



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

DESERT MESH MAGAZINE

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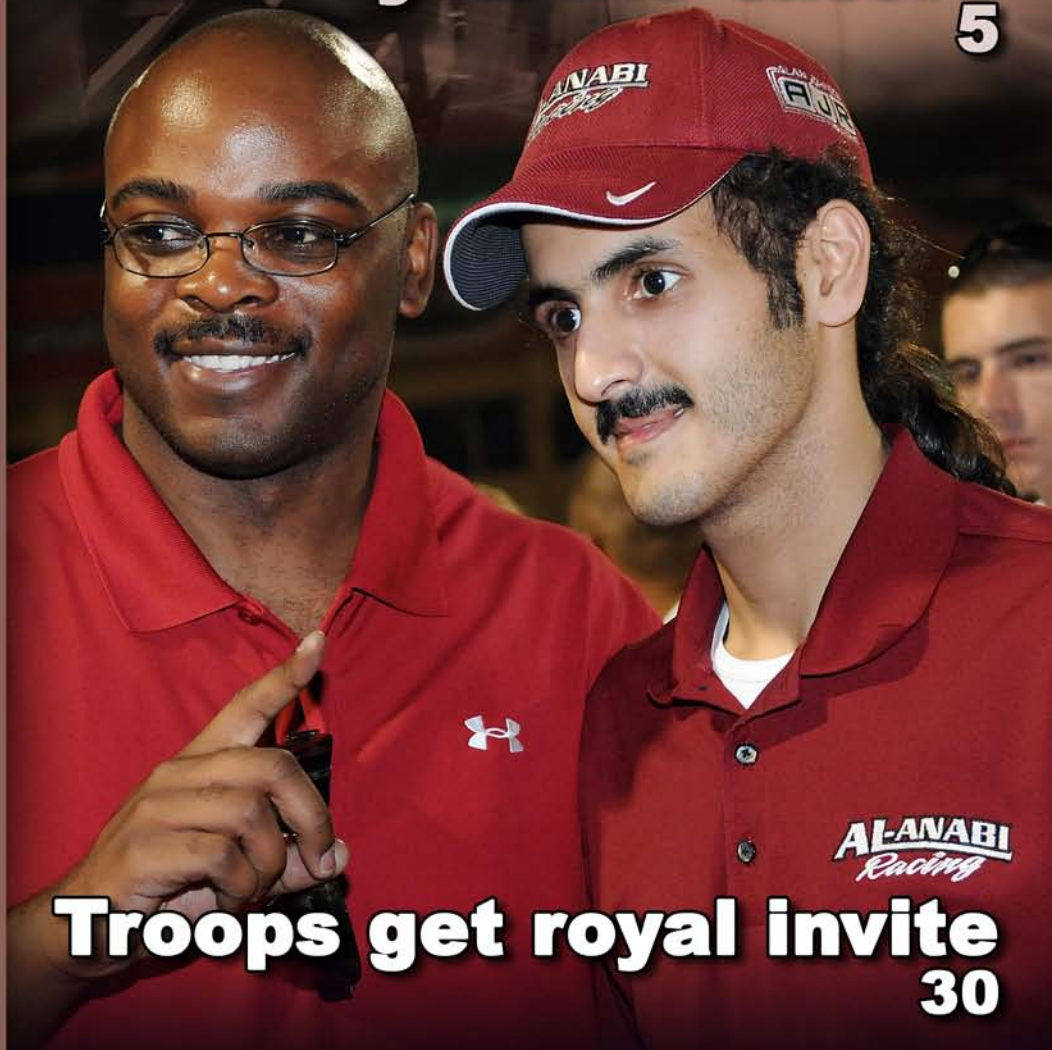
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Your feedback is important to us.
See the back cover for details.



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

Desert Mesh layout and design by Dustin Senger. Comments should be addressed to dustin.senger@qatar.army.mil or call 011-974-450-2714 (DSN 318-432-2800).

COVER PAGE: (Top) U.S. Air Force Master Sgt. Lerry Forester, from Summerville, S.C., organizes ventilators inside the U.S. Army Medical Materiel Center Southwest Asia warehouse at Camp As Sayliyah, Qatar, Feb. 15. (Bottom) Air Force Senior Airman Mario Revere, from Atlanta, poses for a photograph with Khalid bin Hamad Al Thani, Al Anabi Racing owner, after an Arabian Drag Racing League championship, near Doha, Qatar, Feb. 26. (Cover Photo-Illustration/Dustin Senger)

Camp profile: Roberts earns honors for signal support

Somerset soldier receives Bronze Star

By LAKIA CLARKE-BROWN
ASG-QA public affairs

U.S. Army Sgt. 1st Class Evan Roberts, from Somerset, Pa., received the Bronze Star medal for his meritorious service in support of Operation Enduring Freedom during an award service at Camp As Sayliyah, Qatar, Feb. 22.

Roberts earned the fourth-highest combat award as the 580th Signal Company, Direct Signal Support Team telecommunications system chief in Afghanistan. Capt. Judy Hobson, 25th Signal Battalion, Headquarters and Headquarters Detachment commander presented the medal.

"It is a great honor to receive this medal," said Roberts during the ceremony. "I would like to thank my soldiers. I wouldn't have successfully completed the mission without their help."

While deployed to Afghanistan, Roberts increased communication efficiency between U.S. and coalition forces on the Pakistan-Afghanistan border. He also worked in coordination with information assurance personnel, network and system administrators and the Regional Computer Emergency Response Team to mitigate malicious network attacks.

His primary mission involved directing the installation, operation, maintenance and sustainment of tactical and strategic communication systems in support of war fighting elements. He provided contractual oversight of over \$1 million in telecommunications equipment.

"The amount of knowledge he has is incredible," said Spc. Robert Stofflet, from Columbia, S.C., who was deployed with Roberts in Afghanistan. "As a young soldier, I look up to him. Any time I had a question, he had an answer."

Roberts has built radios for more than 40 years, an interest inspired by his father, an Air Force avionics technician. He routinely watched his father build communications equipment as well as repair electrical appliances around the home.

"I built my first crystal radio when I was six years old," said Roberts. His father often brought home electronic building kits and spare parts.

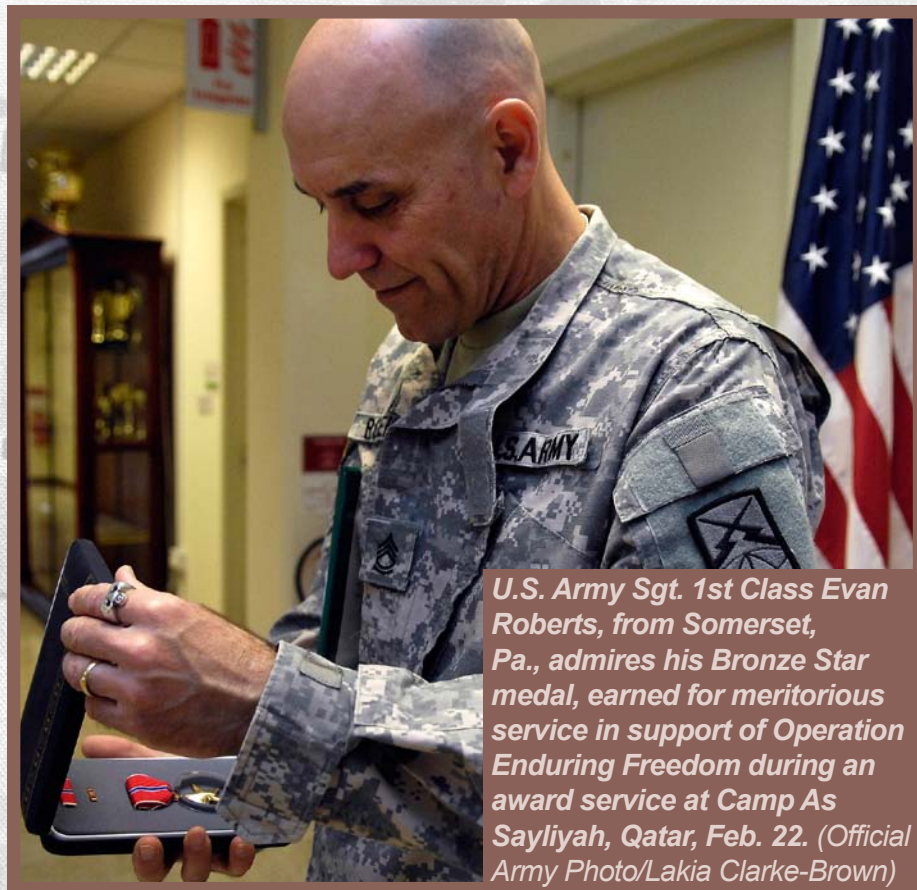
Roberts enlisted in the U.S. Army in October 1985, as a single-channel radio operator. In July 1988, he entered the Army's Green to Gold program and was later commissioned

a second lieutenant. As an officer, his duties leaned more toward leading soldiers than operating radios. In July 1995, he resigned his commission to return to active enlisted duty with the 82nd Signal Battalion.

"I resigned because it was the only way I could work on radios again," said Roberts. "At the end of the day, it's not about a pay check. It's about doing what you love... and I love radios."

Roberts is a Military Affiliate Radio System operator certified by the Army Network Enterprise Technology Command. MARS is a program established by the Department of Defense to provide high-frequency emergency communications. He also holds a Federal Communications Commission amateur radio technician license.

(Roberts, continued on page 11)



U.S. Army Sgt. 1st Class Evan Roberts, from Somerset, Pa., admires his Bronze Star medal, earned for meritorious service in support of Operation Enduring Freedom during an award service at Camp As Sayliyah, Qatar, Feb. 22. (Official Army Photo/Lakia Clarke-Brown)



The installation commander



Maxine C. Girard

Colonel

Commander

Area Support Group Qatar

This *Desert Mesh*, edition 65, should reach you the first week of March.

The Camp As Sayliyah safety record reached 224 days without significant damage to government property or serious injury to military personnel, March 3. Our community continues to preserve a commendable reputation for maintaining safe environments.

Selfless service is an Army value that involves considering the needs of others; their safety, security and welfare. Acts of genuine service are performed for the benefit of the team, without expecting reward or compensation.

Last month, we recognized several volunteers during an awards dinner and ceremony. The small expression of thanks is an installation first, but it will not be the last. Many individuals and organizations continue to exemplify selflessness.

The Area Support Group Qatar command team appreciates your noteworthy efforts. Selfless acts constantly support our USO, rest and recuperation pass program and troop medical clinic. During the annual Combined Federal Campaign Overseas fundraiser, our installation pledged more than \$36,000 to charities. These are a few of the many agencies on the installation benefiting from countless hours that reached above and beyond mission requirements.

War fighters are receiving your first-rate services during a responsible drawdown in Iraq and buildup in Afghanistan. Forward-operating bases value your responsiveness in distributing medical supplies; repairing or resetting Strykers and wheeled vehicles; providing intelligence to the battlefield,

protecting our seaports and aerial ports of debarkation; as well as securing ground lines of communication.

You are saving lives and selflessly supporting contingency operations by exhibiting excellence and teamwork. Now, more than ever, I call on your continued support at finding outlets that contribute to building a vibrant community – not just an installation enduring increased operational tempos.

An installation-wide organizational day is approaching in April. The morale, welfare and recreation team is providing a day of activities and events to build friendships and teamwork within our community. I hope to see everyone there.

The 53rd Infantry Brigade Combat Team, a National Guard unit from Florida, is joining our team to provide installation security. I ask for your patience as we transition security from a contract-managed function.

A lot of revisions to installation policies and procedures have been published since January. These are the written standards that help govern our community. Please visit the ASG-QA Intranet site to download the most recent editions.

Finally, Command Sgt. Maj. Charles “Doc” Holliday is our installation’s new senior enlisted advisor. His impact to the team is already being felt in positive ways across the installation. I look forward to our continued partnership in the upcoming months.

Patton’s own; Support 6

Charles A. Holliday, Sr.

Command Sergeant Major

Command Sergeant Major
Area Support Group Qatar

There's a new sheriff in town and his name is Command Sgt. Maj. Charles "Doc" Holliday. I am here to uphold Army traditions and standards as the senior enlisted advisor for the Camp As Sayliyah commander. I appreciate the warm welcomes following the change of responsibility ceremony, Jan. 25.

I grew up in the countryside of Leland, N.C., where I helped my grandparents harvest and store different types of potatoes. In the south, we call them "taters." After enlisting in the Army, I found out that military formations harvest different types of taters too. For example, we have *spectators*, *agitators* and *dictators*.

Commentators, another tater, are hard to ignore within our ranks. These individuals constantly offer opinions while observing the undertakings of others. They talk a lot, but hardly act. Commentators confess but never profess.

