and take a chance on something different and exciting this year. There's plenty to do and experience. Make 2012 your year to get up, get out, and get involved!



# INSIDE THE WIRE

## 379th Air Force Security Forces depart CAS but leave legacy

By **ERIC M. DETURK**  
379th Expeditionary Security  
Forces Squadron, Det. 1

After more than five years of dedicated service, the Airmen assigned to the 379<sup>th</sup> Expeditionary Security Forces Squadron, Detachment 1 have retired their guide on. The unit has officially deactivated, but leaves an impressive mark on just another piece of Air Force Security Forces history.

If you have transited Camp As Sayliyah over the past five years, you were likely to have spotted an Airman, armed with a pistol and wearing an Air Force Security Forces (SF) brassard, more than likely they were conducting a force protection walking patrol, Random Antiterrorism Measure or responding to an emergency on the camp. So, who are these SF Airmen?

Ironically, the same Airmen who patrolled Camp As Sayliyah can trace their roots to the United States Army. It was the Army Military Police, or MP units serving with the Army Air Corps under the Air Provost Marshal in the early 1940s, who laid the foundation for what would later become the Air Police, or APs. However, their Air Force legacy started 64 years ago as the independent Air Force was born and the Air Police, known today as Security Forces, began to grow into the largest career field in the Air Force, stationed in at least 201 locations worldwide performing a

multitude of missions.

The Air Force Security Forces have a rich history on the battlefield and have been directly involved in practically every conflict and major military operation since the Korean War. During the Korean War, Air Policemen were usually the only armed fighting force on an Air Force base. The numbers of APs grew from 10,000 to 39,000 during the Korean War making it the largest Air force career field at that time. Also, during this period, the first training schools for Air Police and Air Base Defense came into being. In 1956, and after several moves, the AP school ended up at Lackland, AFB in Texas and has remained there since.

In 1957, the Air Force assumed training for all Department of Defense Military Working Dogs (commonly known as MWDs), and to this day, Security Forces Airmen continue to train MWDs in each branch of the military, even those you've see here on Camp As Sayliyah.

In the early 1960s, the APs began to deploy to Vietnam. Throughout the Vietnam conflict, numbers of deployed Air Police soared from just under 300 to over 5,000. During the conflict, the Air Police were renamed the Security Police (SP) and not only secured Air bases, but also began to patrol "outside the wire." Not a single air base was lost to the enemy. The Air Force Security



CPT Eric DeTurk addresses Airmen of the 379th Expeditionary Security Forces Squadron, who headed home after a successful five-year mission at Camp As Sayliyah.

Police were some of the first to arrive in Vietnam and the last to leave, even playing a major role in directing the evacuation of Saigon during the airlift in 1975.

After Vietnam, and throughout the Cold War Era, the Air Force Security Police focus shifted to the protection of our nation's nuclear assets, but Security Police units continued their involvement in conflicts. In the early 1980s, SPs deployed to Libya to support Operation Early Call and to Grenada in support of Operation Urgent Fury. In 1987, once again our ties to the Army become prevalent when the Security

*continued on next page*

## AIRMEN

(continued)

Police Air Base Ground Defense course moved to Fort Dix, N.J and the Army took over responsibility to train the SP ground combat skills.

In 1990, the Security Police deployed in support of Operation Desert Shield and were located five kilometers from the border of Kuwait before the world even knew there was a problem in the Persian Gulf region.

It was in 1997 when the name was officially changed from Security Police to Security Forces. The career field, while continuing its existing missions, was directed by the Air Force Chief of Staff to reorganize in order to improve the Air Force's force protection

capabilities. With that, base defense groups, similar to those established during Vietnam, stood up.

Today, several Security Forces Contingency Response groups provide a highly-trained, rapidly deployable "first-in" force protection capability to any operating location. In 2003, Security Force members of these same groups participated in a combat parachute drop into Bashur Airfield in conjunction with the 173rd Airborne Brigade to open up the northern front in Iraq during Operation Iraqi Freedom.

Air Force Security Forces have not only played a role in every conflict since the Korean War, but have responded to several terrorist

incidents and participated in a number of operations since its inception. As part of Operation Joint Endeavor, Security Force Airmen secured an airfield in Bosnia, sounded the alarm at Khobar Towers, and hit the ground within 12 hours after the U.S. Embassy was bombed in Kenna, Africa. They were also the first on the ground in Tirana, Albania during Operation Shining Hope.

Since 9/11, nine Security Force Airmen have made the ultimate sacrifice in support of the Global War on Terror. Maintaining its proud tradition of the "battlefield Airmen," the Air Force Security Forces continue to conduct critical national security missions at home and abroad.



COL Grieme thanks some of the great staff at Patton's Own Dining Facility (DFAC) for ensuring that everything ran smoothly in the facility during the hectic holiday season. According to DFAC Manager, Joseph Colon, Patton's Own served 1,134 meals for the Thanksgiving lunch and 1,103 for the Christmas holiday lunch. From left to right: SPC Dawn Spiller, SGT Althea Spellman, SPC Thomas Wright, SPC Clarissa J. Hellerich, SSG Marvin Johnson, COL Grieme, SPC Christopher Abilez, SPC Brenden Flaherty, SGT Carl D. Hopkins, and SGT Daniel Scott. Way to go, Patton's Own!

# INSIDE THE WIRE

## CAS Soldiers hit the pits for the H1 UIM Oryx Hydroplane Cup

By **JESSICA BAILEY**  
ASG-QA Public Affairs

Soldiers from Camp As Sayliyah donned racing gear and headed to the Corniche as voluntary crew members for the Oryx Cup UIM World Championship H1 Unlimited Hydroplane Race series held in late October 2011. The championship, which makes an annual stop in Doha, Qatar as part of the H1 Unlimited series, showcases the very elite in hydroplane racing.

