

CAS hosts relationship building program. Page 4 | Tips for “Going green”. Page 7 | PMO: what is it and what do they do? Page 8



CAS Welcomes New Commander

Colonel William S. Wozniak assumes command of Area Support Group-Qatar, U.S. Army Central Command. Page 2

**ASG-QA
receives 1st
female CSM
Page 9**



COMMANDER
U.S. Army Col. William S. Wozniak

DEPUTY COMMANDER
U.S. Army Maj. David M. Bornn

COMMAND SERGEANT MAJOR
U.S. Army Command Sgt. Maj.
Earla L. Reddock

PUBLIC AFFAIRS COORDINATOR,
EDITOR
Mrs. Polli Ogilvie

PHOTOJOURNALIST
Mr. Jeremiah J. Clark



 **William S. Wozniak**
Commander
Area Support Group - Qatar

I want to thank everyone who attended the Area Support Group-Qatar change of command on July 3rd. It was a great welcome. Wendy and I appreciate the support and look forward to our time here with you on Camp As Sayliyah.

I enjoy Change of Command ceremonies. They offer a time to reflect on the installation's posture, mission, its day-to-day structure and the people who make it work. While many of us are familiar with the CAS atmosphere and rhythms, it is vital that we remain receptive to change and continue to look out for one another, so that we stay fresh and continue to improve on our standards.

When all is said and done, (and in some circumstances, more said than done) as your commander, I simply ask all of you to do your very best. Your best includes doing the right thing and living the Army Values. These values not only serve our Soldiers, but should be a part of everyone's day-to-day actions here on CAS.

When doing our jobs and taking care of one another, do not accept

the first no as the final answer; understand that this does not translate into always saying yes! You may very well have to tell one of our valued customers no, but be sure to provide an alternative solution or course of action. Continue to be innovative and work together to get the desired results.

Everyone must recognize that things get done through personal relationships and working together, I know you and you know me; recognizing this and getting to know your counterparts throughout our area of responsibility will serve you and your organization extremely well.

This also means that when taking care of one another; intervene when it is the right thing to do. Sexual Harassment and Sexual Assault have no place in our organization. Do not condone and do not ignore such actions or behaviors. Stop and intervene. Furthermore, do not put yourself in a position of temptation.

CAS is a reflection of who we are. And in that light, please help to keep it clean and do not hesitate to report a malfunctioning facet or piece of equipment. Please do not pass by that piece of trash on the ground without putting it in a trashcan. Our strength is working as a team; keeping our standards high and our camp safe and clean.

I am proud to announce that we are at 194 days without a major accident on camp. This is a great record; however, we must remain vigilant and remember that safety and risk assessments must be a part of everything we do. Some assessments will need to be formal in nature, while others are merely an awareness of the hazards around us.

You are a member of a great team and together we can work to make Camp As Sayliyah -- CAS-tastic!

“Patton’s Own!”



This Army tabloid is an authorized publication for members of the Department of Defense. Content of the *Desert Mesh* is not necessarily the official view 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. All photos are official U.S. Army Photos unless otherwise credited.



Earla L. Reddock
Command Sergeant Major
Area Support Group - Qatar

Camp As Sayliyah, Col. Wozniak and Command Team thank you for such a warm welcome. I am excited to be here.

I have been looking forward to this assignment and I am impressed with all that I have seen thus far. Its apparent to me that the noncommissioned officers, officers, civilians and contract personnel take a lot of pride in everything that's done here at CAS.

I look forward to working with Col. Wozniak and taking CAS to even greater heights, as we incorporate some of what he and I do well, here on camp.

This is also a great opportunity for me to learn the culture of Qatar and get to know some of the other country nationals who live and work here.

I look forward to learning more about you and you learning more about me. With that in mind, I thought I would share a bit of my history with you today.

I enlisted in the United

States Army in August 1986. My career history includes positions as Administrative Clerk, Drill Sergeant, Inspector General, Chief Admin. Supervisor, Aide De Camp, First Sergeant, G1 Sergeant Major (Rear), Senior Human Resource Noncommissioned Officer, 3rd Infantry Brigade Combat Team and Garrison Command Sergeant. Maj.

My previous assignments were with the 8th Personnel Command Korea; 82nd Airborne Division Fort Bragg; 2nd Battalion 14th Infantry Regiment, Fort Jackson; 8th Army, Korea; Special Forces Command (Airborne), Fort Bragg; Space and Missile Defense Command, Arlington VA; North Atlantic Treaty Organization, Greece; New York Military Entrance Processing Station, Military Entrance Processing Command; and United States Army Sergeants Major Academy, Class 56.

I served as a Rear G1 Sergeant Major, 10th Mountain Division; the 3rd Infantry Brigade Combat Team; 10th Mountain Division S1 Noncommissioned Office in Charge and Garrison Command Sergeant Major, U.S. Army Garrison Baumholder, Germany.

I completed Basic Airborne School, Jumpmaster School, Drill Sergeant School, Inspector General Course, NATO Senior Noncommissioned Officer Course, First Sergeant's Course, the Field Artillery 43 course, the U.S. Army Sergeants Major Academy.

Again, I look forward to being your Command Sgt. Maj. for the next 24 months and along with Col. Wozniak, Pearl 6, making CAS a better tomorrow.

This month in U.S. Third Army History

The Third Army became operational at 1200 hours on August 1, 1944, a warm, clear day. It was perfect weather for the type of mobile war that General Patton loved to wage.