Several members of our community voiced a concern about the camp bus system during our installation town hall gathering, Feb. 1. They said the buses were failing to make scheduled stops. Whenever our community voices problems, we will investigate them.

I spent four hours riding busses and waiting at designated stops, while concealed in civilian clothes. They were right. I sat down with the department of logistics to formulate a mitigation plan. Effective Feb. 26, we implemented a new bus system, hoping to increase transportation efficiency.

We are paid to be professional soldiers. While others talk about defending our country, we are the doers. I've seen leaders wholeheartedly focused on their missions at Camp As Sayliyah. Furthermore,

I've seen young soldiers trying to do the right thing.

Staff Sgt. April Plante, from Indianola, Miss., organized an off-post volunteer venue in Qatar. She traveled with 25 servicemembers to the American School of Doha, where everyone read to children. Monthly visits are planned to demonstrate further support for our host nation's academic programs.

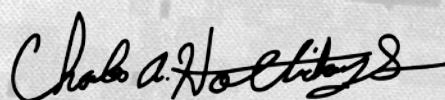
Sgt. 1st Class Scott Stoneburner, from Lancaster, Ohio, coordinated U.S. military participation in the Qatar armed forces marksmanship competitions. His efforts helped 11 servicemembers hone their rifle, pistol and shotgun skills. Participation in the annual fitness events has strengthened relationships with the Qatar military for five consecutive years.

Plante and Stoneburner are two examples of soldiers contrasting the concept of commentators. They find ways to improve their foxholes and ensure changes are implemented, safely and professionally. I will discuss more taters affecting our ranks in future editions of the *Desert Mesh*.

We can streamline our operations by keeping everyone informed at Camp As Sayliyah. Information must flow freely, from the highest level down to the lowest. Units must send representatives to dining facility and MWR council meetings. Senior enlisted leaders must encourage attendance at installation observances and community activities.

Please bring your concerns to my attention, anytime. I will always actively engage discrepancies to support safe and productive work environments at Camp As Sayliyah.

Third always first!

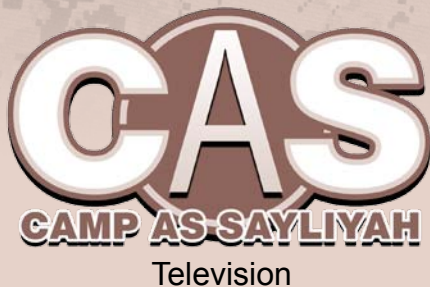


There's a new sheriff in town: CSM Doc Holliday



CAS-TV

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



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

Optical Fabrication Laboratory

The optical fabrication lab provides: glasses and inserts; repairs and adjustments; and replacement parts.

- Monday thru Thursday:
9 a.m. to 4 p.m.
- Friday:
Appointments only
- Saturday:
Closed
- Sunday:
9 a.m. to 3 p.m.

Contact Sgt. Julio Macdonald, 424th MLC optical lab specialist, for more information.

THE WIRE

Urgent medical items shipped to support troop surge

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

U.S. Air Force Master Sgt. Lerry Forester is managing \$17 million of Central Command life-saving medical items, according to reports Feb. 15. The dollar value doubled over the past three weeks due to increased urgent care equipment requests for the surge of military forces in Afghanistan.

Forester, from Summerville, S.C., administers a Patient Movement Item tracking system, as a tri-service component assigned to U.S. Army Medical Materiel Center Southwest Asia at Camp As Sayliyah, Qatar. He supports 25 medical treatment facilities and casualty evaluation centers across Southwest Asia.

USAMMC-SWA provides medical logistics management for CENTCOM war fighters. Over 120 servicemembers and contractors

fulfill material requests for over 600 customers by maintaining a warehouse stocked with nearly 3,000 different items.

"I'm usually the first one in and the last one out," said Forester, referring to frequent 14-hour work days since deploying to the Qatar base last month. "Everyone pretty much knows the importance of my job."

Forester describes himself as "the heartbeat" of the medical maintenance shop. "Before the biomedical repairmen get anything, everything comes through me," he said, hovering over several open boxes inside an office crowded with spread sheets, equipment racks, defibrillators, ventilators, infusion systems, suctioning units, intravenous controllers, wound vacuum-assisted closers and patient monitoring devices.

"This is the life-saving equipment patients need," said Forester. "The units downrange must be able to use the equipment once it hits the ground."

Besides changes in high-value PMI equipment, various critical medical supplies carried by frontline combat medics and corpsman have been shipped, such as gauze pads, bandages, tourniquets and medicines.

"We used our data from Fallujah to prepare for the surge in Afghanistan," said Army Lt. Col. Thomas Hines, USAMMC-SWA commander, referring to an analysis of needs completed in January. "We looked at the top 200 items and then increased our numbers there."

According to Hines, total medical material volume hasn't been affected by the surge, due to a concurrent draw down of forces in Iraq. However, the demand for trauma-type items has increased in Afghanistan. **A**



U.S. Air Force Master Sgt. Lerry Forester, from Summerville, S.C., organizes defibrillators inside the U.S. Army Medical Materiel Center Southwest Asia warehouse at Camp As Sayliyah, Qatar, Feb. 15. "This is the life-saving equipment patients need," said Forester. "The units downrange must be able to use the equipment once it hits the ground." (Official Army Photo/Dustin Senger)

Troops find four-day pass effective

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

U.S. servicemembers evaluated the effectiveness of the Central Command rest and recuperation pass program during a random poll of 10 participants at Camp As Sayliyah, Qatar, Feb. 9. Nine out of 10 war fighters agreed that the allotted four-day pass offers sufficient time to feel recharged.

The surveyed servicemembers had been relaxing in the R&R facility during their final day – watching movies, checking e-mails and eating lunch. Everyone questioned had arrived from Iraq. Eight out of 10 said it took three days to reach the U.S. military base, while the others said two and one. Qatar is an Islamic

state situated along the eastern coastline of the Arabian Peninsula.

“I’m loving it here,” said Army Spc. Siris Alma, from Aguadilla, Puerto Rico – the sole participant who thought passes should be longer. “I want to go out on more tours.” She had spent three days in Doha, Qatar’s capital city, visiting various shopping venues, as well as the Museum of Islamic Art.

“Learning about other cultures is a different experience,” said Alma. “We can see the real faces of the Middle Eastern cultures. My vision changed completely. Now I understand them more.” Everyone surveyed attended at least one organized off-post trip;

five spent three days touring Qatar.

“I think it’s good for motivation – at my unit, you have to earn the pass,” said Army Spc. Natalia Saraceno, from

“I think it’s good for motivation – at my unit, you have to earn the pass,” said Army Spc. Natalia Saraceno, from Chicago.

“ Passes are a chance to get away from monotony – it’s a big stress reliever,” said Army Sgt. 1st Class Amanda Bryan, from St. Thomas, Virgin Islands.

Chicago, who recently received soldier-of-the-quarter recognition. “You have to do things above and beyond your peers. I think it makes people try harder by giving them something to work toward.”

“Passes are a chance to get away from monotony – it’s a big stress reliever,” said Army Sgt. 1st Class Amanda Bryan, from St. Thomas, Virgin Islands. “We asked what to expect before we got here, so we wouldn’t sit too long contemplating what to do. We may have missed a few things but every day was different.”

“If you can take a 15-day R&R leave and a four-day pass – that’s perfect,” said Bryan, who quickly admits she’s ready to rejoin her unit in Iraq.

Army Staff Sgt. Angela Ross, from Canton, Ohio, compared the R&R pass program to leave in the United States.

“You don’t have to go through the goodbyes all over again,” said Ross. The military covers most of the expenses and the nearby program minimizes transportation hassles, she said.

“We’ve pretty much seen it all,” said Army 1st Lt. Eileen Healy, from Portsmouth, N.H. “I’m already checking my work e-mails. I am anxious to get back.”

Executed by Third Army/U.S. Army Central Area Support Group Qatar, the CENTCOM R&R program has provided respite for nearly 200,000 war fighters since 2004. ASG-QA staff attempt to boost troop morale by hosting numerous recreational activities and cultural experiences. **A**



U.S. Army Capt. Elizabeth Wisrael, from Tacoma, Wash., relaxes inside the Central Command rest and recuperation pass program facility at Camp As Sayliyah, Qatar, Feb. 9. Four days is sufficient time to feel recharged, she said during her final day participating in the R&R program. (Official Army Photo/Dustin Senger)

Education Center

The Army Continuing Education System offers a variety of programs to assist servicemembers in obtaining their college degree, GED, certification or licensure – through a variety of distance learning programs. Visit the education center for more information on ACES programs and services.

- Tuition assistance
- GI Bill
- Distance education
- eArmyU
- Promotion points!

Central Texas College

Functional Academic Skills Training

- March 15 to April 3

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

THE WIRE

Redskins cheerleaders boost troop spirits

By **DUSTIN SENGER**

ASG-QA public affairs

Professional football cheerleaders brought a brief diversion from combat support operations and recent sand storms at Camp As Sayliyah, Qatar, Feb. 4, by imparting encouraging smiles and enthusiasm during an evening performance.

Eleven Washington Redskins cheerleaders presented high-energy song, dance and cheering routines inside the Central Command rest and recuperation pass program facility at the Qatar base. The appearance was made in coordination with Armed Forces Entrainment, the Department of Defense agency committed to boosting servicemember morale overseas.



Chelsea, a Washington Redskins cheerleader co-captain, signs autographs for U.S. servicemembers at Camp As Sayliyah, Qatar, Feb. 4. (Official Army Photo/Dustin Senger)

Prior to Qatar, the expeditionary burgundy-and-gold cheering team visited troops in Kyrgyzstan and United Arab Emirates. Saudi Arabia is their final venue in Southwest Asia.

In appreciation, General Dynamics Land Systems contractors offered a review of the Stryker battle damage repair facility at the Qatar base. Central Command war fighters have used the light-armored combat vehicles for various mission requirements since 2003.

After becoming familiar with the vehicle, the cheerleaders split up to board one of two Stykyers – each shocked by the spontaneous turn in events. GDLS vehicle commanders took the cheerleaders through off-road terrain for an authentic Stryker experience.

“It seems really durable and safe – I felt like we could go through anything,” said Tequia, Washington Redskins cheerleader, after the vehicles returned to the repair facility. “It was definitely one of the funnest things we’ve done so far.”

Simply hanging out with the troops has been the greatest highlight, said Tequia. **A**



Washington Redskins cheerleaders ride in a Stryker with U.S. Army Sgt. Alex Irizarry, from New York, at Camp As Sayliyah, Qatar, Feb. 4. General Dynamics Land Systems’ vehicle commanders took the cheerleaders through off-road terrain for an authentic Stryker experience. (Official Army Photo/Dustin Senger)

Third Army bids farewell to senior leader in Qatar

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

The Third Army/U.S. Army Central Area Support Group Qatar command sergeant major relinquished his responsibilities during a ceremony at Camp As Sayliyah, Qatar, Jan. 25, after serving beside three installation commanders.

Col. Maxine C. Girard, ASG-QA commander, relieved Command Sgt. Maj. Michael D. Howard, from Jacksonville, Fla., thereby completing a three-year dedication to enforcing Army standards and regulations, as well as installation policies and procedures, at Camp As Sayliyah.

Girard passed senior enlisted leader duties to Command Sgt. Maj. Charles "Doc" Holliday, from Leland, N.C. Prior to Qatar, Holliday served as the Third Army/USARCENT Special Troops Battalion command sergeant major at Fort McPherson, Ga., and Camp Arifjan, Kuwait.

"We have always challenged ourselves to find ways to improve our foxholes over the years," said Howard during farewell remarks to Camp As Sayliyah. "You honored me with the opportunity to be your voice of reason – as someone to trust for sound advice."

Howard's leadership helped the installation achieve several Army-level awards. In 2007, ASG-QA earned the Phillip A. Connelly Award for administering the best large garrison dining facility in the Army. The unit received the Secretary of the Army and Chief of Staff of the Army Exceptional Organization Safety Award in 2007 and 2008, in addition to the Motorcycle Safety

Foundation Outstanding Motorcycle Safety Support Award in 2009.

During his tenure, the installation community completed over 400 days without significant injury to military personnel or loss of government property. Howard contributed to the well-being of over 70,000 troops participating in the U.S. Central Command rest and recuperation pass program at the Qatar base.

"Deuces wild!" said Howard, who graduated with Holliday from the Sergeants Major Academy, class 52. "My classmate is on the ground and I feel good about who the Army selected."

"Taking care of our nation's business is my priority – it's what all our priorities should be," said Holliday, while addressing the installation as the ASG-QA command sergeant major. "I don't take this responsibility lightly. I will work hard to support this installation and continue to teach and train our war fighters."