The volunteer crew members took on many of the tasks that any regular crew member would. From toting equipment to swapping propellers, the Soldiers got hands-on experience of what happens behind the scenes in a major racing event. Many of the Soldiers had never experienced anything like it ever before.

“It was a great opportunity to be part of the team,” said SFC Isaac Banks, who has been in the Army for 15 years. “We didn’t just sit around; we touched things and got really involved with helping out.”

Approximately 24 soldiers from CAS participated in the event and worked side-by-side with top-notch crews and some of the best drivers in the small world of hydroplane racing. According to H1 Unlimited Chairman, Sam Cole, this is the first time the organization has done an outreach program with U.S. forces in Doha. The outreach, which is already in partnership with the Air National



SPC Gessee Luos helps spruce up the hydroplane for her team “U57 Formula” in preparation for the Round 1 qualifying event. Luos said that she gained a lot of respect for the crews and drivers because of their dedication and passion for the sport. “They’re incredible,” she said.

Guard, seemed like a natural fit.

“The team owners were really impressed with the young Soldiers,” Cole said. “This is really special to me because I’m a veteran. We wouldn’t be able to do any of this without what our military does all over the world,” he said.

The volunteers, who were handpicked by military leaders at CAS, were sometimes working 10-hour days during the three-day event. While some Soldiers helped out in the pit area, others assisted the H1 officials with handling racecourse flags, shuffling special visitors and VIPs, and getting the boats in and out of the water. The whole experience left some of the Soldiers with a feeling that they had been part of something truly

unique and special.

“After seeing these magnificent boats up close and working with the crew, I now have so much respect for what these guys do just to get the boats in the water,” said SPC Gessee Luos, the chaplain’s assistant at ASG-Qatar. “At first I didn’t know too much about it, but now I understand how much passion and focus the drivers and crews have for what they do. I was truly excited to be a part of it.”

Cole said that with the success of the military outreach this year, they hope to work with the Soldiers again next year.

“This was such a great experience,” Cole said. “I really can’t wait until next year!”



# INSIDE THE WIRE

## Holiday Door Decorating Contest Winners



Best Unit Door Decoration: Army Contracting Command: (L to R) SSG George Syring, MAJ Jeffery Harris, SSG Carlos Pritchett, MAJ Senodja Sundiata-Walker, SFC Rachel Harris, SFC Michael McTague, and MAJ Brad Tweedy.

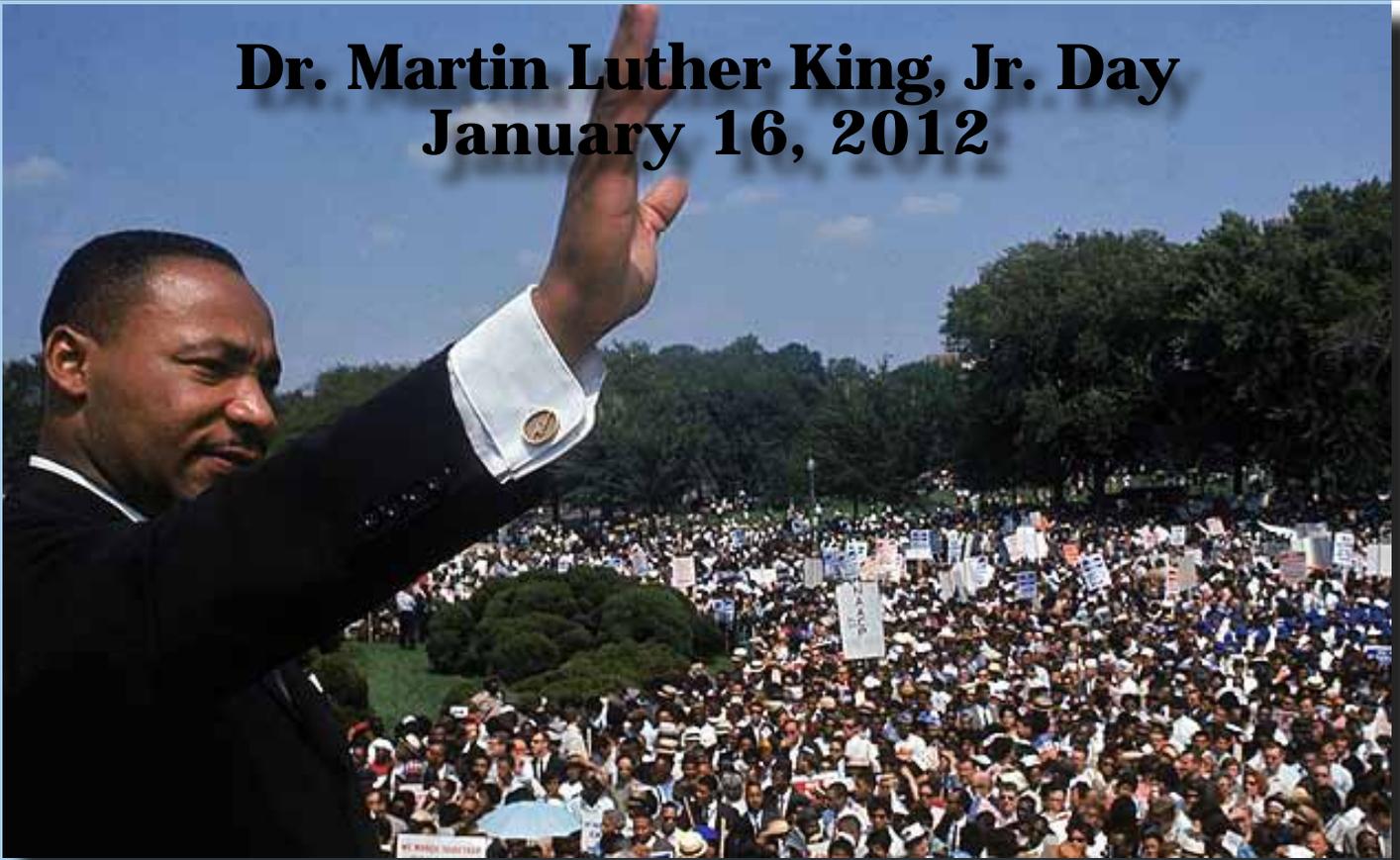


Best Individual Door Decoration: Samantha E. Johnson, chief paralegal at CENTCOM Contracting Command. "I wanted to find a way to give to everyone, and this Christmas door does exactly that, give!"