Under Patton's command were the VIII Corps, commanded by Troy H. Middleton, the XII Corps, commanded by Gilbert R. Cook, the XV Corps, commanded by Wade H. Haislip, and the XX Corps, commanded by Walton H. Walker, one of Patton's favorites. Patton once said of Walker that, 'He will apparently fight anytime, anywhere, and with anything that I will give to him.' That was the type of commander Patton liked.

At the same time and day, the XIX Tactical Air Command became operational under the command of General O.P. Weyland.

The operations of August would develop into five distinct phases:

1. The conquest of Brittany.
2. Encirclement of the Seventh German Army at Argentan-Falaise.
3. The rapid advance to the Seine River, including the envelopment of enemy forces from Mantes Gassicourt to Elbeuf.
4. The enemy evacuation of southwestern France.
5. The chasing of the Germans across the Marne, Aisne, and Meuse Rivers.

CAS hosts RESST/PREP- relationship building program for deployed troops

By U.S. Army Sgt.
Katherine Dowd
135th Expeditionary
Sustainment Command

DOHA, Qatar-Soldiers of the 135th Expeditionary Sustainment Command's chaplain section recently worked together to combine two relationship building programs into one that is available to all soldiers deployed to Camp Arifjan, Kuwait.

The Army offers relationship building programs designed for both single soldiers and for married soldiers. At Camp Arifjan, however, the courses previously offered were only for single soldiers on deployment. Chaplain Melvin Tucker and Staff Sgt. Luke Bridgeman dedicated countless hours to opening this program to all soldiers here.

"The program offers important relationship advice and provides necessary resiliency time for soldiers," Tucker said. "It helps soldiers' mental fitness because it takes them out of their normal work environment and places them in a relaxed setting. It gives them a chance to learn and relax at the same time." This is the first time that a relationship course has been offered to both single and married soldiers at Camp Arifjan.

The Relationship Enhancement Single Soldier Training (RESST) and Preventional and Relationship Enhancement Program (PREP) were the foundational building blocks for the new course that is designed to help build soldiers' relationship and communication skills for current and future relationships.

Bridgeman, 135th ESC Chaplain's assistant, coordinates the essential behind the scenes aspects that make the program run. He plans the operational side of the program such as arranging air and ground transportation, coordinating living quarters for the duration of the program, and



(Coutesy photo)

DOHA, Qatar - Above: Soldiers from Camp Arifjan, Kuwait attend the RESST/PREP relationship building program at Camp As Sayliyah in July.

ensuring participants have the correct packing list and travel orders.

The RESST/PREP program takes place at Camp As Sayliyah in Qatar, so ensuring that travel and living accommodations are taken care of is essential to make the program run smoothly. He also assisted Tucker in piecing together essential aspects of both the RESST and PREP training materials to create a program that was useful for all attendees.

A deployment can overshadow the parts of everyday life that families and friends are still actively participating in at home. This training takes the soldier out of the workplace and puts them in a course that provides ideas for better communication, deeper understanding, and realistic expectations.

"The program takes place away from Arifjan so that soldiers can fully immerse themselves in the training without having to fight the temptation to still check on work," said Bridgeman. "The change of scenery lets your brain shift gears;

I believe that the location really helps the soldiers to learn."

Tucker and Bridgeman also worked with Chaplain Rob Morris, Chaplain for the 143 Combat Sustainment Support Battalion out of Connecticut, to bring the two courses together. Although the focus was mainly on enhancing and building healthy personal relationships, many of the points that were made could be applied to all relationships. For example, the emphasis on communication skills can be used to help improve working relationships and friendships.

Morris, an Idaho native, taught the first class that incorporated both married and single soldiers. He is familiar with the programs used to teach relationship advice and said that he had to take a different approach this time.

"In programs like this one, I have to address the needs of the audience," said Morris.

He said that developing healthy

see *RESST/PREP* on page 13

Protecting the force: food safety

By U.S. Army Capt.
Rick L. Upshaw
ASG-QA, Veterinary OIC

There are multiple layers of food safety in the rations available to Soldiers and civilians at Camp As Sayliyah. Veterinary Services, Preventive Medicine and Dining Facility sections all play parts in the production of safe, wholesome food for your consumption.

The first layer of protection is provided by officers of the Veterinary Corps. These officers perform commercial sanitary audits of facilities that produce food and water or store products that the military will purchase at a wholesale level. These audits focus on safety of the product and sanitation of the plant with the goal of eliminating food poisoning occurring to our service members.

The second layer of protection also involves the Veterinary Corps. The enlisted soldiers and noncommissioned officer's of the food inspection branch perform receipt inspections of products that arrive on U.S. Army installations, whether it is food available at the local Army and Air Force Exchange Service stores, the Dining Facility or Chili's, the food inspectors check the products to ensure containers have not been tampered with, the produce is wholesome and not infested with insects or rodents, and verify that the products in the shipment come from approved sources; facilities that have had commercial sanitary audits.

Any shipments that are not up to standard are refused and returned to the vendor and an action plan is developed to avoid the issue from occurring in the future. The food

inspectors also perform extensions of products that have expired, if the product passes safety testing. If the expired product is not wholesome or safe, it is condemned and the accountable officers must dispose of it. If the product passes safety testing and is still wholesome and safe, it is given an extension and pushed for immediate consumption. Food inspectors also respond to food and drug recalls and ensure that if the affected product is in their area of operation they segregate it, turn in samples for laboratory testing and place the remaining product on medical hold until further instructions are given.

The third layer of protection involves the Soldiers of preventive medicine units. Their focus is often at the preparation level for the food. They check to make sure that temperatures are correct, hot food stays hot and cold food stays cold, and the temperature danger zone is avoided. Temperatures be-

tween 40F and 140F allow bacteria to multiply rapidly. Food that is not kept above or below these temperatures has a greater chance of causing food poisoning.