"You may be the sharpest tack in the box," said Holliday. "Just remember, your audio must match your video. Soldiers don't care how much you know, until they know how much you care. I believe in leader presence – don't expect what you don't inspect."

As a Third Army/USARCENT brigade-size subordinate command, ASG-QA provides force protection and base operations services as a component headquarters for assigned Army forces and joint tenant units at Camp As Sayliyah. ASG-QA executes the only authorized U.S. Central Command rest and recuperation pass program, which has recharged nearly 200,000 war fighters since its 2004 inception. **A**



Command Sgt. Maj. Michael D. Howard, from Jacksonville, Fla., shares farewell remarks after a change of responsibility ceremony at Camp As Sayliyah, Qatar, Jan. 25. Howard completed three years enforcing Army standards and regulations, as well as installation policies and procedures, at Camp As Sayliyah. His leadership helped the installation achieve several Army-level awards. (Official Army Photo/Dustin Senger)

Third Army/U.S. Army Central Standards Book

Ready Tonight, Sustain the Fight, Shape the Future

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

Download it from here:
<http://www-qa.arcent.army.mil>

Camp Policies

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

*ASG-QA domain access required.



U.S. Army Pfc. Daniel Rogers, from Concord, Calif., sits on a sandbag bunker at Camp As Sayliyah, Qatar, Feb. 11. The military police soldier helps facilitate the U.S. Central Command rest and recuperation pass program at the Qatar base. "Comedy shows give us jokes to think about for one or two days," said Rogers, commenting about an Armed Forces comedy show Jan. 25, featuring Johnny Cardinale, Lauren Ashley Bishop and Matt Baetz. "They were actually funny – not just 'ha, ha,' but really good jokes." (Official Army Photo/Dustin Senger)

THE WIRE

LEADER ALWAYS

Leading by example

By Capt. KEITH BRAGG

ASG-QA department of public works

Explanations of "leading by example" often slide into the old stand-by response outlining wear and appearance of the uniform. That is important – any leader who is deeply respected is at heart a good Soldier first – but does it truly help define the essence of leadership?

Soldiers go where effective leaders lead them. Leaders must have a long-term objective and inspire each level of their unit or section to achieve that goal. They provide the best example by taking a mission or objective to heart. Soldiers must know we are willing to work hard with them.

No matter the level in which you are in charge, there is an objective for your team to achieve. Perhaps the target is something routine; for example, section training. I encourage cross training so anyone can step up and fill any position. Find an objective that improves your unit and requires long-term efforts. Performed correctly, setting team-orientated objectives empowers your subordinate leaders and soldiers while developing them as professionals.

When I was a company commander, I wanted to earn every battalion streamer, especially the Honor Company Streamer. In doing that, every aspect of my company had to improve: maintenance, physical fitness, deployment readiness,

reenlistment and training. It all started with an accurate assessment of the current commitments at each category, and then working with subordinate leaders to improve each area. We tied short-term goals to training events such as the Army Physical Fitness Test and Soldier Readiness Program.

To achieve our goal of earning every streamer, we needed every leader and soldier's support. I routinely visited my soldiers during their duty day, asking them questions about achieving our goal. I added several pages to my leader book and relentlessly inspected everyone. "Specialist Johnson, have you taken your shots yet? We're not going to get over 90 percent without you."

Leaders provide the best example by taking a mission or objective to heart.

During company training meetings, I asked each section about improvements made in their areas. I would congratulate the unit during our weekly formation and safety briefs

every time we achieved short-term goals, such as improving our medical readiness or eliminating APFT failures. By spending my time and energy, I showed the soldiers I truly cared for them and the work they did.

Leading by example involves sincerely caring for the mission and the soldiers who achieve it. Leaders who display an attitude to get by with minimum effort will ultimately get the same from their team. By showing dedication to soldiers and their performance, there is nothing they cannot accomplish. In the end, we earned every streamer but one. Above all, we proudly added the Honor Company Streamer to our collection. **A**

Leadership

By Staff Sgt. KIMBERLY FAIRBANKS

ASG-QA troop medical clinic

There are lots of definitions for the word “leadership.” Typically, leadership is defined as motivating others to accomplish the mission while providing purpose and direction. As stated in the NCO creed: “All soldiers are entitled to outstanding leadership and I will provide that leadership.”

Personally speaking, I have been truly blessed with my past and present leaders. I can honestly say that I have learned something from every one of them – I probably learned the most from the worst. Bad leadership has shown me mistakes I must avoid.

You must continuously seek self improvement to be an effective leader. The day a leader feels as if he has all the answers, or she fails to take care for her soldiers, is the same day that leader must retire.

Soldiers aren’t interested in the number of degrees you earn. They don’t care that you graduated top of your class. Soldiers are only interested in knowing that you care enough to watch after their basic needs.

Good leadership skills are not a by-product of education or rank. Military courses teach soldiers the basic concepts for improving their leadership skills, unfortunately the valuable lessons aren’t always applied after returning to their units. It’s as though many lose the tools they were handed as soon as the course ends.

When defining effective leadership one must review traits seen in some of the world’s best leaders. Humbleness is apparent in many today. Selfless service is also found in great leaders, which often results in soldiers rarely questioning a leader’s judgment.

We must also demonstrate the sincerest form of compassion when counseling our soldiers during their

darkest hours. The way that trivial situations are handled makes or breaks a soldier.

There are times that challenge us into making tough decisions. Sometimes we must make choices our soldiers may not agree with, nor understand. At times, last-minute tasks or details affect off-duty time.

Effective leaders stand out amongst others. Their soldiers willingly follow them into battle, even without a weapon, and strive to emulate them at every level. Unit morale peaks with good leadership and serious incidences plummet, such as DUIs, drug use and mission failures.

I would like to end with these words of wisdom by Colin Powell: “Leadership is solving problems. The day soldiers stop bringing you their problems is the day you have stopped leading them. They have either lost confidence that you can help or concluded you do not care. Either case is a failure of leadership.” **A**

Roberts

(Continued from page 3)

“Radios are important for the military,” said Roberts. “They are the biggest component in command and control communications.”

Prior to deploying for Operation Iraqi Freedom in 2003, he built a portable MARS hub to provide personal telecommunications access for servicemembers in Iraq, Afghanistan and Germany.

“I build at least one radio wherever I’m stationed,” said Roberts. “Building radios help keep me focused and

positive. They’re constructive energy.”

Roberts builds crystal radios with common household and office items, such as toilet tissue rolls, safety pins, pencil leads and spiral notebook bindings. They are powered by radio waves using a long-wire antenna. Roberts frequently finds diodes in alarm clocks and telephones to filter audio sounds from radio waves. As an alternative, he has fabricated diodes from LEDs.

“I can build a radio out of common junk,” said Roberts. “Most people would consider the parts I use trash.”

After receiving the award, Roberts

continuously highlighted his wife’s support throughout his deployment – his “source of strength.”

He also thanked the Soldiers’ Angels Foundation, a non-profit organization with over 225,000 volunteer sponsors providing care-packages and letters to deployed servicemembers. During holidays, a Minnesota family sent Roberts themed care packages.

“It is my distinct pleasure to present the Bronze Star to an individual who exemplifies the Army values,” said Hobson. “He is the epitome of an NCO – the backbone of the Army. I have never met a leader more deserving.” **A**

Troop Medical Clinic

Sick call supports acute injuries or illnesses requiring treatment or a disposition for duty status – E-6 and below must present DD form 689, signed by their first-line supervisor. Mornings: 7 a.m. to 11 a.m. After Hours: 7 p.m. to 11 p.m.

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

Call the troop medical clinic at DSN 432-3508.

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

CAS in the News!

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

Camp Wellness

Participate in base health and wellness initiatives.

PTSD Awareness Week

- April 11: Opening at noon in the large dining facility.
- April 12: Information day.
- April 13: PTSD support day.
- April 14: PTSD Film festival from 10 a.m. to 2 p.m. in the troop medical clinic.
- April 15: PTSD conference from 9 a.m. to noon in the post theater.

Contact Nikole Scott Conerly, installation psychologist, for more information.

THE WIRE

CAMP WELLNESS

Stress management makes the difference

By **NIKOLE SCOTT CONERLY, Ph.D., C.G.P.**

And
By **LUZVIMINDA SUBALA, RN**
ASG-QA troop medical clinic

- ✓ Feeling angry, irritable or easily frustrated
- ✓ Feeling overwhelmed
- ✓ Change in eating habits
- ✓ Problems concentrating
- ✓ Feeling nervous or anxious
- ✓ Trouble sleeping
- ✓ Problems with memory
- ✓ Feeling burned out from work
- ✓ Feeling that you can't overcome difficulties in your life
- ✓ Having trouble functioning in your personal life

Stress occurs when pressure from the outside makes you feel tense on the inside. Environmental stressors are everywhere – cluttered offices, traffic jams, running late to work, being interrupted, as well as aches and pains. Stress often accompanies sudden changes, even those that are positive, such as going on vacation or getting married. Too much stress or tensions that last for long periods take their toll. How you mitigate their impact makes the difference.

If you are feeling overwhelmed, you're not alone. Approximately one third of Americans are living with extreme stress, which affects both body and mind. The following are symptoms of stress overload.

It's crucial to recognize positive and negative ways for coping with stress. Positive methods for managing stress includes: talking about worries with others; learning to accept situations you cannot change; avoiding self medication; getting enough sleep and rest; and properly balancing work with rest and recreation. Some of the negative coping strategies are blaming others, overeating, smoking and other self-destructive behaviors.

Stress is a part of life. Some pressure is helpful because it motivates people with a burst of energy to complete everyday jobs. Remember to request help at the troop medical clinic if stress becomes too heavy of a burden in your life. **A**



Servicemembers pass time while they wait for their laundry to finish at a laundromat in Baghdad, Iraq, Feb. 22, 2008. (Official Air Force Photo/Master Sgt. Andy Dunaway)

Identifying post-traumatic stress

By **NIKOLE SCOTT CONERLY, Ph.D., C.G.P.**
ASG-QA troop medical clinic

Post-traumatic stress disorder is also referred to as combat fatigue, shell shock and war neurosis. It wasn't until the 1980s that it became widely known as PTSD.

The National Institute of Mental Health defines PTSD as an anxiety disorder that can develop after experiencing or witnessing a terrifying event, in which grave physical harm occurred or was threatened. These events can include: combat or military stress; child sexual or physical abuse; terrorist attacks; sexual or physical assault or trauma; serious accidents (such as a car wreck); as well as natural disasters (such as a fire, tornado, hurricane, flood or earthquake).

There are four types of PTSD symptoms: reliving the event; avoiding situations that remind you of the event; feeling numb; feeling keyed up (also called hyper arousal).

A 2008 study in the *Journal of Military Medicine* examined rates of PTSD and the success of U.S. Department of Veterans Affairs programs among 120 servicemembers returning from Iraq and Afghanistan. They surveyed PTSD symptoms, depression, alcohol use and their use of VA mental health services.

The study's findings for mental health problems are alarming: six percent had PTSD; six percent had problems with both PTSD and alcohol use; 27 percent revealed dangerous alcohol use.

At Camp As Sayliyah, roughly 40 noncommissioned officers were

surveyed for PTSD symptoms during a troop medical clinic training session, Feb. 11. Approximately 45 percent said they experience at least one of the four symptoms of PTSD.

Soldiers who report PTSD symptoms to the installation psychologist often have the disorder. Many soldiers say they don't feel well and most don't realize they're suffering from PTSD. They are relieved to learn their condition has a name and treatment is available.

PTSD treatment at the troop medical clinic generally consists of individual psychotherapy, once or twice a week. The sessions allow soldiers to debrief and unload some of the trauma they're carrying.

Soldiers who withdraw from discussions about personal combat experiences need a place to talk confidentially. Participating in small, confidential support groups is therapeutic. It helps PTSD sufferers to heal and not feel so alone in their suffering. To that end, the troop medical clinic is planning to convert an under-used space into a group therapy room.

Sometimes medication is used to help soldiers experiencing anxiety, depression and insomnia. They help patients feel relaxed, less anxious and able to sleep.

Four soldiers' stories

Our first soldier is a 38-year-old sergeant first class who has been in the Army 23 years. During that time, he deployed to Iraq twice and witnessed combat situations. He tried to handle everything experienced there, but always remained haunted by the memories. The most vivid one: a young Iraqi boy who was killed when the soldier fired at a building. Women were also killed, but the face of the boy troubles him most.

"I can still see him lying at the top of the stairs with his eyes wide open and still," said the soldier. "There was a hole in the roof, and light from the sun was shining on his face. He seemed to be looking at the sky. I can't shake the guilt of knowing that I was responsible for the death of a child."