# INSIDE THE WIRE

## Dr. Martin Luther King, Jr. Day January 16, 2012



“And if America is to be a great nation this must become true. So let freedom ring from the prodigious hilltops of New Hampshire. Let freedom ring from the mighty mountains of New York. Let freedom ring from the heightening Alleghenies of Pennsylvania! Let freedom ring from the snowcapped Rockies of Colorado! Let freedom ring from the curvaceous slopes of California! But not only that; let freedom ring from Stone Mountain of Georgia! Let freedom ring from Lookout Mountain of Tennessee! Let freedom ring from every hill and molehill of Mississippi. From every mountainside, let freedom ring. And when this happens, when we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God’s children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, “Free at last! free at last! thank God Almighty, we are free at last!”

*Excerpt from the “I Have A Dream” speech by  
Dr. Martin Luther King, delivered on August 28, 1963,  
on the steps of the Lincoln Memorial.*

# INSIDE THE WIRE



## Christmas Coloring Contest winner

Five-year old Jazlyn Tinkler is the proud winner of a \$30 AAFES Gift Card for winning the “Christmas Coloring Contest.” Jazlyn’s dazzling, colorful Santa snagged the top prize. Holding her winning picture and gift card, Jazlyn is congratulated by (L-R) COL Grieme, her Mom, Michele, and Dad, Mark Tinkler, and AAFES Store Manager, Mary Lou Tangadik.



(L-R) CSM Holliday; Deputy Provost Marshal, Karen Beard, and COL Grieme congratulate MSG Jason Brandt on being promoted to Master Sergeant. MSG Brandt, who is the NCOIC of the Provost Marshal Office, was surrounded by co-workers and fellow Soldiers as he proudly accepted his promotion. Brandt was born in Glendale, Calif., and has served tours in Iraq, Kosovo, and Somalia. The new master sergeant was moved by the ceremony. “I am honored that the Army has allowed me to continue to serve, and I hope to make first sergeant soon.” Although his family couldn’t be with him on this special day, we are happy to mention their names here. His wife’s name is, Nicole, and his sons are; Christian, 19, and Jordan, 14. Congratulations to MSG Brandt and his family!

# INSIDE THE WIRE



COL Grieme, along with CSM Holliday, present a check for QR4250 to Ms. Abeer Srour of the Qatar Orphan Foundation, following Camp As Sayliyah's first Children's Olympics which was held Dec. 17. More than 30 children from the orphanage participated in the event, along with several children of military members and DoD civilians at the Camp. MWR organized the event, which is expected to return later this year.

