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# The Desert Mesh



**32 Years of  
service...  
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**3 Years,  
3 Months,  
3 Weeks**

Command Sgt. Maj.  
Charles "Doc" Holliday  
says goodbye to CAS.  
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**COMMANDER**  
**U.S. Army Col. Wayne C. Grieme, Jr.**

**DEPUTY COMMANDER**  
**U.S. Army Lt. Col. Joseph A. Harvey**

**EXECUTIVE OFFICER**  
**U.S. Army Maj. Nikolitsa Wooten**

**COMMAND SERGEANT MAJOR**  
**U.S. Army Command Sgt. Maj.**  
**Charles "Doc" Holliday, Sr.**

**PUBLIC AFFAIRS COORDINATOR,**  
**EDITOR**  
**Mrs. Polli Ogilvie**

**PHOTOJOURNALIST**  
**Mr. Jeremiah J. Clark**

# COMMAND CORNER



 **Wayne C. Grieme, Jr.**  
Commander  
Area Support Group - Qatar

All good things must come to an end and after three years as Command Sergeant Major for Camp As Sayliyah and 32 years of U.S. Army Service, Command Sgt. Maj. 'Doc' Holliday has started down the path to retirement.

I am honored and privileged to have had Doc as my Battle Buddy and would like to take this time to say thank you to him for all that he has done, for us here in the Area Support Group and for our Nation. I also want to acknowledge and thank him for his tremendous leadership. Leadership is a team business and I am happy that we were on the same team.

The 'Battle Buddy' concept is an important part of our Army culture. Battle buddies look out for one another. They provide that extra set of eyes and ears and in many cases, a much needed sanity check.

Last month was Sexual Assault Awareness Month. Utilizing the battle buddy concept can go a long way towards preventing these unfortunate incidents. Simply by

watching over one another; by helping to recognize the warning signs; and interceding prior to a crisis.

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

People are our most important resource and we need to empower them to be a positive force in the safety and behavior of their battle buddies, both on and off duty. We are living in a defining time in the world. It is a time of tremendous challenges, but also a time of many opportunities. I think it is important to not lose sight of the possibilities for a better world.

Thank you for your service and thank you for your sacrifices. I am very proud to be on your team. I appreciate your involvement in enforcing this standard and all that you continue to do to make this a great organization.

I also wish Doc a great journey to his life ahead. He is an example to all in showing how to rise to higher position in career by sheer dedication and hard work. He is benevolent to his subordinates and a much sought after man to his superiors.

Though we will personally feel his absence, the organization will not feel it in the daily routine. Doc has left an indelible mark across this camp and elsewhere in the Area Support Group-Qatar footprint. A sign of a great organization is one that maintains high standards and discipline even in the absence of leadership – and this, is a great organization.



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

On April 25, 2013, after 3 years in Doha, I shall lay down the responsibilities of the Area Support Group-Qatar, Command Sergeant Major. First Sergeant Aaron Huber will serve as the Senior Enlisted Advisor until Command Sgt. Major Earla Reddock, comes on board in early July. I am confident these two leaders are the right people at the right time for this great command. I wish them well.

It was a great pleasure and honor to serve as your Command Sgt. Major. During my time here, I had the great fortune to serve with outstanding commissioned officers, warrant officers, noncommissioned officers, and junior enlisted Soldiers. The Civilian workforce here is unmatched to any other place I have ever had the opportunity to serve, simply put, "You Rock!" Thank you for all your support.

As some of you may know, this departure also marks my leaving from the Army; an Army I love dearly. The journey of this country boy from the backwoods community of Hooper Hill in Leland, North Carolina, started almost 32 short years ago. Oh yea, did I mentioned

the only way to get to my home in Hooper Hill is by an old dirt road? I tell you this, because I think it's extremely important for our young Soldiers to know that it's not where you come from that defines you, but rather its understanding and fulfilling your purpose. I am grateful to all my Army leaders (past and present) for giving me the opportunity to succeed, measuring me by my abilities and not by my zip code.

I wish the Commander and the new Command Sgt. Maj. godspeed. I pray that the coming years will be blessed with peace and prosperity for all. My official relationship with ASG-QA ends in a feeling on my part, of gratitude that we were able to do so much together.