(PTSD, continued on page 14)



An Iraqi civilian is taken into custody by a U.S. soldier after he was found hiding in a chicken coop, Jan. 18, 2008, near the town of Tal Afar in northern Iraq. (Official Navy Photo/Petty Officer 2nd Class Todd Frantom)

Chaplain Services

Attend the installation ministry team's spiritual support services.

Spiritual Fitness Luncheon

- March 31: Luncheon at noon in the large dining facility.
- April 28: Luncheon at noon in the large dining facility.

Lent Fast Studies

- Feb. 24 to March 31

Easter/Passover Studies

- April

ACE Suicide Prevention Training

- April



Ask your buddy

- Have the courage to ask the question, but stay calm
- Ask the question directly, e.g., Are you thinking of killing yourself?

Care for your buddy

- Remove any means that could be used for self-injury
- Calmly control the situation; do not use force
- Actively listen to produce relief

Escort your buddy

- Never leave your buddy alone
- Escort to the chain of command, a Chaplain, a behavioral health professional, or a primary care provider

TA - 095 - 0605

USACHPPM <http://chppm-www.apgea.army.mil/>



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

THE WIRE

PTSD

(Continued from page 13)

Our second soldier is a 40-year-old male sergeant first class who has been in the Army 20 years. He has been deployed to a combat zone twice. He is preparing to redeploy back to his unit, and back home to his family. He knows his family has mixed emotions about the reunion.

"They remember how I was the last time that I came home," he said. "I treated them like we were all in a war zone. I barked orders and didn't want to hear any back talk. I was short tempered with everybody. I made them get up early in the morning, like I was used to doing – when I was ready to go to bed, everybody had to go to bed."

"I had terrible nightmares. I moved around in my sleep so much that my wife started to sleep on the sofa. During the day when I was alone, I felt anxious and sometimes afraid. Every loud noise put me into a panic. To feel better I would drink alcohol. It was not a good time. I thought that I was going crazy. When I go home this time, it has to be different. I don't want to lose my family."

Our third soldier is a 37-year-old female sergeant who has been in the Army 15 years. She deployed during Operation Iraqi Freedom.

"I remember hearing bombs going off and being anxious about driving at night," she said. "The worst part, sometimes I had to sleep under the truck because we didn't have enough tents. My work involved supporting troops with food and supplies – we made sure they had what they needed, even if we didn't. Many nights, I went to sleep hungry with sand blowing in my face. I wondered if I would be alive the next day."

"When arrived at Camp As Sayliyah, I was a nervous wreck. I didn't like loud noises, or people standing behind me. I was often blunt and aggressive to my colleagues. I only felt comfortable in my room, alone. I had been treated for PTSD before; I needed help again."

Our fourth soldier is a 22-year-old male staff sergeant who has been in the Army three years. His job required routine deployments to war zones to periodically check on things. He noticed the repeat exposure to combat altered his personality. He became tense, quiet and withdrawn. Sometimes he'd stay awake for more than 48 hours straight. While his body was exhausted, his mind just wouldn't stop.

"I feel comfortable and safe in my room," he said. During the day, he tried to blend in by not letting his face show emotion. He resisted talking with his family; afraid they might ask how he is doing. He can't tell them, or they'll worry. They have enough worries already.

All of these soldiers have two things in common: they deployed to war zones and live with PTSD. These soldiers have taken the steps to seek treatment. All are beginning to feel better. **A**



U.S. soldiers secure a burning building located near the town of Tal Afar, Jan. 10, 2008 in Northern Iraq. (Official Navy Photo/Petty Officer 2nd Class Todd Frantom)

SPIRITUAL FITNESS

Our need for rest

By Lt. Col. JEFFERY BRUNS
Installation ministry

Rest is not just inactivity. Rest is a means by which we ready ourselves for the next test of strength, the next problem to resolve, the next decision to make, or the next action we take. The following is from "Our Daily Bread," June 6, 1994:

According to a Greek legend, a man noticed the great storyteller Aesop playing childish games with some little boys. He laughed and jeered at Aesop, asking him why he wasted his time in such frivolous activity.

Aesop responded by picking up a bow, loosening its string and placing it on the ground. Then he said to the critical Athenian: "Now, answer the riddle, if you can. Tell us what the unstrung bow implies."

The man looked at it for several moments but had no idea what point Aesop was trying to make.

Aesop explained, "If you keep a bow always bent, it will break eventually; but if you let it go slack, it will be more fit for use when you want it."

We are like that bow. Because of that, from the beginning God built rest into the plan for our lives. First he modeled it. "...so on the seventh day he rested from all his work. And God blessed the seventh day and made it holy..." (Genesis 2:2b-3a) Then he commanded it. "Remember the Sabbath day by keeping it holy." (Exodus 20:8)

There is also another means by which God weaves the need for rest into our lives. I discovered that when I stayed awake for 24 hours; I did not function well. Everything slowed down. I often made decisions without looking at the impacts of my choice.

I have discovered that several days without getting a full night of rest makes me irritable. I snap at things that I would normally shrug off. I get impatient and I begin to withdraw. I have also discovered that my body needs sufficient rest following strenuous workouts, otherwise I injury

myself. Our physical body requires rest.

We must make time to step back and take a break. During a weightlifting workout, we pause between sets in order to regain energy. Similarly, sometimes we need to shift our mind from work to mediation, in order to refresh our mentality and reactivate our creative juices. Other times, we need to stop and sleep – our body is not a machine designed to run endlessly on one charge.

We find opportunity to reconnect with God through meditation, reading, or just being still and present, listening to God. It's hard to connect when your focus is elsewhere. Resting to reconnect with God is a way to recharge and reconfirm that we're headed down the right road while traveling 150 miles per hour. This connection with God is important to us if we profess and believe "The lord is my strength and my shield; my heart trusts in him, and I am helped..." (Psalm 28:7)

There is a mindset – sometimes present within us – that frowns on rest. Pay attention to the following lesson of the woodsman (unknown source):

One man challenged another to an all-day wood chopping contest. The challenger worked very hard, stopping only for a brief lunch break. The other man had a leisurely lunch and took several breaks during the day. At the end of the day, the challenger was surprised and annoyed to find that the other fellow had chopped substantially more wood than he had.

"I don't get it," he said. "Every time I checked, you were taking a rest, yet you chopped more wood than I did."

"But you didn't notice," said the winning woodsman, "that I was sharpening my ax when I sat down to rest."

Sharpen yourself with rest. That is God's command and desire for you. **A**



U.S. Army Spc. Christopher Brinton from the 2-18th Field Artillery Regiment, Fort Sill, Okla., looks out the window while sitting on a bus waiting to leave for a 10-day French Tactical Desert Survival Training Course on May 4, 2008, during his deployment to Combined Joint Task Force- Horn of Africa located at Camp Lemonier, Djibouti. (Official Air Force Photo/Master Sgt. Jeremy Lock)

Equality Observance

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

Women's History Month

- March 2: Opening at noon in the large dining facility.
- March 30: Observance at 11 a.m. in the post theater.

Holocaust Remembrance

- April: Observance in the community activity center.

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

Town Hall

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

2nd Quarter

- May 3: Town hall meeting from noon to 1 p.m. in the large dining facility.

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

THE WIRE

ARMY TRADITIONS

Military women in combat

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

The theme for Women's History Month, March 2010, is "Writing Women Back into History."

Throughout the history of the United States, women have supported the military in various capacities. In July 1943, congress passed a bill which transformed the Women's Army Auxiliary Corps into the Women's Army Corps. The 60,000 women who had served their country as civilians in support of the Army were authorized military status. These women received the same training as men, except in the areas of weapons and tactical operations.

Progress had been made, but military women still faced enormous

challenges. Prejudice continued through the 1960s, as the draft re-instated. Women were recruited with promises of challenging career opportunities. In truth, their choices remained limited. They had to prove themselves more capable than their male counterparts in order to receive the same jobs. Women were not placed in leadership positions over men – many considered a woman supervisor demeaning. Toward the end of the decade, civil rights and feminists movements impacted the disparate situation in the military.

Thirty years later, Operations Desert Shield and Desert Storm paved the way for policy changes that authorized expanded job opportunities for women. During these operations men and women worked together as complete units to accomplish missions. Women no longer received protection from combat. The nature of the fight had changed. U.S. citizens watched their mothers and daughters fighting



Cassandra Morse portrays the struggle between being a female and being a soldier in a studio shoot for a poster project for the Michigan Army National Guard's Visual Information shop, Nov. 11, 2008. (Official Army Photo Illustration/Staff Sgt. Helen Miller)

alongside their fathers and sons, and the response was positive. Women earned promotions to senior ranks and served in top leadership positions – in a greater variety of specialties than ever.

Today, we continue heavily engaged in Southwest Asia with more women serving overseas than ever before. The frontlines of past wars have vanished. Indirect fire from mortars and rockets, improvised explosive devices and suicide bombers do not differentiate between rear areas and forward. Combat engagements happen anywhere, anytime.

In 2005, U.S. Army Sgt. Leigh Ann Hester became the first woman to receive the Silver Star medal since World War II. Hester served in Iraq with 617th Military Police Company, a National Guard unit out of Richmond, Ky. An Armed Forces Press Service release dated June 16, 2005, explains the events:

“Hester’s squad was shadowing a supply convoy, March 20, when anti-Iraqi fighters ambushed the convoy.

The squad moved to the side of the road, flanking the insurgents and cutting off their escape route. Hester led her team through the ‘kill zone’ and into a flanking position, where she assaulted a trench line with grenades and M203 grenade-launcher rounds. She and [Staff Sgt. Timothy Nein], her squad leader, then cleared two trenches, at which time she killed three insurgents with her rifle. When the fight was over, 27 insurgents were dead, six were wounded, and one was captured.”

Not everyone receives a distinguished medal, or gains widespread recognition, but military women routinely demonstrate competence in combat. They provide excellent leadership and adhere to the highest standards of professionalism. Each day, whether deployed overseas or serving at home, they demonstrate outstanding mental and emotional strength, courage and pride.

Women soldiers stand today on a foundation built by their predecessors. Accomplishments and advances for equality have been hard fought. **A**



U.S. Army Sgt. Leigh Ann Hester, vehicle commander, 617th Military Police Company, Richmond, Ky., stands at parade rest after receiving the Silver Star at an awards ceremony at Camp Liberty, Iraq, June 16, 2005. Hester is the first female soldier serving in Operation Iraqi Freedom to receive the Silver Star. (Official Army Photo/Spc. Jeremy D. Crisp)



U.S. Air Force Airman First Class Sandra Brazell prepares for a leaflet drop over Iraq with her C-130 aircraft, Mar. 31, 2008. (Official Air Force Photo/Master Sgt. Andy Dunaway)

THE BOOK OF ELI

SHANE WILL KILL TO HAVE IT. HE WILL KILL TO PROTECT IT.

BELIEVE
1:15:10



channing tatum amanda seyfried



DEAR JOHN

What would you do with a letter that changed everything?