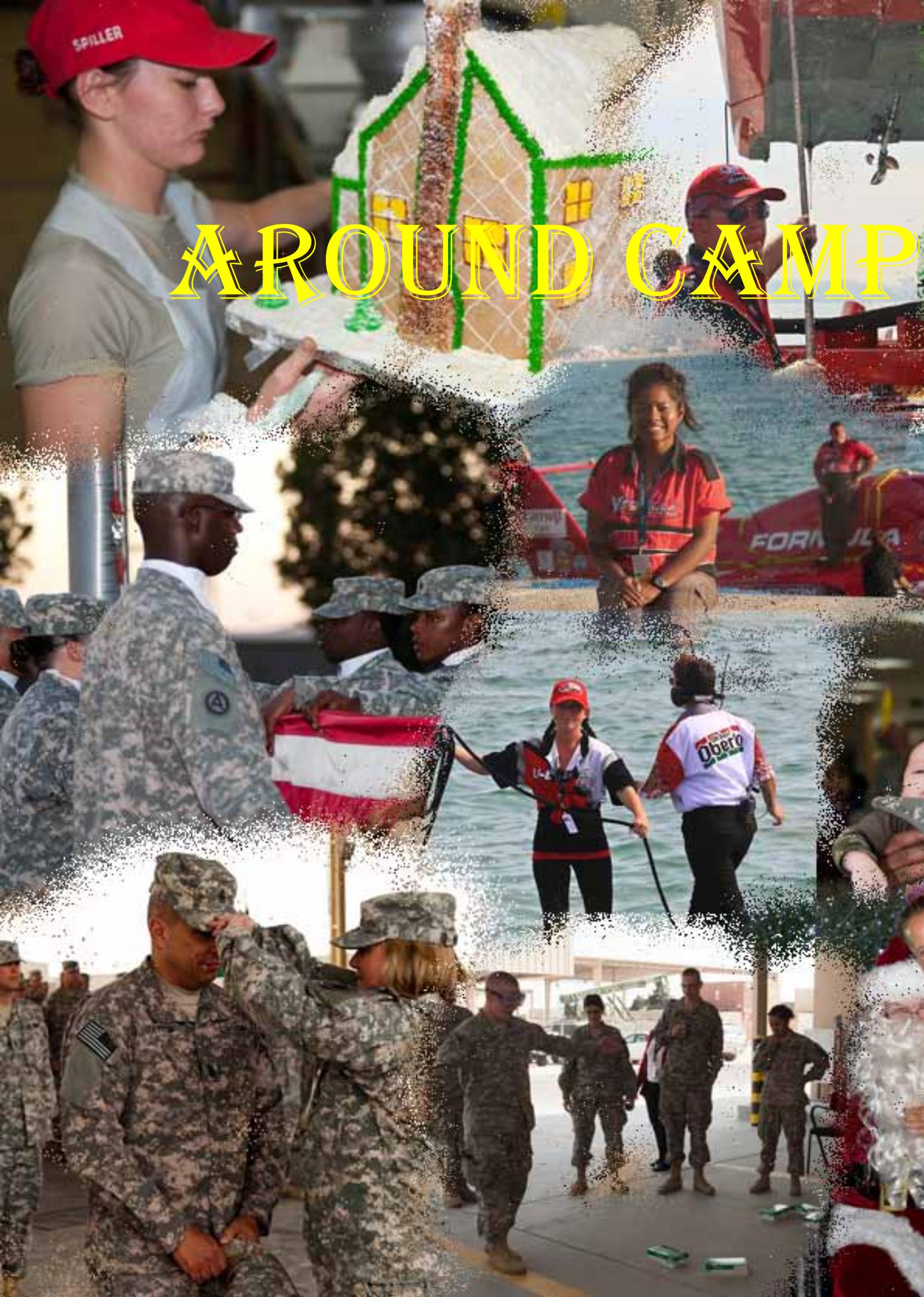


## Happy holidays from the DFAC!

COL Grieme, along with CSM Holliday, don festive Santa hats and join Ambassador to the State of Qatar, Susan L. Ziadeh, in the official cake-cutting ceremony for the Christmas holiday luncheon. The annual event was held at Patton's Own dining facility on Christmas Day.



# AROUND CAMP



# AS SA YLIYAH





## MWR Hours

- **Main and Small Gyms**  
Open all day, every day
- **Cyber Cafe, Phone Ctr.**  
Open all day, every day
- **Video Hut**  
9 a.m. to 10 p.m.
- **Swimming Pool**  
5:30 a.m. to midnight, closed  
for cleaning 9 to 10:30 a.m.
- **Mini Golf Course**  
6 a.m. to midnight
- **Driving Range**  
8 a.m. to midnight

## MWR Events

### January is Fitness Mania Month

Participate in a different event every day during the month of January. Some of the events include basketball, ping-pong, and billiards. Contact MWR or visit their Intranet page for a complete listing of events.

To register for these events or for any MWR-sponsored trip, stop by the MWR office, in building 109, Monday-Sunday, 9 a.m.-5 p.m., or call DSN: 432-3049.

You can register for trips up to three days prior to the trip departure date. Payment is required at the time you register for any trip.

## MWR Staff

**MWR Director**  
Antoine T. Randall

**MWR Lead Recreation  
Specialist**  
Lee Barclay

**MWR NCOIC**  
SFC Kevin D. Smith

# INSIDE THE WIRE

*Billboard Top 100 hits starting at 9 p.m.  
on most nights!*



# B I N G O

Play bingo at the Top Off club  
every Tuesday, starting at  
8:30 p.m.

## Hit the road with MWR

**Trip to the Old and Gold Souq:**  
3 p.m.-7 p.m. - FREE to CAS military,  
DoD civilians and contractors

**Doha City Tours and Islamic Museum:**  
10 a.m.-3 p.m.  
CAS military:\$22.50  
DoD civilians and contractors: \$30.00

**Day trip to City Center Mall:**  
10 a.m.-4:30 p.m. - FREE to CAS military,  
DoD civilians and contractors

**Evening trip to City Center Mall:**  
3:30 p.m.-10 p.m. - FREE to CAS military,  
DoD civilians and contractors

**Trip to Villagio Mall:**  
10 a.m.-2:30 p.m. - FREE to CAS military,  
DoD civilians and contractors

### Remember:

Visit the Area Support Group - Qatar Intranet page for a complete listing of these MWR events and more!



# MWR

## *Camp As Sayliyah 1st Children's Olympics*



# EDUCATION

## DoD extends tuition assistance deadline

By **ANNETTE WHITAKER, ED. D.**  
ASG-QA Army  
Education Center

The Department of Defense (DoD) has decided to extend the Tuition Assistance Program Memorandum of Understanding (MOU) deadline 90 days from December 31, 2011 until March 30, 2012. The extension will permit the Department to work with key stakeholders to address outstanding concerns and complete the process of implementing the MOU. This will ensure our Service members

are afforded the widest variety of informed choices for their continued education.

DoD policy requires all institutions participating in the Military Tuition Assistance program to have a memorandum of understanding with the DoD. Only the implementation date of the policy has changed from December 31, 2011 to March 30, 2012. Signed MOUs will remain in effect and institutions that have signed or are in the process of signing the DoD MOU will not be required to re-sign or make changes to their application.

Soldier TA requests which are initiated in GoArmyEd prior to the deadline date will be honored by HQ ACES for payment, even if the request is not approved by an Army education approving official prior to the deadline. Schools that do not sign the DoD MOU prior to the new deadline will no longer be available to Soldiers for further TA enrollments. Counselors should expect a spike in workload as they will need to work with Soldiers to help them find a new school to continue their TA funded education activities if their school does not sign the DoD MOU.

## UNIVERSITY OF MARYLAND UNIVERSITY COLLEGE EUROPE

### CAMP AS SAYLIYAH

## On Base (Spring) College Classes

Course Code	Course Title	Days	Time	Start Date	End Date	Instructor	GoArmyEd Class #	UMUC Class #	SH
STAT 200	Introduction to Statistics	Tue/Thu	18:00 - 21:00	20 Mar	10 May	Dr. Mircheva	tba	tba	3
HIST 141	Introduction to Western Civ. I	Mon/Wed	18:00 - 21:00	19 Mar	9 May	Chapl. Payne	tba	tba	3
BMGT 110	Introduction to Business Management	Fri/Sun	18:00 - 21:00	23 Mar	13 May	Grey	tba	tba	3

### Classes open up for registration in February!

(12 students per class needed to make it a "go," so register today and bring a friend!)

**MAKE YOUR 2012 NEW-YEAR'S RESOLUTION TO TAKE CLASSES WITH UMUC!!**

Contact your UMUC Field Representative, Robert Grey,  
at the Camp As Sayliyah Education Center (Bldg 111) for more information.