Preventive medicine is often involved in testing water sources for chemicals, bacteria and other contaminants. They run a variety of tests to ensure that the water that is available to soldiers is safe or potable. If you see water that is labeled as non-potable, it is not safe for drinking. Preventive medicine is often involved in ensuring that proper hand washing facilities are present at dining facilities. Suspicious illnesses and suspected food borne illnesses are also investigated by Preventive Medicine epidemiologists.

The fourth layer of food safety is accomplished by the dining facility staff or mess sections. They are responsible for cooking the food properly and maintaining it at a safe temperature as well as storing it properly. They are in charge of practicing the FIFO principle, first in and first out, which may be more familiarly known as rotating stock, using the oldest prod-

see Food Safety on page 11



DOHA, Qatar -U.S. Army Spc. Rachel Kirkey of the 445th MDVS inspects fresh milk in accordance with the parameters of the food safety regulations.

INSIDE THE WIRE

Women's Equality Day 2013

By U.S. Army Sgt. 1st Class
Tamara Marshall
ASG-QA, EO

At the request of Representative Bella Abzug (D-NY), in 1971 the U.S. Congress designated August 26 as "Women's Equality Day." The date was selected to commemorate the 1920 passage of the 19th Amendment to the Constitution, granting women the right to vote. This was the culmination of a massive, peaceful civil rights movement by women that had its formal beginnings in 1848 at the world's first women's right convention, in Seneca Falls, N.Y. where over 300 women and men attended.

The observance of Women's Equality Day not only commemorates the passage of the 19th Amendment, but also calls attention to women's continuing efforts toward full equality. Workplaces, libraries, organization, and public facilities now participate with Women's Equality Day programs, displays, video showings, or other activities.

It was said that women of the United States had been treated as second-class citizens and had not been entitled the full rights and privileges, public and private, legal or institutional, which were available to male citizens of the United States; and that



(Coutesy photo)

American women began advocating women's right to vote in the 1820s. Universal women's suffrage in the U.S. did not come until the Nineteenth Amendment to the United States Constitution was ratified in 1920.

the women of the United States had united to assure that these rights and privileges were available to all citizens equally regardless of sex.

It had taken American women and their male supporters 72 years of ceaseless campaigning to win this basic democratic right, however there were western states that won their right to vote. In 2010, Washington State celebrated their 100 year anniversary, California celebrated their 100 year anniversary in 2011, Oregon celebrated their 100 year anniversary in 2012 as well as the state of Arizona.

Women's Equality Day should be a bookmark for everyone around the nation as it is a tremendous milestone achieved. Let us continue to celebrate Women's Equality Day in recognition

as both the anniversary of suffrage and of women's continued efforts toward equal rights in the United States.



(Coutesy photo)

Susan B. Anthony was a prominent civil rights leader who played a pivotal role in the 19th century women's rights movement.

Going green!

By Heather Collins-Proctor

ASG-QA, Installation
Environmental Compliance

As many women know men have an unusual love affair with their cars. They give them names, are out on the weekends at ungodly hours washing and waxing their cars and get a glazed over look as they fondly remember their first car.

I admit I am a closet car chick. I love my cars. I give them names and treat them much like the men do. Back in the states you will see me on weekends out cleaning my cars with the guys. Through this I have come to find some wonderful ways to take care of my car naturally.


These recipes will actually give you better results than the chemically filled stuff you buy. They are also cheaper and better for the finish of your car.

Last but not least, they are better for you, the family and friends that you drive around in your car.

The first recipe is a car wash that will get off all of the tough dirt and grime you get on your vehicle.

Use one gallon of water, ½ cup of lemon juice, six drops of mint essential oil, ¼ cup of liquid castile soap, and three tablespoons of baking soda.

Mix the water, lemon juice, mint oil, and soap in a bucket. Then add the baking soda and mix until it is completely blended. With a soft rag or sponge, wash the outside



of your vehicle from the top down working in sections. Rinse each area with clean water well before the soap is able to dry. The results you get will be far better than what you get when you take your vehicle to a professional shop.

Tires are the next thing on my list and this formula will make even old bald tires look brand new.

Use two cups of baking soda, ½ cup of water, ¼ cup of liquid castile soap, two cups of vinegar, and five drops of lemon, lime or orange essential oil.

Combine in a bucket the baking soda, water and soap. Add the vinegar and oil, and mix very well. Apply the mixture with a brush to ensure you get between the tire treads. Wash each tire individually making sure to rinse before moving on.

Even though we take care of our vehicles, with time we find our headlight covers discolored, dingy and full of grime. This mix will help you combat that and even help this part of your vehicle to look new.

Use ¼ cup of baking soda, 1 ½ tablespoons of liquid castile soap, and eight drops of eucalyptus or pine oil.

Combine all of your ingredients in a plastic bowl taking care to mix well. Dip a cloth, brush or sponge into the mix and scrub each headlight. Rinse thoroughly with a garden hose.

The last thing I will add today is waxing. This recipe really protects your vehicles finish and it can be made in large quantities and stored

until your next use.

Use three tablespoons of beeswax, three tablespoons of carnauba wax, one cup of linseed oil, six drops of orange or lemon essential oil, ½ cup of lemon juice.

Melt both of the waxes and the linseed oil together in a double boiler (you can use a bowl and pan if you don't have a double boiler) stirring often.

Add your oil and stir once, then quickly remove from the heat. Pour your mix into a clean coffee can; be careful not to burn yourself. The can will become hot. Using gloves, move the can to a place where it can sit for a few days undisturbed to harden.