I thank everyone at ASG-QA, all my friends and colleagues who understand the important work that we do as Soldiers and are committed to ensuring that we chart a path to the future that is in the best interests not only of the United States, but of the world.

I want to personally thank my battle buddy, Colonel Wayne C. Grieme, Jr. and his loving family for their unwavering support. I will miss our daily luncheons and our quarterly dinners. But most of all, I will miss your leadership, friendship and mentorship. It is time that I exit the stage, because as I have always stated, "This is a 'No Parking Zone!'" My time has expired. I enjoyed being a part of Area Support Group-Qatar and will never forget this wonderful team.

Finally, I thank my family for their unconditional love and support; truly, you were the ones who sacrificed so much. To my three awesome children Cedrika, Lakia and Charles Jr., words cannot express my gratitude for you allowing me to fulfill my purpose of being a Soldier and missing many of your events. I hope these next few words sum it up for me, "Thank you and I love you."

## This month in U.S. Third Army History

The month of May was a high-pressure month for the Third Army back in 1919. The peace treaty between the Germans and the Allied forces had not been signed yet and caused tensions to be at a breaking point. Would World War I start again?

On May 14, Marshal Ferdinand Foch, a French Marshal and the General-in-Chief of the Allied Armies, submitted plans of operations to Lt. Gen. Hunter Liggett, the Third Army commander at the time, to be used in the event that Germany should refuse to sign the peace treaty.

Foch also directed other allied commanders to dispatch troops toward Weimar and Berlin in the event the peace treaty was not signed.

Later on May 22, the Third Army issued its plan of advance, effective for the end of the month, in view of the impending emergency.

Finally on May 27, Foch informed General John J. Pershing, Commander-in-Chief of the American forces, that the Supreme War Council desired allied armies be ready immediately to resume active operations against the Germans.

In the end, the German's signed the treaty on June 28, 1919 and the emergency was averted.

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# Lt. Col Green consults with Qatari Military about Osteopathic medicine

By Mr. Jeremiah J. Clark  
ASG-QA, Photojournalist

DOHA, Qatar - "Body, mind and spirit," said Lt. Col. John Green, III, the resident physician at the Troop Medical Clinic located on Camp As Sayliyah, practicing Osteopathic Medicine since 1997 when he finished his initial residency.

According to the Merriam-Webster Dictionary, Osteopathy medicine is a system of medical practice based on a theory that diseases are due chiefly to loss of structural integrity which can be restored by manipulation of the parts, supplemented by therapeutic measures as use of medicine or surgery. In other words the body works as one system.

Furthermore, Medical News Today states, the philosophy of Osteopathy is what sets it apart from other medical disciplines. The key principles are based on all parts of the body functioning together in an integrated manner. If one part of the body is restricted, then the rest of the body must adapt and compensate for this, eventually leading to inflammation, pain, stiffness and other health conditions. When the body is free of restrictions in movement, Osteopathic treatment assists the body with pain



DOHA, Qatar - U.S. Army Lt. Col. John Green, III, the resident physician at the Troop Medical Center located on Camp As Sayliyah, briefs at a joint medical seminar.

minimization, reduced stress and greater mobility providing the body with the opportunity to heal itself.

After working over the course of several months, Green led the way by showing physicians with the Qatar Military Medical Services the techniques he uses for treatment, also known in osteopathy as 'manipulation.'

"At first," said Green. "They didn't understand the difference between the two schools of thought." The two schools of thought being osteopathic and allopathic medicine; the latter is the traditional medical philosophy.

"Right now it is collaboration," said Green. "Dr. Imad Arbab (physical therapist) will

bring up certain cases and I tell him what I would probably do in that situation. I suggest it could be this, that or the other. Only a few cases have I seen the patients, but that's because my role hasn't been fixed."

The project started slowly. Brig. Gen. Mubarak Abdullah asked initially about performing osteopathic techniques, so Green gave him some information and explained it to him.

After discussing with Mr. Hani Abukishk, the host nations liaison for Camp As Sayliyah, and Col. Wayne Grieme, commander, Area Support Group – Qatar, it became apparent to

see *OSTEOPATHIC* on page 12

## The best of the best now at CAS!

By Mrs. Polli Ogilvie,  
ASG-QA, Public Affairs  
Coordinator

DOHA, Qatar-Kennel Master, Sgt. 1st Class Anthony Bostwick receives the United States Army Forces Command, 2012 Best Military Working Dog Detachment Award on behalf of the Fort Drum 8th Military Working Dog Detachment.