DSN 432-2774, mobile: (99)5599-8138, or [rgrey@europe.umuc.edu](mailto:rgrey@europe.umuc.edu)

AF/Navy/Marines/Civilians:  
become a UMUC student at  
<https://www.umuc.edu>.

To register in theclass.

\*CAS registration Center Code: E966

Online classes are also available:  
[www.ed.umuc.edu](http://www.ed.umuc.edu).

Army: Register for classes through  
your [www.goarmyed.com](http://www.goarmyed.com) (GAE)  
account. Contact the GoArmyEd  
Counselor, Ermal Haxhiu, if you ave  
problem with GAE.

[Ermal.haxhiu@kuwait.swa.army.mil](mailto:Ermal.haxhiu@kuwait.swa.army.mil)  
or DSN 432-2777

For more information, contact the  
UMUC Field Representative, Robert  
Grey at the CAS Education Center  
in building 111 or call  
DSN: 432-2774 or e-mail:  
[rgrey@europe.umuc.edu](mailto:rgrey@europe.umuc.edu).

## Living well in 2012: Focusing on reasonable goals in the new year

By **DR. NICKOLE CONERLY**  
Clinical Psychologist  
ASG-QA Troop Medical Center

The Camp As Sayliyah Troop Medical Clinic (TMC) staff hopes that the new year brings good health and self growth to everyone. Remember, the bad habits that were a problem in 2011 don't have to follow you into 2012. With some thoughtful planning, you will be able to make reasonable resolutions that you will be able to keep. How? The first step is to decide on a goal. In making your goal, you should consider what changes 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 to succeed.

- 1. Make a plan that you can live with.** Your plan is the map that will guide you on this journey to self change. It needs to be specific. If you want to exercise more, write down the time of day that you want to take walks and how long you will walk. Write down everything that you plan to do and make sure that your plans are realistic.
- 2. Focus on reasonable goals.** Break your New Year resolutions into small, manageable bits. Instead of writing that you want

to lose 20 pounds in the next few months, write that you want to lose a pound a week. This way, you are more likely to achieve success.

- 3. Don't attempt too many immediate changes.** For many people, it is too difficult to lose weight, quit smoking and stop drinking - all at once. To improve your chances of success, focus on one goal or one change at a time. As healthy new behaviors become a habit, try to add another goal that works toward the overall change that you are hoping to achieve.
- 4. Prepare yourself mentally.** Take time to think about your goals and the activities required to achieve them. Try to prepare yourself for changes before implementation.
- 5. Involve a friend.** Whether it is a friend or co-worker or family member, someone else on your journey will help to keep you motivated and accountable. It can be someone to work out with or someone who is trying to make changes similar to yours. Having someone with whom you can share your struggles and successes will make the work easier and the mission less stressful.
- 6. Don't get discouraged.** If at first you don't succeed, try again.



Dr. Nickole Conerly  
Clinical Psychologist

Remember, Rome wasn't built in a day.

- 7. 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 what friends are doing. Do your own thing.
- 8. Reward yourself for small successes.** You deserve recognition whenever you perform well, even if you are the only one recognizing it. Celebrate each week that you inch toward your ultimate resolution. You can reward yourself with a small purchase; such as a night at the movies or picking up a new book or CD. Commemorate your efforts to live a healthier, happier life.

# THIS SOLDIER'S STORY



**1SG Thomas Miskevish**

## My favorite things:

Favorite hobby: Sports and reading

Favorite movie or movies: Halloween

Favorite television show: The Office

Favorite food: Cornbread and beans (Yum!)

Favorite vacation location: Walt Disney World

Favorite memory: Making it out of Fallujah—alive!

Favorite quote: “Better to fight for something, than live for nothing.” by George S. Patton

Favorite person in history and why: Manly P. Hall – His literary works have broadened the way that I look at life.

## ‘Best decision’ pays off on long road to 1SG

By **JESSICA M. BAILEY**  
ASG-QA Public Affairs

After 22 years in the Army and an impressive resume of duty stations, 1SG Thomas Miskevish can now look in the rearview mirror and reflect on one of the best decisions he has ever made—joining the Army.

“I initially joined to further my education,” Miskevish said. “I wanted money to go to college and the Army promised that, so, it seemed like the perfect fit for me at the time.”

Miskevish, who is the First Sergeant for Headquarters and Headquarters Command (HHC), Army Support Group (ASG)-

Qatar, said the Army opened doors that were never open to him before. After all these years of dedicated service, he often reflects on other considerations that affected his decision as a young man with a wife and baby to support.

“I never thought that I’d ever make it this far, but I decided to stay on for personal reasons,” he said. “I had a new baby and a wife, and I wanted to make sure that they were provided for.”

Miskevish was born in Charleston, W. Va., in an environment that, in his own words, wasn’t conducive to success. He remembers living in low-income housing projects and



SPC Frankie Slater (seated), and SGT Tammie R. Blasingame, listen intently as 1SG Miskevish provides some guidance on an administrative-related issue. Miskevish enjoys working one-on-one with the Soldiers and says that being a good leader requires listening, commitment, patience, and humor.

FEATURING

## 1SG Thomas Miskevish

how much he wanted to, “get out of that place.” Miskevish thinks about the path that his life could have easily taken, had the Army not been an alternative to where he was headed.

“Growing up, I was in a low-income home,” he said. “I grew up in housing projects all my life, and once I had a chance to escape that life, and join the Army, I did. I had some tough times and could’ve gone down the wrong path like so many other guys that I knew; but meeting my wife and joining the Army changed all that, before it was too late.”

The road to First Sergeant has been filled with the typical ups and downs found in any career field. Going from duty station to duty station, with family in tow, has proven to be difficult and stressful for many military families. But, Miskevish credits his wife, and what the Army offered, with providing some of the much needed stability and direction he needed in his life.