When the wax hardens, tap the outsides of the can until it breaks free. Then rub the wax directly onto your vehicle. Finally, dip a soft cloth into the lemon juice and squeeze dry. Polish the waxed vehicle with the damp cloth, then buff to a shine with a dry soft cloth.

All of this may seem like a lot of work on your part, but trust me it is worth it. By using these you have to wash and wax your vehicle less.

In the next issue, we will move on to the care for the inside of your vehicle.



The Provost Marshal Office: what is it and what do they do?

By U.S. Army Sgt. 1st Class
Mark S. Prince
 ASG-QA, Provost Sergeant

DOHA, Qatar-The Military Police Corps can trace their lineage back to the Revolutionary War. During the Revolutionary War, the Military Police Corps or the provost marshal's as they were called were responsible for maintaining jails and supervising executions.

Initially, the provost marshal was made up of miscellaneous units and personnel with limited duties, however on May 27, 1778, Congress formally authorized the provost marshal's office under the Marechaussee

Corps (French term for Provost Marshal).

The provost marshal's responsibilities quickly transformed from limited law and order duties to patrolling camps, rear area security, and handling of prisoners of war. Those duties have continued to grow throughout the last 240 years. Nevertheless, the fundamentals of assisting, protecting, and defending have remained the same. The provost marshal's duties on Camp As Sayliyah are no exception.

The PMO on CAS is responsible for assisting and advising the Area Support Group-Qatar commander on policing, investigations, force protection, and antiterrorism. To include law enforcement, criminal investigations, physical security, access control, high risk personnel protection, as well as biometric identification.

In addition, the CAS PMO coordinates with appropriate federal, state, local, international,

see PMO on page 10

Look for:

- Young (17-35 years)
- Loitering
 - Repeat appearance in same vicinity
- Nervous
- Measuring distances
- Avoiding law enforcement
- No apparent reason for being around a site
- Asking security related questions
- Taking notes
- Cell phone picture-taking
- Videoing/taking pictures of unusual places
 - Gates
 - Entry ramps
 - Bridges
 - Personnel manning access points
 - Barriers
- Driving rental car

ARMY Antiterrorism Vision
 "Always Ready - Always Alert"

Awareness is a powerful weapon!

- Knowledge of terrorist techniques & methods can help prevent an attack

Terrorists normally observe their target before selecting or attacking
 Report suspicious activities to your unit security officer/Military Police with as much of the following information as possible:

- Description of suspicious personnel, i.e., name, sex, age, appearance, clothes
- Time of day suspicious activity was observed
- Location of suspicious activity
- Description of vehicle, i.e., make, model, type, color, distinguishing marks, license plate
- Description of package, suitcase, or mail, i.e., type, color, size, distinguishing marks
- Description of nature/details of any suspicious conversations or messages.

ARMY ANTITERRORISM

Always Ready. Always Alert.
 Because someone is depending on you.
<https://www.us.army.mil/suite/page/605757>

iWATCH ARMY
 iREPORT i KEEP US SAFE
See Something Say Something

August is Antiterrorism Awareness Month. Always be ready. Always be alert. Because someone is depending on you!

Camp As Sayliyah welcomes 1st female Command Sergeant Major

Photo essay by
Mr. Jeremiah J. Clark
ASG-QA, Photojournalist



DOHA, Qatar - Above: U.S. Army Col. William S. Wozniak, commander, Area Support Group - Qatar, presents Command Sgt. Maj. Earla L. Reddock with the noncommissioned officer's sword as she becomes the first female Command Sergeant Major of Camp As Sayliyah on July 18. Below: Command Sgt. Maj. Reddock addresses guests following the assumption of responsibility ceremony.



INSIDE THE WIRE

PMO

(continued from page 8)

and host nation law enforcement agencies on a variety of policing, force protection, and community engagement missions.

Assisting the ASG-QA commander and protecting personnel on CAS 24-hours a day, seven days a week requires a team effort between a diverse group of individuals with unique specialties.

The CAS PMO is composed of a PMO staff, Military Working Dogs, the 197th Law and Order Detachment, and the 753rd Explosive Ordnance Disposal. The PMO staff is the equivalent of the operations staff section with-

in a brigade and ensures all policing, force protection, and antiterrorism measures are implemented, coordinated, and controlled as directed by the provost marshal and ASG-QA commander.

The duties of military working dogs and their handlers include bomb detection and deterrence. The 197th Military Police Detachment provides protection and the safeguarding of law and order on camp.