Newly arrived to Camp As Sayliyah, Kennel Master Anthony Bostwick was notified that his previous assignment, the 8th Military MWD Detachment in Fort Drum, received the first ever FORSCOM 2012 Best Military Working Dog Detachment Award.

Awarded by Lt. Gen. William Barrett, III, the selection recognizes the detachment as the best in the command exemplifying the Army's rigorous requirements for combat readiness noting the high degree of preparedness maintained by the unit, performance in support of combat operations, as well as leadership and selfless service necessary to protect our nation.

When asked what his reaction was to receiving the award, Bostwick said, "I've received a lot of congratulations since being notified, but I could not have had a good kennel without good handlers that work under me."

Bostwick, a kennel master for

eight years, creates structure and discipline for the daily training of the dog teams, as well as creates standard operating procedures for the use of the dogs. He lays the foundations for creating better handlers and works closely with the plans and operations noncommissioned officer to ensure he can step in as the kennel master at a moment's notice.

"I enjoy going to work every day," said Bostwick. "If I have a bad day, all I have to do is walk outside and pet one of the dogs to feel better. Working as the kennel master, I do miss the personal connection with the dogs, but I love teaching and molding the upcoming NCOs."

In an effort to get the initiative off the ground, the initial award was based off of the 2012 MWD certification percentages, which is defined as the number of dog teams that was sent for certification and passed, plus the overall

result of the 2012 Army Kennel Inspection and Assessment. Bostwick received 'excellence' ratings in both categories at Fort Drum two years running.

The evaluated categories were limited in 2012 with the MWD detachments being established by 16 October; however the plan for 2013 will encompass every phase of activity bearing directly on training, readiness and mission success. The annual MWD Detachment award, in the future, will align with the process designed to select the FORSCOM Eagle Award recipient as the most outstanding military police unit, company size or smaller within the Forces Command and will be presented in the same manner.

"It is an honor for me to receive this recognition on behalf of the 8th MWD," said Bostwick. "But, this will not change anything in the past or how I do things in the future. I was just doing my job."



(Photo by Mr. Jeremiah J. Clark)

DOHA, Qatar - U.S. Army Sgt. 1st Class Anthony Bostwick, previously kennel master for the 8th Military Working Dog Detachment and now on Camp As Sayliyah, watches as one of his Soldiers performs obedience training with his dog.

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# INSIDE THE WIRE

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## Asian- American and Pacific Islander heritage month

**By U.S. Army Sgt. 1st Class  
Tamara Marshall**  
ASG-QA, Equal Opportunity  
Advisor

DOHA, Qatar - The month of May recognizes Asian-American and Pacific Islanders. The theme for this year is, “Building Leadership: Embracing Cultural Values and Inclusion.” President Obama said in this year’s Presidential Proclamation, “Asian Americans and Pacific Islanders comprise many ethnicities and languages, and their myriad achievements embody the American experience. Asian-Americans and Pacific Islanders have started businesses, including some of our nation’s most successful and dynamic enterprises. Asian-Americans and Pacific Islander men and women are leaders in every aspect of American life—in government and industry, science and medicine, the arts and our Armed Forces, education and sports.”

In 1978, a joint congressional resolution established Asian/Pacific American Heritage Week. The first 10 days of May were chosen to coincide with two important milestones in Asian/Pacific American history, including the arrival in the U.S. of the first Japanese immigrants and the contributions of



(Photo courtesy of Allen Okamoto)

Company I, 442nd Regimental Combat Team, in France 1945. The 442nd is the most decorated military unit of its size and length of service in American warfare history. They have an unprecedented 21 Medal of Honor winners and won eight Presidential Unit Citations.

Chinese workers to the building of the transcontinental railroad. On May 7, 1990, however, President George H. W. Bush issued a proclamation designating May 1990 as the first Asian/Pacific American Heritage Month, changing the observance from a week to a month.