“The Army has allowed me to better my life in so many ways, especially financially,” Miskevish said. “I have been places and accomplished things I never would have accomplished had I not joined.”

Miskevish started his journey in Fort Riley, Kan., serving in the 1<sup>st</sup> Infantry Division from 1989-1990. From there, he was stationed as part of the 3/77 Armory Battalion from 1990-1993. He’s also been stationed in Mannheim (1990-1993) and Frankfurt (1999-2001) Germany, and served additional tours at Fort Riley, Kan. (1993-1998; 2001-2010), as well as a deployment to Fallujah, Iraq, from 2003-2004.



Always on the job, Miskevish reviews some paperwork with Headquarters and Headquarters Company (HHC) Commander, CPT Petal Leate. “He lives the Army values on a daily basis, and I believe he is the epitome of how the Army defines a battle-tested, non-commissioned officer,” Leate said. “It is a pleasure to work beside him as my tag team partner.”

“Fallujah was a real eye-opener in so many ways,” he said. “It’s kind of tough to talk about it, but I am thankful that I made it out because many of my fellow-Soldiers didn’t.”

The long road from Private to First Sergeant has made him an experienced and battle-tested veteran who’s learned a thing or two about leadership.

“My job here as First Sergeant is to make sure there is good order and discipline with all the Soldiers that are attached to Army Support Group-Qatar,” he said. “Being in that leadership position has taught me to lead by example. I’m a good listener, but I’m not necessarily an authoritative leader. That’s not my style. I want the Soldiers to know that they have someone who’ll listen to their

issues and offer advice. I can be very direct at times, while still being pretty laid back, as well.”

However, out of all the things he counts as accomplishments, Miskevish said that his family is the most significant one and still at the heart of what motivates him the most.

“My son, Thomas, who is 20, just joined the Army, and my daughter, Alexis, is 18 and a student at Kansas State University,” he said. “I am so proud of what they’ve achieved. My family is still what drives everything that I try to do in this life.”

The decision that Miskevish made so long ago has paid off in dividends.

“I made the right decision at the right time,” he said. “I am truly glad that I did.”



Army Chief of Staff Gen. Raymond T. Odierno addresses some of the Army's most senior uniformed leaders at the Pentagon recently. Odierno said that after long deployments, Soldiers just want to get home as soon as possible.

## Army Chief of Staff issues instructions for Reserves on demobilizing

By **ARMY NEWS SERVICE**

WASHINGTON, DC (December 16, 2011) -- Army Chief of Staff Gen. Raymond T. Odierno issued instructions Wednesday concerning Reserve Component Soldiers who will be demobilizing at bases in the United States over the holidays.

"Our Guard and Reserve Soldiers sacrifice so much for our country and they are an indispensable part of the Army team," Odierno told a group of the Army's most senior uniformed leaders at the Pentagon.

With the continuing drawdown in Iraq and normal unit rotations from Afghanistan, thousands of

Guard and Reserve units are expected to out-process through six demobilization sites between now and early January.

"I know that after a long deployment these Soldiers just want to get home as soon as possible," Odierno said. "However, it must be balanced with a complete and thorough demobilization process. We will ensure that our returning citizen-soldiers are provided the opportunity to take a four-day pass over the holidays, and the chance to spend the holidays with local families near our demobilization sites for those that are far from home," he said.

By Army Regulation, RC Soldiers can only receive a pass of up to four days when demobilizing. Odierno directed Lt. Gen. Bill Ingram, the director of the Army National Guard and Lt. Gen. Jack Stultz, chief of the Army Reserve, to review their plans to ensure Soldiers at the demobilization sites get the pass opportunity, or, if Soldiers choose not to take a pass, that they have opportunities to participate in holiday activities on post or with local families.

"We realize that being back on U.S. soil at a mobilization center

*(continued on next page)*

# ARMY NATION

## RESERVES

(continued)

is not the same thing as being home for the holidays for our Guard Soldiers,” Ingram said. “We appreciate the continued sacrifices our Soldiers and their families are making in spending one more holiday apart from each other, and we will do what we can to allow them to take advantage of a pass or otherwise enjoy the holidays where they are.”

“We appreciate the Army’s focus on supporting Army Reserve Soldiers as they return to the states and begin the demobilization process,” Stultz said. “Our Soldiers understand the challenges of demobilization and

will comply with the 1st Army and installation requirements at each site.”

“If that includes a four-day pass to be with their families, then I can think of no better way to celebrate the holidays,” Stultz added. “We’re just glad they have arrived safely home.”

The Army executes a detailed program at the demobilization site for RC Soldiers when they return from a deployment.

According to Army Vice Chief of Staff Gen. Peter Chiarelli, this process is essential and cannot be cut short. “We owe it to all Soldiers who serve-and, that includes our Guard and Reserve Soldiers-to ensure they are properly evaluated and receive

the care and support they require upon redeploying. We recognize they want to get home to their loved ones as quickly as possible; but, their short- and long-term health and well-being is our top priority.”

“We certainly try to avoid bringing Soldiers to the demobilization centers over the holidays, but in some cases it’s simply not possible,” Chiarelli said.

Army officials at the demobilization sites are working with local authorities to identify families that would be willing to host Soldiers over the holidays.

## Casting absentee ballot easier than ever

By SPC BRYAN WILLIS

19<sup>th</sup> Expeditionary Sustainment Command

SEOUL, South Korea (Jan. 9, 2012) -- The Army Voting Assistance Program is designed to make registration, voting information, materials and assistance readily available to all eligible Army voters. The program seeks to educate eligible voters about the importance of voting and provide every opportunity to register.

“2012 is a crucial year for the nation as a whole, especially in our military community. Exercise your right as a Soldier and vote,” said Lt. Col. Rajesh Lobrecht, 19th Expeditionary Sustainment Command deputy G-1, voting assistance officer.