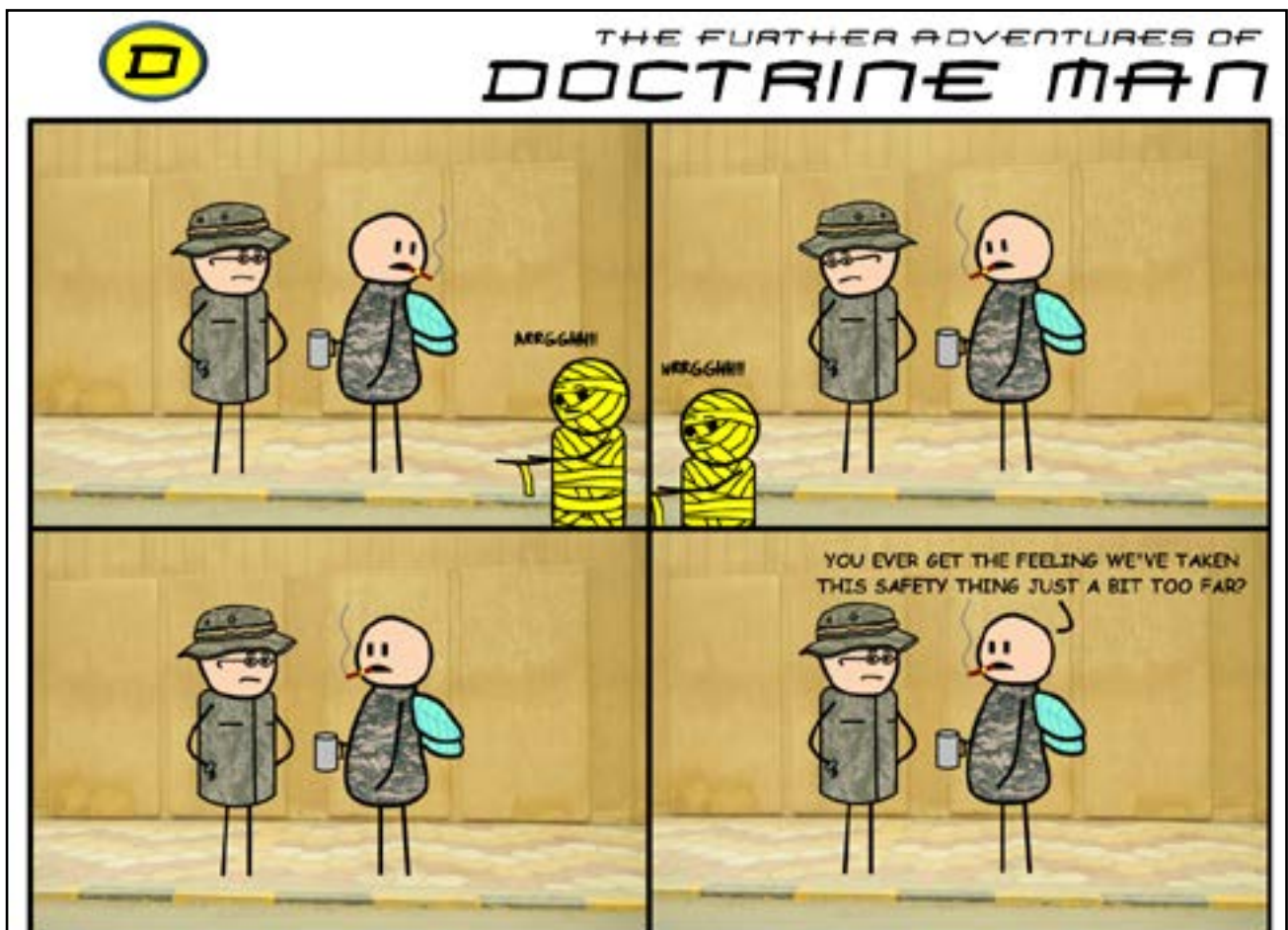
Finally, EOD which typically does not fall under the provost marshal, protects CAS by standing ready to respond and dispose of any explosive threat.

The aforementioned responsibilities of the CAS

PMO are complex, diverse, and challenging. The office responsibilities require a group of individuals that are flexible, adaptable, and experts in their field craft. "Team PMO" encompasses these qualities, however, "Team PMO" continues to strive for growth, improvement, and enduring professionalism-a professionalism that would make the forbearers of the Marechausee proud.

Finally, I would like to take this opportunity to welcome and introduce Camp As Sayliyah's new Provost Marshal, Maj. Andrew W. Sanders, and the new force protection officer, Capt. Derrick Davis.

Gentlemen, welcome to "Team PMO!"



MWR hosts scuba certification

Photo essay by
Mr. Jeremiah J. Clark
ASG-QA, Photojournalist



DOHA, Qatar - Jamal Sawan, scuba instructor, talks about basic hand signals to be used under water when diving. Moral, Welfare and Recreation offers a summer scuba class where you have the opportunity to earn your open-water certification.



Food Safety

(continued from page 5)

ucts first. The mess section is responsible for the cooks and line staff hygiene, as well as the cleaning and sanitation of the facility, utensils, and equipment. There are annual reviews of menus served by dining facilities to ensure that complete, balanced and nutritious meals are available to Service members.

There are several other factors that can contribute to food safety. Food and Water Risk Assessments are performed by veterinary personnel, upon request, for locations that will serve food to service members on an infrequent basis, perhaps just once.

The assessment is meant to give the local commander the information needed to determine if the risk is acceptable. If a unit wants to have a special meal catered by an agency that has not been audited, they can request an FWRA. A veterinary officer will inspect the facility for potential health hazards and give advice on methods to reduce the hazards and the overall level of risk presented by the food.

When deployed overseas there is some level of risk involved in eating on the economy and you can find out more information about low and high risk foods from the Pub-

**CAS Housing
Contact Information:**

**Camp As Sayliyah
Base Operator:
4460-9869 + 7 Digit Ext**

**Building 418 Front Desk:
432-2663**

**Building 106A Front Desk:
432-2351**

**Director of Public Works:
432-2391**

**Housing Director:
432-2392**

**Fire:
432-2758 or 5588-2801**

**Police:
432-3534 Or 432-2337**

**Troop Medical Clinic:
432-2255 or 432-3506**

ITT Housing Staff:

**Supervisor:
Margarita Rasool
432-2700**

**Asst. Housing Supervisor:
Sharyn Adams
432-2351**

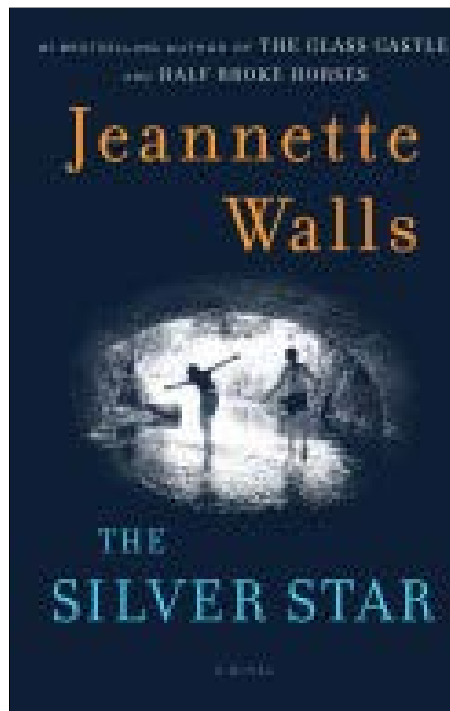
**Off Post Housing Specialist:
Samantha Navo
432-2700**

**On Post Housing Specialist:
Jesusita Flores
432-2663**

**On Post Housing Specialist:
Jennifer Bachner
432-2663**

**Book Review:
“The Silver Star”**

**By U.S. Army Sgt.
Sarah Maxwell,
ASG-QA, PMO COPS
Administrator**



Hello again my fellow Camp As Sayliyah book worms! I have been on leave back in the States, and it was wonderful in that I had some time on the long plane rides to read at my leisure. This month I chose a book by Jeannette Walls, *The Silver Star*. I have read a couple of her previous books, and was not disappointed by this one, nor am I surprised that it quickly climbed to the top of the New York Times Best-seller List.

The “Silver Star” begins in 1970 in California with two young teen girls who have been abandoned by their mother, Charlotte. She has left them

previously, but never for as long as she has now without word. Undaunted, the sisters, Liz and Bean, come up with a plan to travel across the country to their mother’s hometown of Byler, Virginia to find their relatives and await her possible return.

When they arrive to Byler, the girls discover that they have an uncle (Tinsley) who lives in the same house that he and Charlotte grew up in. The house is in great disrepair, and Uncle Tinsley is reflected as a hoarding hermit, unwilling to make changes to bring the house into order. The town of Byler, a town known for its cotton mill, is run down and is also slow to accept change. The manager of the mill, Jerry Maddox, who is known for running the mill with an iron fist, offers Liz and Bean a job working in his household, so the girls begin their time in Byler feeling more certain of themselves than they ever have. But something awful happens to Liz, and the girls are forever changed in the way they approach life and the way they view the world.

It was hard to read parts of this book, but Ms. Walls captures the very essence of innocence and the strength of the resiliency of youth. She also brings justice, albeit tardily, that brings the story to a satisfactory close. My heart broke many times reading the story of these young girls and knowing that so many innocent young people have endured so much. The ending definitely made the story worth it. Enjoy!

The Gnarly Barley

By Mr. James Hobbs

Fosters: Australian for Beeah- What better beverage to choose during the heat of a Qatari summer than a beer born in another extremely hot desert.

Most people's perceptions of the land down under are the beauty of Sydney harbor, the Great Barrier Reef, and the charm of seaside towns that dot the country's miles of beautiful coastline. The lesser-known part of Australia is the large, dry center of the country with summers so hot, they recently had to add a new color to the weatherman's heat scale.

Heat this high makes us humans run to light flavored, refreshing, highly 'drinkable' beverages, like lemonade, citrus-flavored sodas, or "lawnmower beers."

This unofficial category of beers covers light lagers like Fosters, but also pilsners and golden ales without a complex flavor; all served extremely cold, so they are great at quenching thirst after exertion.

Ironically, Fosters owes its success to the Foster brothers' invention of a refrigeration technique in 1887, as much as it does to the quality of their beer. Beer in this era was brewed in the winter, stored in icehouses, and served from iceboxes or at room temperature. People in hotter climates, like Australia, were left with indestructible beverages like whiskey as their staple

beverage and beer as an occasional treat. The Foster brothers introduced mechanical refrigeration to the brewing process and storage facilities, allowing beer to be brewed year-round regardless of the temperature.

Appearance-Pale golden yellow in color, with a thick, lasting head due to its very high effervescence.

Aroma-Clean and malty, with no other pronounced smells. The purity of this aroma prepares you for the equally clean flavor.

Flavor-The golden malt flavors are the first thing you notice, followed by a light warming and what they call a "light" hoppy finish, but what I would call a "very light and nearly imperceptible."

Mouthfeel-Very light, and not the least bit filling; a quintessential Lawnmower beer. The flavors following this around your mouth are complimentary to each other at every stage of the swig.

Drinkability-Off the charts for drinkability. There's nothing complex in the flavor or aroma to slow down your quest for refreshment. And according to Men's Health magazine, it even makes a great post-workout recovery drink!

Until next month mates, remember to celebrate diversity in your drinks but always enjoy them responsibly.

RESST/PREP

(continued from page 4)

relationship skills is essential to all aspects of life—whether it be romantic, friendship, or work related.

"During deployments, soldiers can get into a rut and become disconnected with what is going on at home," Morris said. "This program helps you look at yourself and keep you connected with yourself and others. The idea of preparing for small changes helps keep expectations realistic."

Many of the techniques that were introduced to soldiers during this course can be applied to work relationships as well as personal relationships. For instance, Morris handed out personality tests during the training. Each soldier took one and separated into groups with their like personality type. They got to discuss their similarities and differences. The room was then opened to group discussion where each group got to explain themselves to the others.