From Nicholas Sparks, best-selling author of THE NOTEBOOK
Screen Gems presents in association with Relativity Media
Temple Hill and Relativity Media production in association with Lasse Hallstrom
Channing Tatum, Amanda Seyfried, "Dear John" Henry Thomas Scott Porter
and Richard Jenkins, Joanna Colbertosa, Richard Martinosa
Dana Campbell, Happy Walters, Season Kent, Deborah Lurie
Kristina Boden, Kara Lindstrom, Terry Stacey, asc
Michael Disco, Kenneth Halsband, Jamie Linden
Jewessah Samuels, Toby Emmerich, Michele Weiss, Tucker Tooty
Marty Bowen, Wyck Godfrey, Ryan Kavanaugh, Nicholas Sparks
FEBRUARY Jamie Linden, Lasse Hallstrom

THE WIRE

AAFES movie schedule

- March 1 • 7:30 p.m. • **The Book of Eli** (R)
- March 2 • 7:30 p.m. • **Ninja Assassin** (R)
- March 3 • 7:30 p.m. • **Everybody's Fine** (PG-13)
- March 4 • 7:30 p.m. • **Edge of Darkness** (R)
- March 5 • 5 p.m. • **Youth in Revolt** (R)
- March 5 • 7:30 p.m. • **The Book of Eli** (R)
- March 6 • 5 p.m. • **Precious** (R)
- March 6 • 7:30 p.m. • **Daybreakers** (R)
- March 7 • 5 p.m. • **It's Complicated** (PG-13)
- March 7 • 7:30 p.m. • **The Spy Next Door** (PG)

- March 8 • 7:30 p.m. • **Youth in Revolt** (R)
- March 9 • 7:30 p.m. • **Brothers** (R)
- March 10 • 7:30 p.m. • **Leap Year** (PG)
- March 11 • 7:30 p.m. • **Legion** (R)
- March 12 • 5 p.m. • **Everybody's Fine** (PG-13)
- March 12 • 7:30 p.m. • **Dear John** (PG-13)
- March 13 • 5 p.m. • **Dear John** (PG-13)
- March 13 • 7:30 p.m. • **The Spy Next Door** (PG)
- March 14 • 5 p.m. • **Daybreakers** (R)
- March 14 • 7:30 p.m. • **Nine** (PG-13)

- March 15 • 7:30 p.m. • **The Spy Next Door** (PG)
- March 16 • 7:30 p.m. • **The Book of Eli** (R)
- March 17 • 7:30 p.m. • **Edge of Darkness** (R)
- March 18 • 7:30 p.m. • **Dear John** (PG-13)
- March 19 • 5 p.m. • **Brothers** (R)
- March 19 • 7:30 p.m. • **Valentine's Day** (PG-13)
- March 20 • 5 p.m. • **Valentine's Day** (PG-13)
- March 20 • 7:30 p.m. • **Nine** (PG-13)
- March 21 • 5 p.m. • **Youth in Revolt** (R)
- March 21 • 7:30 p.m. • **When in Rome** (PG-13)

- March 22 • 7:30 p.m. • **Nine** (PG-13)
- March 23 • 7:30 p.m. • **The Book of Eli** (R)
- March 24 • 7:30 p.m. • **Leap Year** (PG)
- March 25 • 7:30 p.m. • **Valentine's Day** (PG-13)
- March 26 • 5 p.m. • **Legion** (R)
- March 26 • 7:30 p.m. • **Shutter Island** (R)
- March 27 • 5 p.m. • **Shutter Island** (R)
- March 27 • 7:30 p.m. • **When in Rome** (PG-13)
- March 28 • 5 p.m. • **The Spy Next Door** (PG)
- March 28 • 7:30 p.m. • **The Tooth Fairy** (PG)

- March 29 • 7:30 p.m. • **The Lovely Bones** (PG-13)
- March 30 • 7:30 p.m. • **Dear John** (PG-13)
- March 31 • 7:30 p.m. • **When in Rome** (PG-13)

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

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

Army & Air Force Exchange Service

FITNESS MANIA!

U.S. Army Sgt. 1st Class Sharon Victor, AMC, scored 1,090 points to win the January fitness challenge at Camp As Sayliyah! Sgt. Jay Papa, JLSC, scored 760 points to earn second place overall and first place in the men's category.

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



MWR President's Day Fun Run/Walk

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

President's Day 5K Run Results:

• Male Run

1. Spc. William Treon, JPOTF, 20:59
2. Pfc. Mark Myers, JPOTF, 21:17
3. Spc. Aaron Smith, ASG-QA, 22:08

• Male Walk

1. Sgt. 1st Class Wonkye Ackahyensu, AMC, 37:22

• Female Run

1. Master Sgt. Elizabeth Chavez, ASG-QA, 26:45
2. Spc. Samantha Hinkley, MEDLOG, 27:35
3. Spc. Mariela Roca, MEDLOG, 27:53

• Female Walk

1. Sgt. Deborah Denny, 25 SIG, 46:35

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

FITNESS

SOLDIER STRONG



Fitness Q&A

By Staff Sgt. DEREK SOUDER
1st Battalion, 401st Army Field Support Brigade

Q. How can I gain about 40 pounds of pure muscle?

A. Consistency is the key! Stay with your program and you'll most likely reach that goal. Just be sure to set reasonable objectives, as well as allow plenty of time to accomplish them.

Hopefully, you've been training for at least a few months. You must allocate enough time to discover aspects about your physical prowess, personal limitations, as well as proper program design. During this introductory phase,

simply focus on making fitness a regular part of your life – that's it. Save the "must get bigger" thoughts for later.

If you're unsure about your form and execution, ask someone to supervise you. Try and find an individual who has accumulated an appreciable amount of strength. If possible, find some personal training tips from a decent coach. Free weights inevitably present a lot of unknown planes of motion – as compared to a treadmill, where you hop on and run. I am not trying to downplay a runner's technique, but cardio respiratory exercise is typically easier and safer than



U.S. Army Staff Sgt. Dereck Souder, from College Park, Ga., perform pull-ups at the Camp As Sayliyah gym, Qatar, Oct. 29, 2009. (Official Army Photo/Dustin Senger)

pushing and pulling free weights.

Weight training is a prerequisite for an appreciable amount of muscle mass. I must emphasize the need to routinely use some sort of serious resistance. You have to fight past previous fitness barriers to keep the muscle growing. Eventually, decent muscular size starts shaping your physique while reducing excess fat. The more muscle mass, the more calories you burn at rest. Muscle is more metabolically active than fat tissue; gram per gram, it requires lots of calories to sustain it.

Endurance and resistance training recruit different muscle tissues. Long distance running uses, almost exclusively, slow-twitch muscle fibers. Exerting maximum effort over short intervals shifts the muscle action.

Resistance training and sprinting employ powerful fast-twitch fibers, which poses greater potential for growth. Combining resistance and endurance training recruits the most muscle and burns the most calories.

When formulating a path to follow, remember that dietary habits matter as much as training programs. In other words, stay balanced. If your intentions rest solely on building more muscle, you must learn to eat plenty of nutritious, whole foods. I've seen many men and women strive to get bigger in the gym but forego their dedication at the table. To get bigger, you have to eat!

But if you're going to put on weight, do it right. Don't just eat everything in sight. Eat unprocessed foods that are low in saturated fats and sugars. Body fat hides muscle and messes

If you're unsure about your form and execution, ask someone to supervise you.

Fast changes in muscle size call for huge commitments and an already conditioned body.

up your metabolism. "If you can't flex it, don't carry it!" I received those words of wisdom from former Mr. Olympia Lee Haney. He constantly reminded me of them. Take it from me; I've smoothed out more than once and wished I would have listened.

Fast changes in muscle size call for huge commitments and an already conditioned body. Investing extra time and energy can produce rapid results, but only if you have developed good motor control, understand correct exercise execution and select the best foods. Even with everything lined up right, periods of peak intensity and effort still must be limited.

Outline a reasonable timeframe to ramp up your exertion, and then stay consistent. After that period lapses, slow down and regroup. If

you need to lose fat to uncover musculature, clean up your diet and reduce your calorie intake. Then increase your cardio respiratory exercise and switch to a milder resistance training program. If you're like me, you'll become pent up and ready to hit it again soon enough.

Remember, it takes time to get into great shape. It's a lifestyle, not a fad.

Well, until the next *Desert Mesh*, good luck. **A**

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

National Nutrition Month®

The theme for March 2010 is "Nutrition From the Ground Up." National Nutrition Month® is a nutrition education and information campaign created annually in March by the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Registered Dietitian Day, also celebrated in March, increases awareness of registered dietitians as the indispensable providers of food and nutrition services and recognizes RDs for their commitment to helping people enjoy healthy lives.

<http://www.eatright.org>



MWR Fitness challenge

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

Ultimate Frisbee

• March 5-6

Obstacle Course

• March 16

March Madness (Basketball)

• March 18-21

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

ROCK WALL OPEN

Feb. 18 – Official Army Photos/Devin Butler



Now located inside the Top-Off Club area



Eagle Cash

Eagle Cash eliminates the need to carry paper pogs, loose change or pay costly ATM fees.

Eagle Cash kiosks:

- Finance
- Large dining facility
- Large gym
- Post exchange
- RRPP front desk



ASG-QA Finance

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

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

Desert Mesh Online!

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

Tax Center

Area Support Group Qatar, in conjunction with the Internal Revenue Service, is pleased to offer a free tax service. Tax preparation for servicemembers, by servicemembers.

Who is eligible:

- Servicemembers
- DOD civilians
- Retirees
- Dependents of the above

Contact Capt. Eve Sannicolas, legal officer, for more information.

CULTURE

Qatar beach activities teach Arabic traditions

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

Qatar military officials completed a four-day outing for U.S. servicemembers at a beach home in Al Khor, Qatar, Jan. 13. Over a four-day span, more than 1,300 troops participated in the opportunity to learn about local Arab traditions.

"This is quite the treat – I never expected it," said U.S. Army Col. Bobbie Luba, from Canonsburg, Pa. She had recently arrived from Iraq as a Central Command rest and recuperation pass program participant at Camp As Sayliyah. "I came here to chill out and this does the trick!"

Servers cooked crepes, flat breads and other food items popular in the Gulf countries. They poured fresh tea, coffee and camel's milk. Traditional

Arabic sweets and finger foods had been arranged as well. Popcorn, pizza and soda awaited those with less adventurous appetites.

"Opening the beach home to almost 400 troops to come and enjoy is such a nice gesture," said Luba, while seated on the dock, enjoying a seaside ambience during the third day of events. Warm and calm 75-degree Fahrenheit temperatures represented typical January weather conditions in Qatar. A new marina provided a launching pad for twenty watercrafts, four fishing boats and diving.

Aside from the beach, several other activities captivated curiosity elsewhere. Servicemembers hopped on four-wheelers for a ride through the nearby desert terrain. Camels presented an alternative method for travel and photographs. Groups lined up to pet Salukis, one of the oldest known breeds of domesticated dogs, and hold one of nine valuable falcons.

"The falcons are very powerful –



U.S. Army Col. Bobbie Luba, from Canonsburg, Pa., walks on a dock at a beach home in Al Khor, Qatar, Jan. 12. (Official Army Photo/Dustin Senger)

you can really feel it when they pull away while eating,” said U.S. Army Capt. Lauren Vanderhoff, from Lansing, Kan., while feeding a raptor estimated to be worth around \$10,000, according to the Qatar officials. She released the falcon during a lure training demonstration prior to feeding it a portion of pigeon meat.

A lavish evening feast finished each day’s activities. While seated in an enormous Arabian tent, a buffet-style banquet served 14 lambs, 140 pounds of beef, 140 pounds of chicken, nearly 80 pounds of rice, as well as possibly the most interesting choice for many: four camel humps. Hummus and various salads, breads, and seafood items were also dished up.

“It gives a different perspective,” said Vanderhoff, who believes the experience introduced a great opportunity for CENTCOM war fighters benefiting from a four-day pass. “They get to see another side of Arabic culture.”

“The Qataris are definitely willing to partner with the United States and maintain close ties – not only with senior leadership, but by getting all soldiers involved.” **A**



A Qatari falconer helps U.S. Army Capt. Lauren Vanderhoff, from Lansing, Kan., feed a falcon pigeon meat after lure training at a beach home in Al Khor, Qatar, Jan. 12.



U.S. Air Force Maj. Mike Landers, from Huntsville, Ala., dishes up hummus and salad inside an Arabic tent at a beach home in Al Khor, Qatar, Jan. 12.

U.S. Army Lt. Col. Michael Geeza, from Cumming, Ga., pets a couple camels at a beach home in Al Khor, Qatar, Jan. 12. Qatar military officials hosted more than 1,300 U.S. servicemembers over a four-day span of activities, which explained local Arab traditions. A lavish evening feast finished each day’s activities. (Official Army Photos/ Dustin Senger)



Rest and Recuperation Pass Program Sponsorship

Sponsor an RRPP participant to give them an opportunity to see the local culture and atmosphere while enjoying a break from operations.

- **Call the R&R Desk for more information.**

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

CAS Bowling Alley



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

Free Bowling Tuesdays Evenings

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

CULTURE

Qatar's old pearl diver

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

Saad Ismail Al Jassim, 73, is widely recognized as “the old pearl diver” in Qatar. His store attracts a steady stream of intrigued patrons at Souq Waqif, a newly renovated shopping establishment that models ancient Islamic architecture. Surrounding structures resemble a fort constructed of sharp geometric shapes covered in creamy gypsum. Mazes of merchants stockpile handicrafts, fabrics, perfumes, spices and fresh foods. Known for its art and culture, the mall complex is appropriately anchored by Jassim's shop.

The Qatari's fluorescent-lit sales area resembles a walk-in aquarium. Mirrors and glass reflect countless pearls – polished and raw, light and dark. Camouflaged as a common

shopkeeper, Jassim sits comfortably in a traditional white thobe that covers him from head to toe. He awaits the next passerby, nestled behind his counter, surrounded by shells, clams, corals and beads.

When provoked, he enthusiastically breeds fascination in Qatar's traditions. His buoyant posture remains proud and capable after more than 50 years of pearl diving. Make no mistake about his current physical readiness; the self-proclaimed “old man” is anything but frail. He no longer schedules three-month pearl dives, but claims to still hold his breath for two-minute intervals. Jassim's fame is based on diving, more than pearls.