The “Asian/Pacific American” designation encompasses over fifty ethnic or language groups, including Native Hawaiians and other Pacific Islanders. There are now more Asian and Pacific Islander groups than in the past, with twenty-eight Asian and nineteen Pacific Islander subgroups representing a vast array of languages and cultures. Ac-

ording to the 2011 Census, the estimated number of U.S. residents who were Asian, either alone or in combination with one or more additional races, was 18.2 million. According to the 2011 Census, the estimated number of U.S. residents who said they were Native Hawaiian or Other Pacific Islander, either alone or in combination with one or more additional races, was 1.4 million. Ultimately, we are a nation of diverse cultures and ethnic groups striving to embrace the values of each other while including all races and cultures under a set of standards and belief of inclusion and understanding.

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# Unexpected Victory, CAS wins Qatari Triathlon

**By U.S. Army Cpt.  
Nicholas Soroka**  
ASG-QA, HHC, Commander

DOHA, Qatar - "Don't get your hopes up. We normally don't win..."

This isn't the standard pre-game pep-talk you'd expect from your coach. Then again, the Qatar Armed Forces Sports aren't your standard competitions.

Every year, the Qatari Military Sport Association hosts an average of 10 competitions, pitting each branch of the Qatari military against one another. Generals from every branch attend and these intra-military competitions feed a fierce rivalry. Similar to our Army-Navy football game, each military branch fights feverishly to recruit and train the best athletes. For the Cycling Championship, the Qatari Air Force enlisted the Qatari National Cycling Team and flew them from their training grounds in Switzerland for the race. A runner from the logistics branch ran a 14:03 5k; the winning 2012 Olympic time was 13:41. The Land Forces basketball team had a starting center that you might have seen in March Madness. With so much pride on the line, these teams not only recruit the best athletes, they spend months exclusively preparing them.

And every year, they're gracious enough to invite Camp As Sayliyah to participate. Needless to say, we don't normally win. We don't normally make the podium. And we don't normally ask what place we took.

As far back as oral history can remember, there have been only



(Photo by Ms. Kyla Curtis)

DOHA, Qatar - The Camp As Sayliyah triathlon team took first place in the Qatari Triathlon. Top, from left to right: Staff Sgt. Justin Vanhoy, 6th Medical Logistics Company, Spc. Chad Peiter, 3rd Battalion, 116th Field Artillery Regiment, Staff Sgt. Jimmy Letzkus and Lt. Col. Victor Suarez, 6th Medical Logistics Company. Bottom, from left to right: Cpt. Nicholas Soroka, Area Support Group - Qatar Headquarters, Headquarters Company, Raed Barghouti, ASG-QA host nation liason and Spc. Mitchell McMullen, 125th Finance Detachment.

two exceptions. For the Ramadan Soccer Tournament of 2011, the CAS squad crystallized as a scoring machine. It also helped that all the opposing players spent every day for the prior three weeks without food or water. The second exception occurred April 22, 2013 when Camp As Sayliyah won the Qatari Armed Forces Triathlon. Individually placing 2nd, 3rd, and 6th out of a field of 54 competitors, the CAS team dominated the event. How did it happen?