January 2012 is an important month for military and overseas voters because it marks the beginning of a new year and due to recent changes to federal and state laws, service members overseas are now encouraged to complete registration every year.

“I have always voted in the past, but this is the first time I will cast an absentee ballot,” said Spc. Tabatha Mazyck, 19th Expeditionary Sustainment Command.

Registering is easy. Potential voters can go to <http://www.fvap.gov/> and click on ‘service member or family of a service member.’ The next screen will require votes to pick a home state to get specific information regarding absentee voting in that state.

The Federal Voting Assistance

Program website has a ‘frequently asked question’ section that can help guide first-time users of the site.

“Remember, every vote counts. See your unit voting assistance officer for more details. Don’t let this opportunity slip by,” said Lobrecht.

## CAS Tax Center Grand Opening

The Camp As Sayliyah Tax Center Grand Opening is holding its grand opening ceremony on Friday, January 27, at 2:30 p.m. The tax center will begin normal operations on Saturday, January 28, from 8 a.m. to 6 p.m. daily.

The tax center is located in the Education Center building (building 111). For more information, call the tax center at 423-2319.

# SECURITY

## Aggressive phishing scams target military families and veterans

By **MARGARET MCBRIDE**  
Army CIO/G-6

WASHINGTON (Dec. 23, 2011)  
-- Anyone who gets caught by phishing scams loses money, time and security. Phishing is usually an unsolicited email that prompts an action, such as divulging secure information, downloading potentially dangerous files, or sending money to an unknown source.

A recent aggressive phishing attack is making the rounds in an email to USAA members, which appears to be from USAA, a financial services company that serves service members, their families, and veterans. The email subject begins with "Deposit Posted."

Members are asked to open a Zeus-infected attached file. Once opened, it launches a malicious virus which if launched could provide access to personal

information and may require a complete reinstall of the computer operating system. Most USAA members are affiliated with the military.

Other attacks have been directed at U.S. military installations and defense facilities. Official looking emails appear to come from a senior officer or other authority figure not known to the recipient, instructing the recipient to download and install software. This is often portrayed as a critical security measure that must be immediately deployed.

What actually happens is that the software is either a Trojan Horse that will destroy systems and networks, or data mining software that will now be past firewall defenses.

Phishers prey on greed, fear, and especially for military targets, obedience to authority. They have become increasingly sophisticated, and create official looking emails

and design sites for gathering data.

Be wary of any unsolicited email that requests secure information or instructs you to download software. It is extremely rare for any financial institution including PayPal and Ebay to ask for such information. Check official websites for information on how to recognize fraudulent emails and sites-- including military websites. Always get confirmation from a trusted source before downloading and installing software. If something doesn't seem quite right, it probably isn't.

*For more information on Phishing scams, visit any of these sites:*

[http://www.antiphishing.org/consumer\\_recs.html](http://www.antiphishing.org/consumer_recs.html)

<http://www.ic3.gov/default.aspx>

<http://wombatsecurity.com/antiphishingphil>

Source: [www.army.mil](http://www.army.mil)

### THE FAMILY FIREWALL™

The Adventures of SFC Firewall at Home



## WELCOME

*(continued from page 3)*

Soldiers felt they had really contributed to the success in Iraq, said Staff Sgt. Luis Figueroa, a paratrooper with 3rd Brigade Combat Team, 82nd Airborne Division.

“His speech made me feel like I actually accomplished something while serving in the Army,” Figueroa said. “We helped build Iraq to where we can leave and let them run their own country.”

However, the war in Iraq ending only meant one thing to the airborne Soldiers of Fort Bragg: now they can focus all their training and attention on Afghanistan, said Sgt. Michael Way, a paratrooper with 2nd Battalion, 505th Parachute Infantry Regiment, 82nd Abn. Div.

“It’s nice to know the war in Iraq is ending so we can close that chapter and focus primarily on Afghanistan,” Way said. “We will always do what we need to do, and hopefully, eventually we will bring home everyone from there as well.”

Besides talking about the ending of the war, both the president and first lady spoke about their plans for service members in the future.

“We are going to keep finding new ways to serve all of you as you have served us,” Mrs. Obama said. “The man leading the way is standing right here. He is fighting for you and your families every day. He is helping veterans and family members go to college through the post 9/11 Montgomery GI Bill, improving mental health care, cutting taxes to business’s who hire veterans,

and he has kept his promise to bring you home from Iraq.”

“I plan to make sure you get the benefits and opportunities that you deserve,” Obama said. “You are the finest our nation has to offer. We are committed to doing everything we can to extending opportunities to those who have served our nation.”

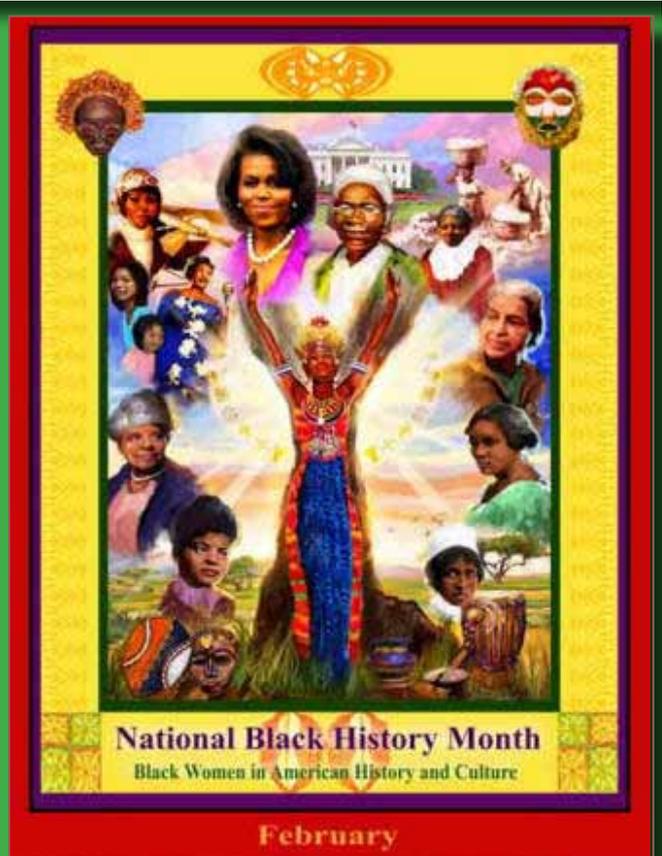
In the end, the president couldn’t stress enough how impressed he was with the U.S. military’s commitment to completing the mission.