Arab and Western customers wander curiously into his shop. He often imparts hand gestures and an occasional smile during discussions. He speaks fluent Arabic and English, while effortlessly transitioning back and forth. Prices aren't displayed but he hardly pushes to up sell products.



Saad Ismail Al Jassim talks with a customer inside his pearl shop in Doha, Qatar, Feb. 19. Jassim is widely recognized as “the old pearl diver.” His store attracts a steady stream of intrigued patrons at Souq Waqif, a newly renovated shopping establishment that retains an ancient Arabic atmosphere. (Official Army Photo/Dustin Senger)



Saad Ismail Al Jassim sits inside his pearl shop in Doha, Qatar, Feb. 19. When provoked, he enthusiastically breeds fascination in Qatar's traditions. His buoyant posture remains proud and capable after more than 50 years of pearl diving. (Official Army Photo/Dustin Senger)

He pitches reasonable figures and expects the same sensible bargaining in return. Requests for ridiculously low prices are reeled in with sarcastic laughter.

Jassim has adopted an educational approach to pearl sales – seemingly more interested in sharing stories than making money. The pearl diver doesn't lure his clients with flashy salesman tactics. He refrains from strategically placing his best-selling items upfront. Instead of shameless marketing, the shopkeeper is more focused on presenting an interesting glance into a boisterous past.

The old man isn't stuck in times gone by. He easily navigates his up-to-date laptop, which streams a signal to an outdoor LCD television. Videos of scuba diving and clam collecting are offered unconditionally; potential patrons watch without feeling dragged inside. Jassim, privately cracking a calm smirk, seems pleased to know others enjoy his productions.

Written on his storefront sign is

“Pahlwan,” an Arabic word referring to the pearl diver's admiration for public performances. Bodybuilding photographs in various poses prove a long-term commitment to fitness. They are printed on a canvas banner, propped up and illuminated near the front door. In 1958, he won a bodybuilding contest sponsored by Shell Company of Qatar. To this day, Jassim is confident of his physique.

While some men his age research retirement homes, Jassim reassures disbelievers of his continued ability to rest on nails. Pasted inside an album near his cash register, a newspaper clipping flaunts the headline “Eats Glass Since 1957.” A photograph shows him lying on a bed of glass, holding a board with stacked boulders, as another man whacks at them with a sledgehammer.

The aging merchant reveals remnants from a lifetime spent conquering the salty waters of the Arabian Gulf. An old stone and rope rest near his doorway. Many years



ago, they helped submerge him into the depths of the sea. A crudely created nose clip always sits in his pocket, where its significance in early diving adventures is ready to share. A note of appreciation for his pearl diving stories is hung from a far wall, signed by students at the American School of Doha, Qatar.

Jassim's store supplies detailed explanations of pearl procurements and characteristics, coupled with a revival of Qatar's past that's enhanced by a pleasing old man. **A**

Qatar Museum of Islamic Art

Masterpieces from three continents and 14 centuries celebrate the dazzling diversity of Islamic Art. Free admission to museum. Guides are available for large groups.

• The Museum of Islamic Art's opening hours are Saturday, Sunday, Monday, Wednesday and Thursday from 10:30 a.m. to 5:30 p.m., and Friday from 2:00 p.m. to 8:00 p.m.

Call the Qatar Museum of Islamic Art at 422-4444, for more information, or visit the Web site: <http://www.mia.org.qa/english>.

CULTURE

Kerala craftsmen

By DUSTIN SENGER
ASG-QA public affairs

Shajilal Pallikuniyil, from Kerala, India, is known as "Jalal" in a loft located above a gold shop in Doha, Qatar. Below the thick concrete floor is a glitzy storefront stocked with over \$7 million in gold jewelry, peddled by a half dozen Arab salesmen. Customers never know Jalal is in the secluded upstairs area, but requests for handcrafted jewelry depend on it.

Jalal is a meek, middle-aged man of a modest Hindu upbringing. He has worked as a goldsmith in the affluent Islamic state for more than 10 years. He speaks Malayalam, the

official language of Kerala, with a severely limited knowledge of Arabic and English languages. Salesmen rely on sketches and hand signals to explain customizing effects for necklaces, earrings, bracelets, bangles, pendants and ornamental cartouches.

With 20 years of gold crafting experience, Jalal readily accepts first-rate jewelry concepts found in catalogs and magazines. Arabian jewelers call men with his artistic talent a "master piece" in gold production – the key to producing jewelry. They can fabricate silver replicas and wax molds to enable mass production of gold products in robust factories.

Arabian jewelers call men with his artistic talent a "master piece" in gold production – the key to producing jewelry.

The entrance to his workshop is difficult to spot from the showroom, but patrons never need it. An iron staircase blocks attempts to swing



Shajilal Pallikuniyil, from Kerala, India, shapes gold in a loft located above a gold shop in Doha, Qatar, Feb. 20. Below the thick concrete floor is a glitzy storefront stocked with over \$7 million in gold jewelry, peddled by a half dozen Arab salesmen. Customers never know he is in the secluded upstairs area, but requests for handcrafted jewelry depend on it. (Official Army Photo/Dustin Senger)

the door fully open. The passage is too narrow for more than one person to reasonably enter and exit. A bucket-and-string contraption is used to send orders upstairs. Salesmen holler for attention after placing instructions inside the container.

Filled buckets are reeled upstairs by goldsmiths, where a two-person wooden workbench basks in dust and dullness – a sudden contrast to the dazzling sales floor. Five to 10 orders are expected per day. Requests habitually explain personalized trinkets and 18-karat gold designs. Handfuls are finished in a day, while more elaborate projects linger for a week or more.

Jalal sits slouched at his bench and genuinely focused on his projects – 10 hours a day, six days per week. He works beside two younger cousins. The trio rotates six-month paid vacations to Kerala; respite earned by finishing a year-and-half of work. The craftsmen aren't required to understand the chemistry involved in applying platinum to produce a white-gold finish. They never balance bullion with copper for harder or less expensive alloys. Their sole responsibility is to shape gold.

Simple tools are randomly scattered under several fluorescent lights, such as pliers, calipers, hairdryers, hand torches, wooden stencils and iron shaping blocks. Bottles of butane gas and petroleum jelly are placed next to towels and buffering agents. Shavings of charred gold litter the work area, as the men carve, sear and bend unpolished fragments. A two-gallon bucket of acid wobbles between the workstations – a quick dip helps clean heat-stained parts. Every

discolored, razor-edged piece will eventually glisten with the proper brilliance of gold.

The most productive and top performing goldsmiths are from Kerala, said Mohammad Al Salahi, deputy general manager of Al Salahi jewelry.

Goldsmiths possess a praised skill in India, the world's largest consumer of the precious metal. Industrial arts and handicrafts are a

part of the cultural heritage found in the southern city of Kerala. After completing 10 years of primary school, 15-year-old adolescents inherit goldsmith professions like a treasured heirloom for job security. Many goldsmiths readily accept employment in Arabia, where their talents may earn wages four times greater than jobs in Kerala.

The most productive and top performing goldsmiths are from Kerala, said Mohammad Al Salahi, deputy general manager of Al Salahi jewelry. The Yemeni chemist lives near his family-owned gold factory in Saudi Arabia; out of more than 300 goldsmiths, nearly everyone is from Kerala. Salahi frequently

travels to Doha to check on his five Qatar showrooms, which exclusively employ Kerala men to complete custom gold requests.

Salahi admits Armenian craftsmen, who apply the latest technology, are the best goldsmiths in the world. Even so, their skills are too expensive for him. He is focused on the middle-class market. For that reason, he hires discount Indian craftsmen who are comfortable and effective at exploiting basic tools. Salahi says minimal production costs permit lower product prices. He emits high confidence in the abilities of his Kerala workforce.

Unfortunately, the goldsmiths commit their lives to perfecting a rudimentary profession that is plagued by health hazards. Between 40 and 50 years old, many complain of crippling lung problems or persistent back pain. Jalal recently saw a medical practitioner for a slipped disc in his lower back. Eventually everyone returns home to teach their trade. They pass on skills to reinforce the time-honored tradition in the next generation of Kerala craftsmen. **A**



Shajilal Pallikuniyil, from Kerala, India, torches gold in a loft located above a gold shop in Doha, Qatar, Feb. 20. (Official Army Photo/Dustin Senger)

CAS in the News!



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

Content in this Desert Mesh (65) was picked up by international, national and hometown media organizations, to include the following (source: DVIDS 360 distribution report, March 4):

- ◆ ABC Radio; New York, NY
- ◆ AP-TV; NY
- ◆ Arizona Republic; Phoenix, AZ
- ◆ Associated Press; New York, NY
- ◆ Becket Racing Magazine; Dallas, TX
- ◆ Bloomberg News; New York, NY
- ◆ Bloomberg TV; New York, NY
- ◆ Bouhammer.com; Amherst, NY
- ◆ Broadcast50.com; Honolulu, HI
- ◆ C-Span; Washington, DC
- ◆ Daily American; Somerset, PA
- ◆ Dallas Morning News; Dallas, TX
- ◆ Drag Racer Magazine; Anaheim, CA
- ◆ Drag Racing Action Magazine; Beaver, PA
- ◆ FED Ex Field (Washington Redskins); Hyattsville, MD
- ◆ Garden & Gun Magazine; Charleston, SC
- ◆ Gulf Times; Doha, QA
- ◆ Houston Chronicle; Houston, TX
- ◆ Indianola Enterprise-Tocsin; Indianola, MS
- ◆ KHQ.com; Spokane, WA
- ◆ LA TIMES; Los Angeles, CA
- ◆ Marietta Daily Journal; Marietta, GA
- ◆ National Dragster Magazine; Glendora, CA
- ◆ New York Times; New York, NY
- ◆ Oregonian; Portland, OR
- ◆ Qatar Tribune; Doha, QA
- ◆ Reuters TV; New York, NY
- ◆ Reuters; New York, NY
- ◆ San Francisco Examiner; San Francisco, CA
- ◆ Skeet Shooting Review; San Antonio, TX
- ◆ Speed TV; Charlotte, NC
- ◆ Summerville Journal Scene; Summerville, SC
- ◆ The Peninsula; Doha, QA
- ◆ Voice of America; Los Angeles, CA

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

DOHA LIFE

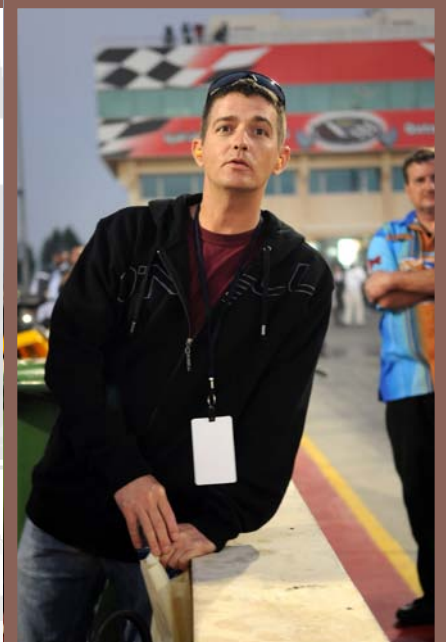
Qatar sheik invites troops to fastest full-body drag race

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

Khalid bin Hamad Al Thani, Al Anabi Racing owner and Arabian Drag Racing League founder, invited U.S. troops to spend a day at the track near Doha, Qatar, Jan. 22. Forty servicemembers from a close by U.S. military installation received VIP tickets to round five of the Arabian Drag Racing League championship – an event that eventually revealed a record-breaking drag race.

Thani, son of the Qatar emir, is widely known and respected as “Sheik Khalid” at the Qatar Racing Club facility. Last year, he spent millions of dollars to surround himself with the best crew, cars, equipment and research available. Qatar is emerging as “a hub for motor sports,” said Sheik Khalid, by attracting quality racing teams throughout Arabia and United States.

“Racing is one of the few sports we



U.S. Army Sgt. Billy Porter, from Enterprise, Ala., watches a Qatar Drag Racing Championship, near Doha, Qatar, Jan. 22. (Official Army Photo/Dustin Senger)

share,” he said, while mentioning a shortage of American baseball and football in Qatar. “I wanted them to get a taste of home.” The troops had special access to the track and vehicle staging areas. The day’s events started with various qualification and elimination races.