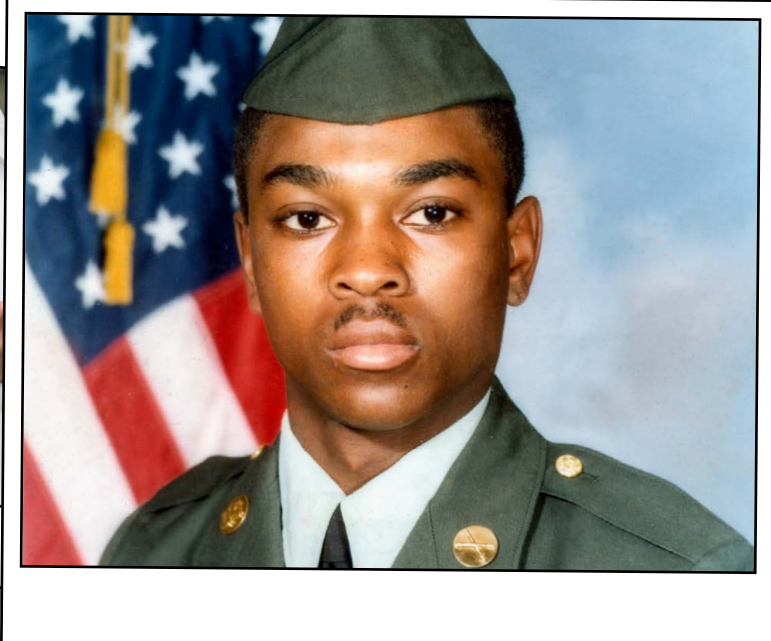
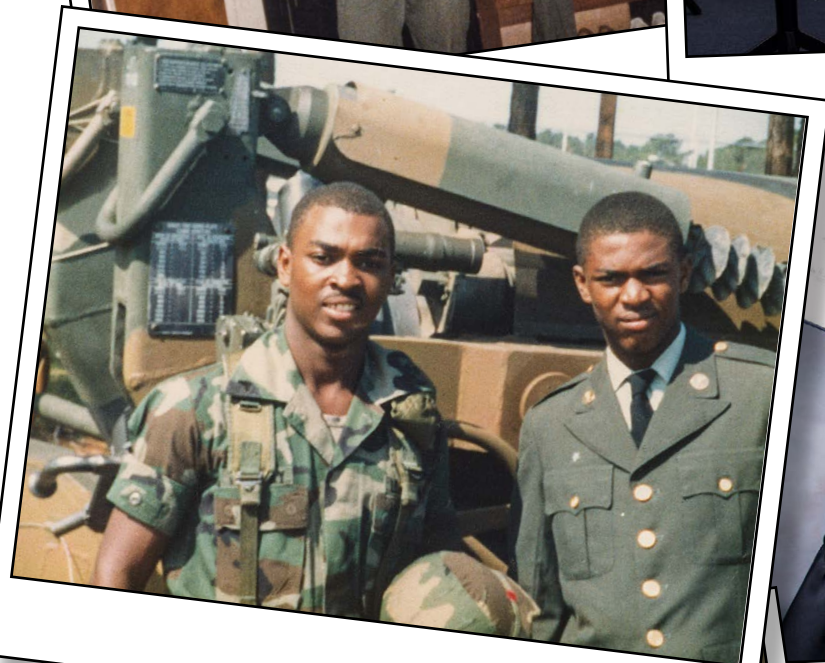
The Qatari athletes, including near-Olympic runners and the Qatar National Cycling Team, clearly outmatched the CAS team based on athletic talent. But the triathlon, consisting of a 300m ocean swim, a 15k mountain bike, a 3k run, and timed transitions between these events, required a challeng-

ing blend of athletic performance across multiple fields, specialized skills, and race tactics.

While many of the Qatari athletes were unprepared to meet those challenges, the CAS team had spent the season taking advantage of all CAS and Doha had to offer: CAS Triathlons, the Al Udeid Air force Base Triathlon, Qatar Chain Reaction Duathlons (Bike to Run), CAS's Swim to Bahrain Challenge, CAS 5ks, the Dukain Water Sports Triathlon, and the Aspire Aquathon Series (Swim to Run).

Although the Qataris were physically better athletes, the CAS team proved themselves better triathletes. And because of that, until next season, the 1st place trophy will reside on Camp As Sayliyah and U.S. Military shelves.

# 32 Years of Service...





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# Camp As Sayliyah bids farewell to Command Sgt. Maj. Charles “Doc” Holliday

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



DOHA, Qatar - Above: U.S. Army Col. Wayne C. Grieme, commander, Area Support Group - Qatar, presents his gift, an eagle soaring over all of North America, to his 'battle buddy,' Command Sgt. Maj. Charles “Doc” Holliday during his farewell luncheon. Below Left: Lt. Col Lee MacGregor, commander, Army Contracting Command, presents Holliday with a reflective belt to prep him for his transition into the civilian world. Below Right: Holliday and Greime cut their last cake together as a part of the farewell luncheon held in Holliday’s honor.



## One, two, three April is Alcohol Awareness Month

By U.S. Army Cpt. Bryan Joseph Pitchford,  
HHB, 3-116TH FA Bn., Plans Officer

One

Leaving the quiet tranquility of my bed to live in Qatar; a barracks warehouse where time and space are nonexistent.

Two

Normally I sleep in absolute darkness and perfect silence, but I have nothing in Qatar except headaches and heartache.