"Personality tests like this help leaders identify strengths and weaknesses of their soldiers as well as improve communication during relationships," Morris pointed out. "This, as well as many of the skills identified and taught in this workshop, are applicable across the board."

"These programs are a chance to give Soldiers another tool in the toolbox to get through their days," Bridgeman said. "It opens soldiers' eyes to the essential need to communicate back home. It helps us manage both relationships here and home, just a little bit better."

For more information about this program contact your Unit Ministry Team or Chaplain.

Core training

By U.S. Army Master Sgt. Montgomery Miller
ASG-QA, Installation Master
Fitness Instructor

DOHA, Qatar-One of the most under exercised muscles in our body is the core. Our core is used for just about every exercise and movement we do, but we do not realize it until we hurt something. When we reach for something we use our core. When we kneel down we use our core. When we twist and turn we use our core. With this being said you would think everyone would spend more time doing core exercises. The great Dallas Cowboys running back Emmitt Smith told a Dallas reporter that when he starts a workout routine he always starts with core exercises and he believes that is part of the reason why he had such a long and illustrious career. I'm sure this played a part in his longevity along with having a great team, taking care of his body, and a little bit of luck in such a violent sport.

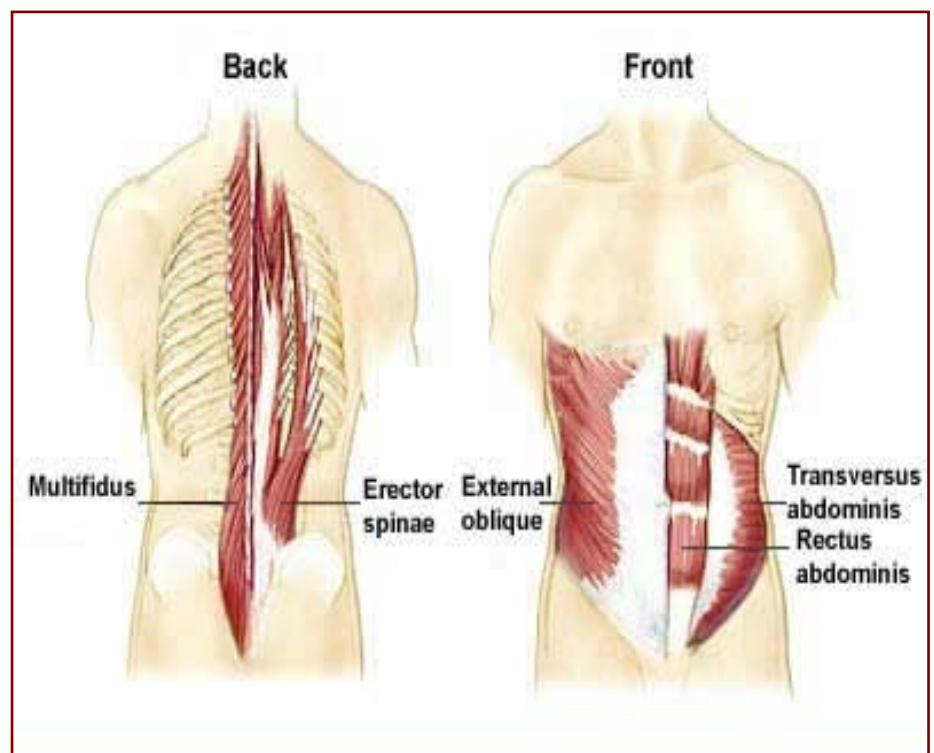
Core training can range in a variety of exercises from

planks, yoga, plyometrics, and working with a medicine ball. Either one if done properly, can give you the foundation you need to take your fitness to another level.

Regardless of if you are a world class athlete or just trying to keep yourself in accordance with military standards, keeping your core strong will give you long lasting benefits even when your military career is over. I've had numerous back injuries over the years and I noticed when I stretched properly and trained my core this helped me prevent

nagging injuries as I've gotten older. Injuries are going to come and go if we are going to go beyond what we think our body can endure. The main thing is to train smarter and not harder but start with your core. Good luck and I look forward to seeing everyone at the gym.

Editor's Note: The information in this article represent Master Sgt. Miller's experience as a fitness instructor. Individual results can vary. Please consult your doctor before starting a new fitness program.





Hours

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 and more!

FITNESS MANIA MONTH
throughout August.

Fitness class schedule:

Gina Gutzy:
Spinning class -

6:00 pm
Monday and Wednesday.

Chester De Guzman:

Tae Bo -
6:00 am
Saturday, Monday and Wednesday.

Spinning class -

11:30 am
Saturday, Monday and Wednesday.

4:30 pm
Sunday, Tuesday and Thursday.
6:00 pm

Sunday, Tuesday and Thursday.

To register for these events or 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 Key Staff

MWR Director
Mr. Antoine T. Randall
DSN: 432-3033

MWR NCOIC
U.S. Army Master Sgt.
Montgomery Miller
DSN: 432-3755

Community Services Manager
Gina Gutzy
DSN: 432-3758

CAS Fitness Instructor
Chester De Guzman
DSN: 432-3760

MWR



(Photo by Ms. Kyla Curtis)

DOHA, Qatar - Happy 118th birthday AAFES! Area Support Group-Qatar celebrated AAFES 118th Birthday on 25 July 2013. Since its official establishment in 1895, AAFES provides quality merchandise and services to over 8.7 million military personnel and Family members; generating funds to support the Morale, Welfare and Recreation fund.