“You have had to be more than Soldiers, Sailors, Airmen, Marines and Coast Guardsmen. You have also had to be diplomats, developers, trainers and peacemakers,” Obama said. “In all of this, you have shown why the U.S. military is the finest fighting force in this great world.”

## February is Black History Month

Black History Month was first observed in the U.S. and Canada in 1976. But, its beginnings go back to 1926 when it was initially created as “Negro History Week” by historian, Carter G. Woodson.

This year’s theme is “Black Women in American Culture and History” which acknowledges the significant contributions made by Black women in American history and culture.



# Chaplain Payne's Corner

## Spiritual family values help build stronger relationships

Family. I believe one of the most spiritual things you can do is to build healthy relationships—especially with your spouse and children. Pay attention to your family. Listen. If you listen, you can learn quite a bit. Let's listen with this letter to God by a kid named Elliot.

and friends who do not share your values. This reality should motivate you to give your family the spiritual direction they need.

Conflict is normal. It is important to work solutions. It is vital to teach your children patience, kindness, and caring. When they get into a fight, you could make them shake

Dear God,  
I think about  
you sometimes even  
when I'm not praying  
Elliott

The message: Help your family keep spiritual focus. I have seen many, many moms and kids attending the church—oftentimes, without dad. Then, when the kids become teens, they lose interest. The teens will say, “Dad doesn’t go to church. Why do I have to?” Sure, they might drop out even if dad attends church. That’s because there are a lot of influences out there: alcohol; drugs; promiscuity,

hands and apologize, or you can also show patience, kindness, caring, and forgiveness to your spouse. Kids pick up a lot from watching how you and your spouse treat each other.

In the next letter you will find that kids need a moral compass for their life.

Teach your kids right and wrong. They don’t need a lecture. Look for teachable moments, then ask



Chaplain (MAJ-P) Gary G. Payne  
ASG-QA Command Chaplain

them, “What do you think about . . . ?” Get them engaged in a dialogue. But, more importantly, your kids will pick up your inconsistencies in behavior better than anyone else. “Do as I say, not as I do” does not work very well.

### Chaplain's Creed



*For God  
and Country*

Dear God  
Maybe Cain and Abel  
would not kill each so much  
if they had their own rooms.  
It works with my brother  
Larry

Finally, think about this: What is best for your kids and your spouse? Criticizing *or* encouraging? Saying “no”—“because I said so” *or* explaining, “Why?” Instead of coming home from work and yelling as soon as you get in the door, try coming home from work, relaxing a little bit before addressing what you need to address. Instead of working late and spending time doing whatever (watching TV, working in the garage), why not try coming home early and spending time with your kids and spouse (playing or doing something special).

Dear God  
I went to this wedding  
and they kissed right in church  
Is that ok?  
Neil

I realize these principles may seem out of touch right now. After all, most of you are away from your families. However, you will go home again. Remind yourself of the kind of spouse and parent you can be. In the meantime, do what you can through phone calls, Skype, e-mails, and letters. You can still be available to your family from a distance.

Take care of your family. Family is among the most important gifts God has given you. Remember, building a healthy relationship with your family is one of the most spiritual things you can ever do.

## Who we are

### **Mission Statement:**

The United States Army Chaplaincy provides religious support to America’s Army while assisting commanders in ensuring the right of free exercise of religion for all Soldiers. In short, we nurture the living, care for the wounded, and honor the fallen.

### **Vision Statement: Spiritual leadership for the Army family.**

Since July 29, 1775, approximately 25,000 Army Chaplains have served as religious and spiritual leaders for 25 million Soldiers and their Families. From military installations to deployed combat units and from service schools to military hospitals, Army Chaplains and Chaplain Assistants have performed their ministries in the most religiously diverse organization in the world.

Always present with their Soldiers in war and in peace, Army Chaplains have served in more than 270 major wars and combat engagements. Nearly 300 Army Chaplains have laid down their lives in battle. Six have been awarded the Medal of Honor. Their love of God, Country and the American Soldier has been a beacon of light and a message of hope for all those who have served our nation.

Currently, more than 2,900 Chaplains are serving the Total Army representing over 130 different religious organizations. More than 800 chaplains and Chaplain assistants are currently mobilized or deployed in support of contingency operations throughout the world.

### What did you think of Desert Mesh edition 74?

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: \_\_\_\_\_

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We would like your feedback!

Edition 74. The editorial content is the responsibility of the Area Support Group-Qatar Public Affairs Office, located in building 101 across from the command suite. General comments should be addressed to [pao@qatar.army.mil](mailto:pao@qatar.army.mil) or by calling (011) 974-450-2714 or DSN (318) 432-2572/2800.

## HAPPY 236TH BIRTHDAY UNITED STATES MARINE CORPS



COL Grieme and ISG Thomas Miskevish, join Marine Staff Sgt. Ivan Wilson and Sgt. Donald Webster, in a cake-cutting ceremony on November 10, 2011, to commemorate the 236th birthday of the United States Marine Corps. Although the contingent of Marines here on post is small, COL Grieme acknowledged the Marines' necessary presence and significant contribution to the mission at Camp As Sayliyah. The ceremonial cake-cutting took place at Patton's Own. To our Marines, Semper Fidelis!