Three

Soft grass and fresh air I left in my beautiful Florida; my home; to serve in sunny Qatar of endless, hazy, sand dunes.



(Photo by Mr. Jeremiah J. Clark)

DOHA, Qatar - In the ongoing effort to increase mental health and wellness on Camp As Sayliyah, the Troop Medical Center staff, led by clinical psychologist, Nickole Scott Conerly, Ph.D., hosted the fourth annual Alcohol Awareness Week on CAS from April 21 - 27. The theme for this year is, "Think before you drink." The goal is to increase participants' awareness of their drinking behaviors and the consequences of drinking in a fun and casual atmosphere. Activities included completing a brief questionnaire, experiencing what being drunk is like by wearing beer goggles while trying to walk a straight line and picking up information on alcohol and other wellness topics. The event was open to the military and civilians and each participant also received a token of appreciation. At the end of the first three days, more than 150 people completed the questionnaires. This achievement would not have been possible without the assistance of volunteers, Sharyn Adams, civilian contractor and soldiers, Sgt. Jimmy Letzkus and Pfc. Ryan Avera.



**If you're interested in advertising something in the Desert Mesh contact Public Affairs at 432-2572.**

## Osteopathic

(continued from page 4)

Green that this type of mission was important.

“At that point it became a host nation building mission,” said Green.

“The second time, Abdullah asked me, ‘When are we going to start the clinic? When are you going to show us the manipulation techniques; the ways of Osteopathic medicine?’” said Green, who recently taught as an associate professor and assisted at an opening of osteopathic medical school in Mississippi.

According to Green, he would visit once a week with the physical therapist and consult him on procedures he might use on the patients under the therapist’s care.

However, Green is not teaching in an official status or venue, but he is working on it. “He really wanted me there every week, twice a week,” continued Green. “He was ready to provide me an office as well.”

“Training can easily turn into treating when you are demonstrating. And that’s why I haven’t yet. I’ve kept my hands off,” said Green. “So I tell him what I would do as far as treatment then I show him the procedure in the book,” Green stated. “But in the end, what he (Arbab) does is up to him.”

# The Gnarly Barley

By Mr. James Hobbs

DOHA, Qatar - In the 15th century, monks from the small village of Hoegaarden used exotic fruits and spices bought from traders journeying home from the bustling seaports at nearby Antwerp to flavor the ‘unusual’ taste of their local ale, made from what barley they could buy and making up the remainder with their plentiful local crop, wheat. The wheat passed on alcohol and some light flavor, but provided hardly any coloring. These ales were so light in color they became known as “White” ales, (also Wheat, Weizen, Wit, or Weiss depending on the language at the brewery).

Modern white ales have changed very little over the centuries. Most are unfiltered which allows them to retain small particles of ingredients in the finished product. These particulates not only leave the beer with a cloudy appearance, but they greatly enhance the flavor. One of the particulates in suspension is active yeasts. Some American bars serve a slice of citrus fruit with wheat beers to cover the flavor of the lingering yeast; the modern version of Hoegaarden brews with orange peel and coriander to allow for this.

Appearance - Orange-golden color with a thick white head

that remains until the very end of the glass.

Aroma - Noticeably fruity and followed by the warm, mild smell of the wheat and no hops aroma.

Flavor - The first sip is always fruitier than I expect. The soft flavor of the wheat allows the citrus oils from the orange peel to shine through and make the flavor match the noticeably fruity aroma. Wheat beers are known for a characteristic ‘banana and clove’ flavor produced by the yeast during fermentation, but I find this less pronounced in Hoegaarden.

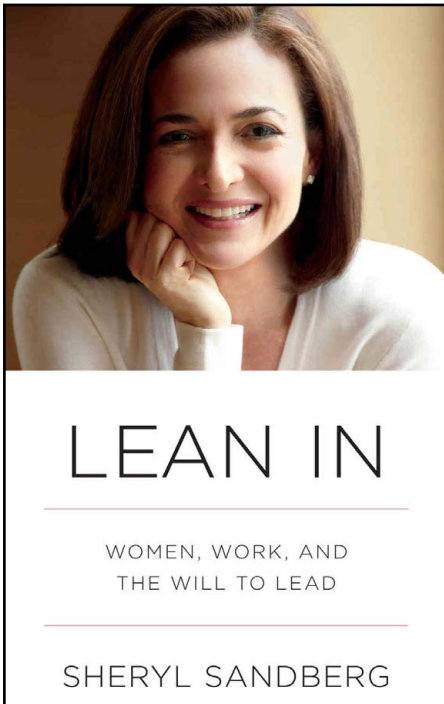
Mouthfeel - White ales are very light bodied, but the lingering yeasts in the unfiltered particulates can give an illusion of fullness if you drink it too fast. It should feel effervescent as it starts and have a smooth, creamy finish.

