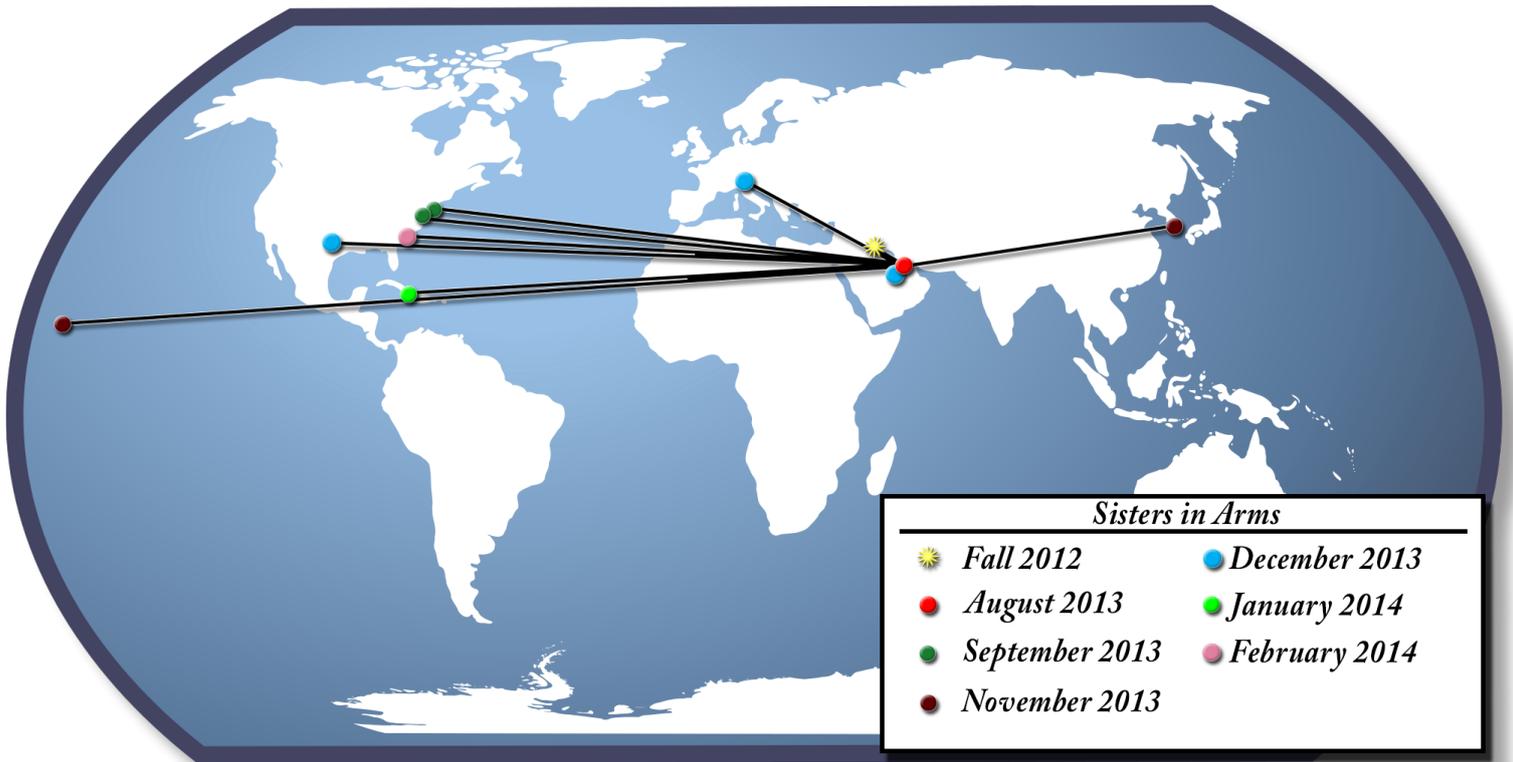


The Desert Mesh

The Official Publication of Camp As Sayliyah

Edition 95, April 2014



Sisters in Arms: Going Viral

Story by Polli Ogilvie
Public Affairs Coordinator
Exelis - Area Support Group - Qatar

Web definition

Going Viral: Viral phenomena are objects or patterns able to replicate themselves or convert other objects into copies of themselves when these objects are exposed to them. This has become a common way to describe how thoughts, information and trends move into and through a human population.

...http://en.wikipedia.org/wiki/Going_viral

You've heard it a million times, "going viral." But what does it mean? Let me show you...

The first "Sisters in Arms" program began in 2012 with a

unit in Kuwait. Camp As Sayliyah in Doha, Qatar learned of the meetings and decided to create a program of their own. They launched their first meeting August 2013, which received considerable media coverage. News of the program in Doha struck a chord in the military world and from the launch came a succession of inquiries from military men and women around the world.

You can see from the map that in a matter of months, the "Sisters in Arms" program is now global. Or as they say, has "gone viral."

It is a known fact that women make up 15.6 percent of the U.S. Army and they currently serve in 95 percent of all army occu-

pations. This is proof that the military world is evolving into a more diverse organization and with it comes a climate change in the work environment.

"Sisters in Arms" is a product of this work place climate change. This 'woman focused' program devotes its time and efforts to professional leadership development and education that acknowledges the differences, not only between men and women, but also bridges the gap between rank and job constrictions. Both, men and women participate in the program sharing their views, experiences and concerns as they incorporate changes into their own work areas.

Viral

(continued on page 17)



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

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

PUBLIC AFFAIRS COORDINATOR,
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Mr. Alfred Tripolone III

We would like your feedback!