“This is exciting – exhilarating!” said U.S. Army Spc. Rosevelt McCoy, from Birmingham, Ala., while watching cars line up and



A Pontiac Firebird from Kuwait and a Chevy Camaro from Qatar depart the starting line during a Qatar Drag Racing Championship 4.50 competition index drag race, near Doha, Qatar, Jan. 22. (Official Army Photo/Dustin Senger)



U.S. Army Spc. Rosevelt McCoy, from Birmingham, Ala., photographs a vehicle during a Qatar Drag Racing Championship, near Doha, Qatar, Jan. 22. The Barwa Racing Pro Extreme vehicle, from Qatar, uses a 1968 Camaro SS body, equipped a McAmis chassis. A Brad Anderson 526-cubic inch Supercharged Hemi motor rests under the hood. (Official Army Photo/Dustin Senger)

take off from only a few feet away. The soldier deployed with the 203rd National Guard Military Police Battalion last summer. "I've been to over 20 races in Alabama but I've never been this close. There's rubber and fumes all over. I feel like I'm part of the pit crew!"

"It's an honor to be able to give the military men and women an opportunity to take their minds off Iraq and Afghanistan," said Kenny Nowling, president and CEO of the American and Arabian Drag Racing Leagues. "They can sit down, have a cheeseburger and watch a great drag race."

Arabian drag racing mirrors American procedures and safety regulations. The top two unlimited vehicle classes in Qatar are Pro Extreme and Pro Nitrous, neither class imposes performance modification restrictions. Each racing team depends on an effective blend of superior equipment and

science. Alan Johnson is the Al Anabi Racing chief engineer. In 2008, he led Tony Schumacher's U.S. Army Top Fuel team to their fifth consecutive National Hot Rod Association championship title.

Sheik Khalid's Pro Extreme vehicle uses a 1968 Camaro SS body, equipped with a McAmis chassis. A Brad Anderson 526-cubic inch Supercharged Hemi motor rests under the hood, capable of unleashing almost 4,000 horsepower. It soars to 100 mph in less than a second. The Al Anabi Racing team expected to win round five of the Qatar Drag Racing Championship, as Sheik Khalid rolled to the track beside Von Smith of Barwa Racing. Smith, from Oakridge, Tenn., held a drag racing speed title.

During staging, the two blower cars darted back and forth to set their trajectories and burn a fresh coat of rubber over a VHT TrackBite

surface treatment. The air filled with fumes from the alcohol-based fuel as the drivers revved their engines. While they waited for the lights to flicker from amber to green, Sheik Khalid and Smith knew the slightest hesitation stood between winning and losing.

The green lights illuminated. The cars instantly launched, heading 660 feet toward the horizon. The race ended in mere seconds; so close, it appeared to be a draw. The results lit up on a distant scoreboard.

Smith topped Sheik Khalid's peak speed of 207.59 mph by reaching an astonishing 209.43 – however, he didn't win. Sheik Khalid beat Smith's 3.684-second race by flying past the finish line at 3.679. His reaction time had been faster than Smith; five thousandths of a second versus twenty-nine hundredths. Sheik Khalid is now the world's fastest full-body vehicle driver. **A**

Rest and Recuperation Pass Program

Donations

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



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

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

Drove a Little Fast?

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

Vehicle Accidents

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

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

Put these phone numbers in your mobile phone:



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

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

DOHA LIFE

Hundreds of troops visit Qatar drag strip

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

Approximately 300 U.S. servicemembers attended an Arabian Drag Racing League championship near Doha, Qatar, Feb. 26, as guests of Khalid bin Hamad Al Thani. The Qatar prince earned his first Pro Extreme drag racing title during the seventh and final round of the series.

Servicemembers received VIP passes upon arrival to the Qatar Racing Club. They entered pit areas to watch mechanics and engineers tweak and repair various drag racing cars and motorcycles. The club contains 11 drag racing categories, eight cars and three bikes, which conform to American Drag Racing League procedures and safety regulations.

The drag racing championship races erupted after dusk. Grandstands filled with multinational spectators. Troops took turns standing behind a concrete barrier surrounding the

staging area, the launching point for the dual-track raceway.

More fervent fans had an opportunity to stand between the tracks, an area restricted to crew teams and racing officials. They rotated in groups of four to avoid overcrowding. Scents of searing rubber, burning methanol and spurts of nitrous oxide merged with thunderous rumbles from high-performance engines.

"This brings back many memories," said U.S. Air Force Tech Sgt. David Porshé, from Houston. "I grew up on a drag strip." His father and uncle raced motorcycles on raceways in Houston and Porter, Texas.

"Drag strips bring people together – families, crews and cultures," said Porshé. "If you're into speed and power, drag racing is the place to experience it."

Thani, Al Anabi Racing owner, drove a 1968 Chevy Camaro SS body, equipped with a McAmis chassis. His vehicle has a Brad Anderson 526-cubic inch Supercharged Hemi motor, capable of nearly 4,000 horsepower. Inside the staging area, the alcohol-based fuel exhaust easily causes eyes to water.



U.S. Air Force Tech Sgt. David Porshé, from Houston, watches a motorcycle approach the starting line during the Arabian Drag Racing League championship, near Doha, Qatar, Feb. 26. "This brings back many memories," said Porshé. "I grew up on a drag strip." His father and uncle raced motorcycles on raceways in Houston and Porter, Texas. (Official Army Photo/Dustin Senger)



Khalid bin Hamad Al Thani, Al Anabi Racing owner, revs up his engine during an Arabian Drag Racing League championship, near Doha, Qatar, Feb. 26. The Pro Extreme vehicle, from Qatar, uses a 1968 Chevy Camaro SS body, equipped with a McAmis chassis. A Brad Anderson 526-cubic inch Supercharged Hemi motor rests under the hood, capable of unleashing almost 4,000 horsepower. While inside the staging area, the alcohol-based fuel exhaust easily causes eyes to water. (Official Army Photos/Dustin Senger)

Von Smith, Barwa Racing, placed second in the Qatar championship using an almost identical Pro Extreme vehicle configuration as Thani. The two competitors revealed the fastest side-by-side full-body drag race ever recorded during round five last month.

"There isn't a great deal of difference between Arabian and American drag racing... other than participation," said Smith, from Oakridge, Tenn. "We're really excited about keeping the service men and women interested."

Next month, Smith plans to compete in the 2010 National Hot Rod Association Pro Mod series in Gainesville, Fla.

Air Force Staff Sgt. Tyreema Anderson, from Columbia, S.C., is one of several servicemembers who attempted to take a photograph with Thani after his win. "This was one of the most



incredible experiences of my life," said Anderson. "I wouldn't have experienced this without enlisting in the military and receiving Sheik Khalid's hospitality."

The Qatar prince provided more than 400 servicemembers with VIP passes, food and beverages, during rounds five through seven of the Arabian Drag Racing League championship. **A**

U.S. Air Force Staff Sgt. Tyreema Anderson, from Columbia, S.C., poses for a photograph with Khalid bin Hamad Al Thani, Al Anabi Racing owner, after an Arabian Drag Racing League championship, near Doha, Qatar, Feb. 26. Thani, son of the Qatar emir, earned his first Pro Extreme drag racing title in the seven-round series.

USO Qatar

The USO Qatar offers servicemembers at Camp As Sayliyah movies, games and reading corners in the warm ambiance of a traditional Arabic setting.

USO Qatar is seeking volunteers

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

United Through Reading

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



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

DOHA LIFE

Soldiers pledge volunteer support at Qatar school

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

Twenty-five servicemembers read children's books with more than 300 students from pre-kindergarten to fifth-grade, at the American School of Doha, Qatar, Feb. 23. The troops had arrived from Camp As Sayliyah, a U.S. military installation located on the outside edge of Doha.

"Community volunteering helps strengthen host nation

relationships," said U.S. Army Staff Sgt. April Plante from Indianola, Miss., who contacted ASD officials to coordinate the volunteer work. She has pledged monthly volunteer support for the elementary school's academic calendar.

"Reading at the school is good for the kids, as well as the soldiers," said Plante.

The servicemembers departed the installation dressed in civilian clothes. After arriving, they walked through a maze of colorful corridors displaying various artistic projects and literary works. Everyone broke into five-member teams that rotated between one-on-one, classroom and library reading activities. They volunteered four hours toward



U.S. Army Staff Sgt. Jean Tomte, from Lawton, Okla., listens to a first-grade boy, from Spain, read about Europe at the American School of Doha, Qatar, Feb. 23. "This gives me a head start for when I go home next month," said Tomte. The father is completing his second year-long deployment in the Middle East since the birth of his four-year-old daughter. "I haven't spent enough time reading to my daughter. This puts me back on track." (Official Army Photo/Dustin Senger)

sharing stories that the children selected.

“This gives me a head start for when I go home next month,” said Staff Sgt. Jean Tomte from Lawton, Okla., after reading with a first-grade boy from Spain. The father is completing his second year-long deployment in the Middle East since the birth of his four-year-old daughter. “I haven’t spent enough time reading to my daughter. This puts me back on track.”

The student body represents more than 60 nationalities completing an American curriculum. Roughly half of the students at the accredited, college preparatory school are

“Reading at the school is good for the kids, as well as the soldiers,” said U.S. Army Staff Sgt. April Plante from Indianola, Miss.

Most kids exposed signs of coyness and curiosity as the sessions started, but temperaments changed. They quickly grew enthusiastic about exhibiting their intellect and heritage. Conversations continuously focused on lessons found in the books.

“He’s pretty smart – he was reading, and I was asking questions,” said Tomte, referring to a first-grade boy from Indonesia. “He told me why it’s important to pay attention and

children of U.S. citizens employed in Qatar. Established in 1988, ASD currently teaches 1,910 students in grades pre-kindergarten through 12th.

behave.” They had just finished reading “David Gets in Trouble” by David Shannon.

Plante first asked Don LeBlanc, ASD elementary school principle, about volunteer opportunities last month, on behalf of the Sergeant Audie Murphy Club. Army noncommissioned officers are inducted into the nonprofit organization by demonstrating exceptional performance and inherent leadership qualities, abilities characterized by Medal of Honor recipient Sergeant Audie Murphy.

“Schools function better by reaching out to the community,” said LeBlanc. “Anytime people show an interest in what kids are doing, it raises their performance.” **A**



First-grade students read “Honey... Honey... Lion!” by Jan Brett, with U.S. Army Staff Sgt. April Plante, from Indianola, Miss., at the American School of Doha, Qatar, Feb. 23. Twenty-five servicemembers read children’s books with more than 300 students, from pre-kindergarten to fifth grade. Plante first asked Don LeBlanc, ASD elementary school principle, about opportunities last month. She has pledged monthly volunteer support for the school’s academic calendar, on behalf of the Sergeant Audie Murphy Club, a nonprofit organization of Army noncommissioned officers. (Official Army Photo/Dustin Senger)

DAY AT AMERICAN

Feb. 23 – Official Army Photos/Devin Butler



Photography Support

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

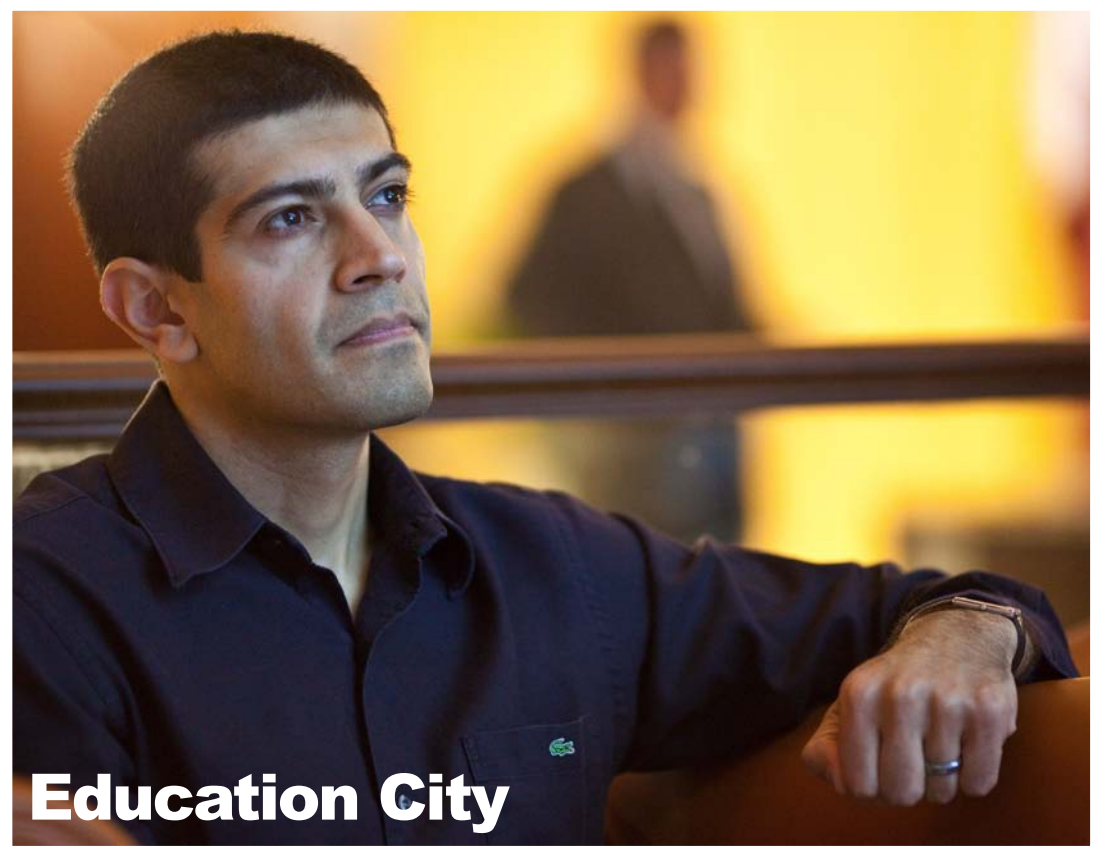
SCHOOL OF DOHA



Qatar Volunteer opportunity now available

TOUR AT QATAR

Feb. 16 – Official Army Photos/Devin Butler



Education City



FOUNDATION

QATAR FOUNDATION
Research and Community Development



Al Jazeera Children's Channel

H1N1

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

Protect yourself with good hygiene.