Drinkability - Highly drinkable, as long as you like wheat beer. We all have unique tastes and react differently to every drink we try. (Wheat beers aren’t a favorite category of mine, but my wife loves them!) If you’ve disliked every convenience store beer you’ve ever tried, this fruity, spritzy Witbier may be right up your alley. 4.6% ABV

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

# Book Review: “Lean In”

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



DOHA, Qatar - Hello again my fellow Camp As Sayliyah book-worms! I have decided that in order to provide good insight to all readers, I will choose books that are on the New York Times Bestseller lists, not only from the fiction side, but also the non-fiction, so that we can explore all the different realms and become more well rounded.

This month's book, “Lean In,” written by Sheryl Sandberg, was number one on the NY Times Bestseller List and was also highly recommended to me by the Deputy Provost Marshal, Mrs. Karen Beard. It is a motivational book that discusses at length the facts

about women in the workplace and how the lack of motivation and mentorship for women has led to a large lack of equality in female leadership not only in America, but across the world. Many of the points and finer recommendations made in “Lean In” did not necessarily apply to me personally, but only because I already practice those actions on a regular basis. However, I found this book to be the go-to guide not only for the empowerment of women in the workplace, but also for all leaders, regardless of gender. The numerous facts and figures that Mrs. Sandberg presented reveal that although more women than men are graduating from college today, women are far outnumbered in the workplace and especially in the top leadership roles, and as a result of this, are often misunderstood in their intentions for success. Comparing some of the notes in the book to myself, I have found areas that I can certainly improve and will implement those in order to achieve a broader level of success in my own career. I believe that anyone, male or female, who reads this book will also be able to examine themselves and discover areas they can improve to promote equality in the workplace as well. The general feeling I gleaned as I finished “Lean In” was that we all need to work together and support each other via mentorship programs; caring for each other in order to promote excellence and a feeling of accomplishment throughout our entire organization.

## **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:  
432-2324**

**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:  
Shineka Washington  
432-2663**

## Goal, plan and execution

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

DOHA, Qatar - One of the main reasons why most people fail to achieve what they set out to do is they don't set goals, don't have a plan, or lack consistency which leads to lack of execution. I have numerous individuals from Soldier's to civilians tell me what they want, but don't know how to get there or how to plan their workout around there day. Don't you think it should be the other way around? If most people plan there workout around there day, they will never attempt to workout because at the end of the day, they will lack the motivation to finish.

In my many years of training people, I notice the one thing that remains consistent is the people that lack a goal will never achieve weight loss or their fitness goal. It is so much easier if you have a goal, because if you know what you want, all you have to do is figure out how to get there and that is what a personal trainer is for. Everyone needs a trainer, because that trainer can correct your form and reinforce proper technique which will help you achieve your goal a lot quicker.