Independence Day 5K Run/ Walk Winners (04 July 2013)

Men's Run:

1st Place:	Derrick Miller	17:26
2nd Place:	Mike Titzer	19:16
3rd Place:	Shawn Cissel	20:18

Men's Walk:

1st Place:	James Graves	36:38
2nd Place:	Alfonso Nuñez	36:39
3rd Place:	Philip Charles	40:01

Women's Run:

1st Place:	Robynn Soriano	21:18
2nd Place:	April Rountree	22:00
3rd Place:	Sarah Boyd	22:48

Women's Walk:

1st Place:	Tabitha Phillips	42:23
2nd Place:	Senyon Gabourel	46:08

TOTAL NO. OF PARTICIPANTS:

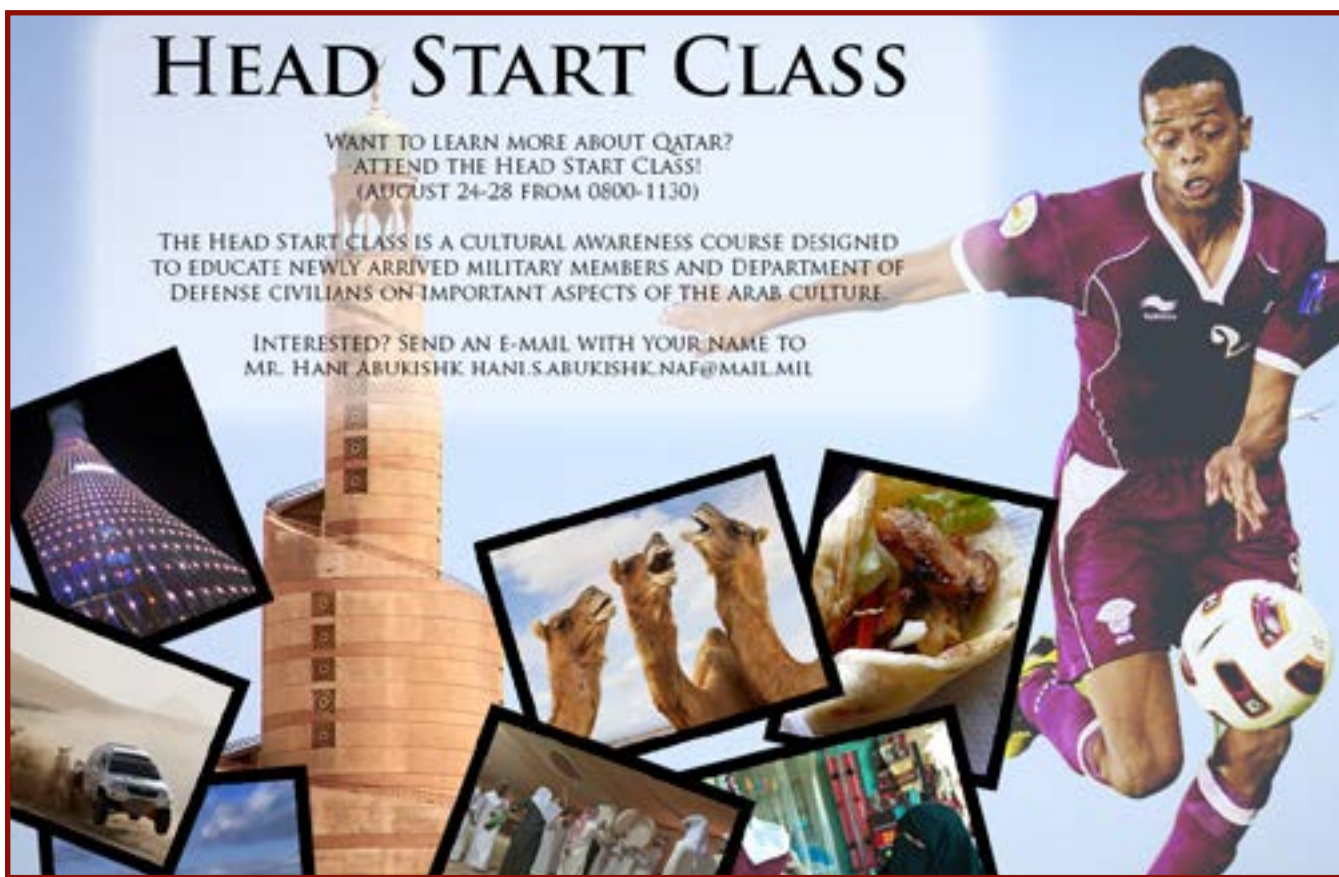
420

HEAD START CLASS

WANT TO LEARN MORE ABOUT QATAR?
ATTEND THE HEAD START CLASS!
(AUGUST 24-28 FROM 0800-1130)

THE HEAD START CLASS IS A CULTURAL AWARENESS COURSE DESIGNED
TO EDUCATE NEWLY ARRIVED MILITARY MEMBERS AND DEPARTMENT OF
DEFENSE CIVILIANS ON IMPORTANT ASPECTS OF THE ARAB CULTURE.

INTERESTED? SEND AN E-MAIL WITH YOUR NAME TO
MR. HANI ABUKISHK HANI.S.ABUKISHK.NAF@MAIL.MIL



This edition of the Desert Mesh
is dedicated to the memory of
1st Sgt. Tracy Stapley.

We would like your feedback!

The editorial content is the responsibility of the Area Support Group-Qatar Public Affairs Office, located in building 112. General comments should be addressed to the PAO Mail box at: usarmy.as-sayliyah.asg-mbx.qatassa-asg-pao-group@mail.mil or calling DSN (318) 432-2572 or (318) 432 - 2800.

EXELIS

THE POWER OF INGENUITY