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

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

Off-Limit Areas

The following list identifies permanent off-limits areas for Camp As Sayliyah servicemembers and DOD civilians.

- Iranian souqs
- Industrial area
- Al Wakra
- Marine House
- Establishments serving alcohol, except full-service restaurants located in: Four Seasons, Ritz-Carlton, Intercontinental, Sheraton, Marriott, and Ramada hotels
- Local residences of employees of private corporations or other civilian organizations under contract with the U.S. government

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

DOHA LIFE

Georgia soldier shoots in Qatar skeet competition

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

Several years had passed since the soldier fired a shotgun. Despite that, U.S. Army Spc. Michael Simmons from Marietta, Ga., seized an opportunity to compete against Olympic-caliber marksmen at the Al Duhail shooting club in Doha, Qatar, Feb. 15-16.

Simmons, 23, is one of 11 U.S. servicemembers participating in Qatar armed forces marksmanship events. They include center-fire pistol, 300-meter rifle, rapid pistol, rapid rifle, as well as trap and skeet shooting.

"The Qataris are really friendly; they taught us proper shooting stances and gave us breathing pointers," said Simmons, who works swing shifts as a psychological operations analyst at Camp As Sayliyah, Qatar.

He has become accustomed to late duty hours since deploying a month ago. Regardless, he readily interrupted his daily rhythm for early morning skeet shooting with the Qatar military.

"I like to shoot... I never shot in a competition before," said Simmons, who hadn't fired a shotgun since hunting white-tailed deer along the outskirts of Atlanta over four years ago.

More than 7,000 miles away from the Georgia wilderness, Simmons fired a Browning 12-gauge over-under shotgun while skeet shooting in Arabia. He shot at eight different firing positions in a semi-circle



U.S. Army Spc. Michael Simmons, from Marietta, Ga., ejects shotgun target rounds during a skeet competition at the Al Duhail shooting club in Doha, Qatar, Feb. 16. Simmons was one of 11 U.S. servicemembers participating in the Qatar armed forces marksmanship events. They include center-fire pistol, 300-meter rifle, rapid pistol, rapid rifle, as well as trap and skeet shooting. (Official Army Photo/Dustin Senger)

area, along with five Qatar military members. Targets were thrown from two trap houses located at opposing ends.

The first day, Simmons hit 23 out of 50 targets.

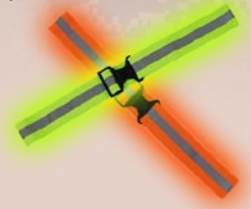
Rashid Hamad, Qatar military special forces, dominated the firing line as the only shooter to strike all 50 – "he shot perfect every time," said Simmons.

Hamad, 22, is an internationally-recognized marksman. At the 2008 Beijing Olympic Games, he shot skeet as a member of the Qatar national team. He hopes to participate in the upcoming 2012 London Olympics. Hamad is quick

WEARING OF REFLECTIVE BELT/ GEAR

(Ref: USARCENT Policy Memo OPL PROT 04)

✓ Wear a reflective belt or vest at all times, regardless of uniform, during hours of darkness, or periods of limited visibility. Wear belt either around the waist or diagonally over the shoulder. When wearing physical fitness uniforms, reflective belts are worn at all times.



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

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

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

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

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



U.S. Army Spc. Michael Simmons, from Marietta, Ga., shoots skeet during a competition at the Al Duhail shooting club in Doha, Qatar, Feb. 16.



Rashid Hamad, Qatar military special forces, departs the firing line during a skeet competition at the Al Duhail shooting club in Doha, Qatar, Feb. 16. At the 2008 Beijing Olympic Games, he shot skeet as a member of the Qatar national team. He hopes to participate in the upcoming 2012 London Olympics. (Official Army Photos/Dustin Senger)

to recognize the accomplishments of U.S. shooter Vincent Hancock, a 2008 Olympic gold medalist in skeet shooting.

The next morning, Simmons shot 13 out of 25 targets. Hamad missed two.

Simmons is an impressive shotgun shooter, but he needs more practice, said Hamad.

U.S. servicemembers have participated in the Qatar armed forces sports competitions since 2004 as the only non-Qatar military participants. They compete with Qatar special forces, military police, land forces, air force, navy, logistics and maintenance. U.S.-Qatar sports integration has included basketball, soccer, table tennis, cross-country, military runs and marksmanship. **A**

MARKSMANSHIP

Feb. 15, 17 and 22 – Official Army Photos/Devin Butler



Qatar Armed Forces Sports Competitions





MILITARY SOCCER

Jan. 25 and 28, Feb. 4 – Official Army Photos/Devin Butler



Al Gharafa Sports Club Hall



Qatar Armed Forces Sports Competitions





Motorcycle Safety

Situations when crashes are most likely to occur:

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



Ways to increase awareness for riders on the roadways:

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

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

Safety/Fire Training

Attend installation safety training.

HAZWOPER 40-Hour Training

- March 8: (Day 1): 9 a.m. to 4 p.m.
- March 9: (Day 2): 9 a.m. to 4 p.m.
- March 13: (Day 3): 9 a.m. to 4 p.m.
- March 16: (Day 4): 9 a.m. to 4 p.m.
- March 17: (Day 5): 9 a.m. to 4 p.m.

Fire Warden Training

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

Confined Space Training

- March 20: 9 a.m. to noon

First Aid Training

- March 21: 9 a.m. to 5 p.m.

CPR Training

- March 22: 9 a.m. to 3 p.m.

Fire Extinguisher Training

- March 30: 9 a.m. to 10 a.m.

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



Summer Outdoor Running Restriction

Running outdoors during the summer months is prohibited between 8 a.m. and 7 p.m., or whenever red- or black-flag heat conditions are declared by colored heat-indicator flags flown at the troop medical clinic, large gym facility, post office and R&R building.

SAFETY

Qatar heat returns

By JOEL PATTILLO
Installation safety

Qatar mornings are still cool, but the days are quickly warming up. Soon enough, the summer months will roll in with extreme heat and humidity, almost unbearable conditions for those not properly acclimated.

As early as April, daytime temperatures can start breaking triple digits. From May until September, temperatures in Qatar frequently range from 90 to over 120 degrees Fahrenheit, with relative humidity often peaking at 95 percent. This extreme heat poses many challenges, particularly for those working outside under the hot summer sun. To stay safe, it's important to understand heat stroke, exhaustion, cramps and fatigue.

Heat accumulating in the body raises internal temperatures and threatens normal functioning. Failure to properly cool rising, or consistently elevated, core temperatures eventually causes symptoms recognized as heat illness. These symptoms impair physical activity, mental cognition and overall performance. They increase your risk for accidents – endangering your life and possibly those around you.

Heat stroke, the most serious illness, is a medical emergency. Less critical ailments are not immediately life-threatening but may progress to heat stroke if not promptly treated; such as heat exhaustion, syncope (fainting), cramps and rash.

Water is an important coolant for the human body. In hot environments, water losses can reach 15 liters per day. The amount of water needed to replace losses through sweating is a matter of concurrent workload, weather and personal physical attributes.

Here are some general recommendations: during hot temperatures over 90 degrees Fahrenheit, try to drink one quart of water per hour while performing hard work or wearing personal protective equipment; during warm conditions between 82 and 90 degrees, aim for three-quarters of a quart per hour. Extreme heat conditions also require resting for substantial portions of each hour, in order to slow the metabolic generation of additional heat.

Camp As Sayliyah hosts colored heat-indicator flags at the troop medical clinic, large gym facility, post office and R&R building to warn personnel of outdoor risks. There are five heat indicator flags on base: black, red, yellow, green and white. The black flag imposes the heaviest restrictions on outdoor activities.

Located near each flag, work-rest and water consumption charts provide necessary water consumption and workload restrictions to stay safe. Refer to the tables of data each time colored heat-indicator flags change.

Keep an eye on the heat-indicator flags this summer. Outside conditions are also announced via the installation giant voice System. As always, ask your unit safety representative for guidance whenever you are unsure about the safety of any environment. Watch out for each other and remember: safety first! **A**



Work/Rest and Water Consumption Table

Applies to average sized, heat-acclimated soldier wearing BDU, hot weather.

| Easy Work | Moderate Work | Hard Work |
|---|--|--|
| <ul style="list-style-type: none"> • Weapon Maintenance • Walking Hard Surface at 2.5 mph, < 30 lb Load • Marksmanship Training • Drill and Ceremony • Manual of Arms | <ul style="list-style-type: none"> • Walking Loose Sand at 2.5 mph, No Load • Walking Hard Surface at 3.5 mph, < 40 lb Load • Calisthenics • Patrolling • Individual Movement Techniques, i.e., Low Crawl or High Crawl • Defensive Position Construction | <ul style="list-style-type: none"> • Walking Hard Surface at 3.5 mph, ≥ 40 lb Load • Walking Loose Sand at 2.5 mph with Load • Field Assaults |

| Heat Category | WBGT Index, F° | Easy Work | | Moderate Work | | Hard Work | |
|---------------|----------------|-----------------|----------------------|-----------------|----------------------|-----------------|----------------------|
| | | Work/Rest (min) | Water Intake (qt/hr) | Work/Rest (min) | Water Intake (qt/hr) | Work/Rest (min) | Water Intake (qt/hr) |
| 1 | 78° - 81.9° | NL | ½ | NL | ¾ | 40/20 min | ¾ |
| 2 (GREEN) | 82° - 84.9° | NL | ½ | 50/10 min | ¾ | 30/30 min | 1 |
| 3 (YELLOW) | 85° - 87.9° | NL | ¾ | 40/20 min | ¾ | 30/30 min | 1 |
| 4 (RED) | 88° - 89.9° | NL | ¾ | 30/30 min | ¾ | 20/40 min | 1 |
| 5 (BLACK) | > 90° | 50/10 min | 1 | 20/40 min | 1 | 10/50 min | 1 |

- The work/rest times and fluid replacement volumes will sustain performance and hydration for at least four hours of work in the specified heat category. Fluid needs can vary based on individual differences ($\pm \frac{1}{4}$ qt/hr) and exposure to full sun or full shade ($\pm \frac{1}{4}$ qt/hr).
- NL = no limit to work time per hr.
- Rest = minimal physical activity (sitting or standing) accomplished in shade if possible.

- CAUTION: Hourly fluid intake should not exceed 1½ qts. Daily fluid intake should not exceed 12 qts.
- If wearing body armor, add 5°F to WBGT index in humid climates.
- If doing Easy Work and wearing NBC (MOPP 4) clothing, add 10°F to WBGT index.
- If doing Moderate or Hard Work and wearing NBC (MOPP 4) clothing, add 20°F to WBGT index.



U.S. Army Sgt. Derek Miller, Hummlestown, Pa., reaches for a cup of water at the nine-mile marker for the satellite race of the El Paso Half-Marathon Feb. 27, at Contingency Operating Base Adder, Iraq. Miller is a driver for the command sergeant major of 4th Special Troops Battalion, 4th Brigade, 1st Armored Division deployed from Fort Bliss, Texas near El Paso. (Official Army Photo/Sgt. Mark Miranda)



Engineered for life

What did you think of Desert Mesh edition 65?

Please comment on this form, or make a copy, then drop it into any comment card box on Camp As Sayliyah.

How would you rate this edition? _____

What is your opinion of the content? _____

Was the layout and design appropriate? _____

Do you find it easy to obtain a copy? _____

Additional Comments: _____



Edition 65

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We need your feedback!

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