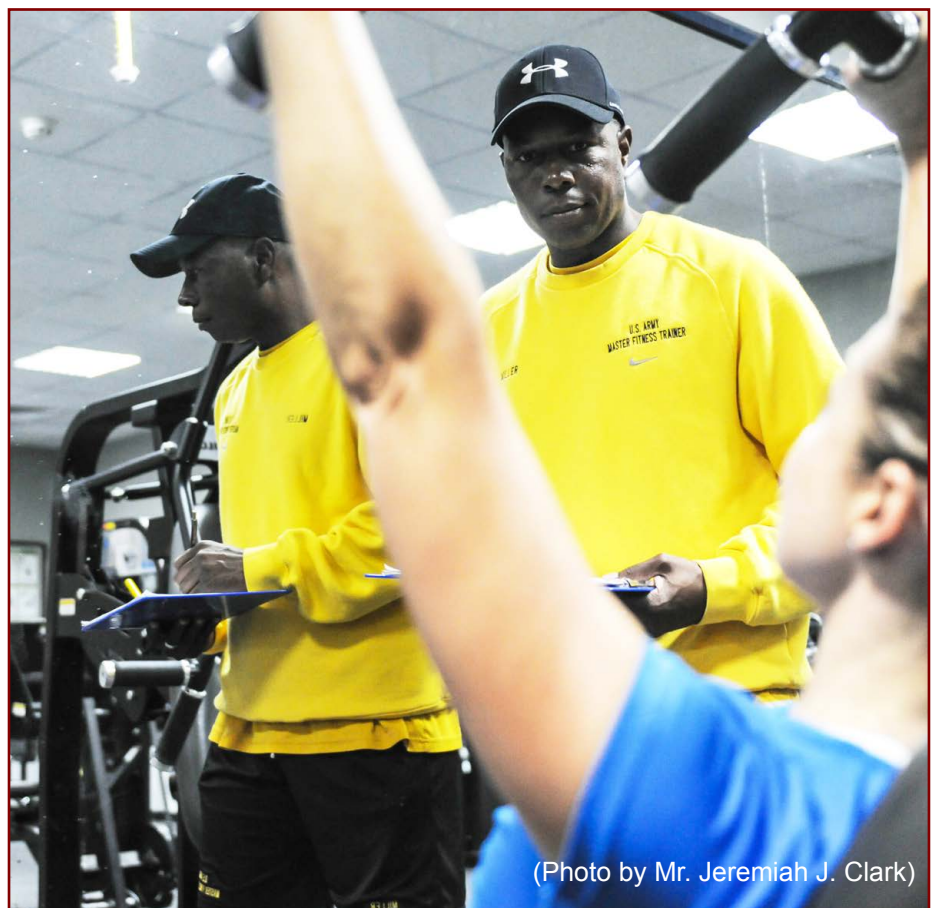
Now that you have your goal, it is time to write down how you plan to achieve your goal. I know this sounds too easy but it really is.

If your goal is to lose weight, track your progress weekly by weighing yourself and tracking your body fat progress. If you are not losing weight it is because of 3 reasons: something is wrong with your eating habits, your workout is not hard enough, or a combination of both. Also, if you are not losing weight, but losing inches, you have had a successful week. Just because you don't lose weight, doesn't mean what you are doing isn't working.

Lastly, what is the point in having a goal and a plan, if you are not consistent in your workout and diet plan? Too many people have so many excuses on why they

never work out or fall off their diet plan. If this is what you really want to do, then you have to make a sacrifice to do it! Having a great attitude towards working out will help improve your execution which in turn will help you achieve your fitness goal. Good luck and let's go workout!!!

*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.*



(Photo by Mr. Jeremiah J. Clark)



## 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!

### SPINNING MONTH CHALLENGE throughout May.

Also, new fitness class schedule as of May 1:

**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 Mr. Jonald Lalas)

DOHA, Qatar - Mr. Joseph Reyes and U.S. Army Maj. Shawn Gralinski, the senior operations officer for Area Support Group - Qatar, compete in the CAS Triathlon.

### April Fool's Day 5K Run/ Walk Winners (01 April 2013)

#### Men's Run:

1st Place:	Mike Tizer	19:10
2nd Place:	Victor Suarez	19:24
3rd Place:	Hodes	19:40
4th Place:	Bill Schuyler	19:51
5th Place:	Stephen Kafton	20:06
6th Place:	Doll Trenton	21:22

#### Men's Walk:

1st Place:	Charles Philip	36:37
2nd Place:	David Ortiz	36:39
3rd Place:	Scott Czerr	38:00

#### Women's Run:

1st Place:	Lovynn Soriano	21:40
2nd Place:	Jessica Greathouse	23:30
3rd Place:	Collette Harmen	23:35
4th Place:	Ashley Northlick	25:21
5th Place:	Nadia Taylor	25:52
6th Place:	May Rush	26:00

#### Women's Walk:

1st Place:	Jaquelyn Waddell	40:59
2nd Place:	Victoria Rodriguez	43:24
3rd Place:	Martha Robles	43:25

TOTAL NO. OF PARTICIPANTS: 275

**D**

# THE FURTHER ADVENTURES OF DOCTRINE MAN



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## We would like your feedback!

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