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

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COMMAND CORNER



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

Once again I just want to say thank you to all who have made the past five weeks just incredible. From the MWR activities, to the 1-10 CAV Spur Ride and wrapping it most recently with a flawlessly planned, coordinated and executed ARCENT Command Rehearsal Forum conducted for the first time here on Camp As Sayliyah. As one of my mentors would say from time to time as the highest of compliments – Good Government Work!

Most recently, a few Soldiers have requested more opportunities to go off CAS. While MWR and units provide numerous opportunities, I understand this does not meet everyone's desires. With that said, I can tell you there are equally as many opportunities to volunteer off CAS then there are MWR activities. Whatever talent or special activity you like to participate in as a hobby – there is surely an opportunity here in Qatar to volunteer.

One of our nations' defining presidents, Abraham Lincoln, once said, "Let us have faith that right makes might, and... dare to do our duty as we understand it."

Life is short. In the scheme of things, this often-quoted saying must be true. Our planet has been here for millions of years – our universe billions.

Our headstones will be etched with the date we were born and the date we died. For example 1985 – 2065. However, what matters to me are not the two years mentioned. It is the dash in the middle. That little dash. -

That's our life. That represents to me the short time we have here, to make a difference, or not. And making a difference means so many different things to so many people.

What you do during that dash is most

significant. As a volunteer, we give time. Time is the most precious resource in our lives. Look at the dash. How many hours are in there? It's not billions. It's not infinite. Once you give an hour of your time, it is gone forever. That hour you just gave volunteering will never be replicated. Your time volunteering must be valued, but how can you value something that is priceless?

As a volunteer you bring much to the table; skills, advice, experience, friendship, vision, leadership, inspiration etc. That you bring. But time you give; willingly choosing to donate the most precious commodity in the known universe.

We may count time in numbers. We may attempt to count time in cash value. Though such methods have their reasons and place, we will all be poorer if we don't realize that the giving of time is simply magnificent. One of my favorite quotes is "To the world you may be one person, but to one person you may be the world." You never know the profound effect that you may have on a person's life. You also never know the effect one person can have on your life.

A kind word or a listening ear can mean so much. Have you ever realized the two words "listen" and "silent" are written from the same letters? Surely, we cannot do one without the other. Generously giving your gift of time to make contact, provide support and encouragement and perhaps provide humor to make someone's day, because you have taken the time to care and to listen... is priceless.

People volunteer for many different reasons, but for whatever reason you volunteer, you provide support, skills, talents and abilities to give someone hope and strength and the courage to face another day or another obstacle.

Most give time generously without an expectation of a reward...yet they receive the reward of friendship and camaraderie with others who they may never have met otherwise.

Lasting friendships, social activities and fun may be just some of the unexpected rewards that you gain from your volunteering experience.

I challenge you all to give of yourself. Bring with you life experiences, skills, abilities, compassion, intellect and humor... and in return receive friendship, appreciation and satisfaction.

Be sure to thank someone today for allowing them to be a part of your life. Thank them for filling in that dash. I would like to thank Ms. Polli for her service to Camp As Sayliyah – all the best Polli and enjoy every day as you made CAS a better place through your hard work and the spring in your step!



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

On August 28, 2013, ASG Qatar convened its inaugural “Sisters in Arms” (SIA) program with a luncheon, facilitated by Maj. Veleka Henderson. Since that time, SIA have had many meetings at many different places, to include a Spa treatment and familiarization, a senior leader breakfast hosted by yours truly, an introduction to personality types by Master Sgt. Brown, and many others.

The intent of these meetings, and meetings in the future is to assemble a group of dynamic female leaders, from all levels of Army leadership; civilian and Soldier; to include field grade officers, warrant officers, and senior noncommissioned officers. This diversity encourages both senior and junior female service members and civilians to explore, develop and grow, their leadership styles focusing

on team building, trust, and empowering junior leaders resulting in a capable and innovative leader.

Our goal back in August as it is now is for CAS’s SIA program is to develop leadership skills through mentorship, encourage informal interactions, explore best practices, share insights, compare experiences, and try out new ideas with an exceptional group of experienced leaders that happen to be women.

I want to take this opportunity to invite all the women and men of CAS to our SIA meetings and events. I think once there you will find that we try our hardest to address the needs of our Sisters in Arms by shaping and structuring our program to reflect our grade and rank demographic.

I personally thank each of you for all you do every day to make CAS a better place to work, live and play.

I am committed to making CAS a better tomorrow...today.

ARMY TRIVIA

1. What is the name of the document that originally governed the United States and was later replaced by the “Constitution”?
2. What were some of the areas covered in “The Army Regulations of 1821”
3. What is the bloodiest war in American history?
4. Congress authorized the creation of the Medal of Honor on what date?
5. When was the start of the Revolutionary War?
6. When did World War I begin?
7. What event sparked the start of World War I?

Answers

1. The Articles of Confederation
2. The Hand Salute, How to conduct a march, How to make a good stew for the company
3. The Civil War with the death of over 600,000 Americans on both sides.
4. 12 July 1862
5. April 19, 1775
6. August 1914
7. A Bosnian separatist murdered the Archduke Francis Ferdinand of Austria-Hungary and his wife during a visit to Sarajevo.



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Top Notch Unit of Excellence Program

*Story and Photo by
Capt. Corey Roberts
Public Affairs Officer
31st ADA BDE*

“Any day you can publically recognize Soldiers is a great day in the Army,” said Sgt. Maj. Jerry Jacobitz, the 31st Air Defense Artillery Brigade operations sergeant major. Sgt. Maj. Jacobitz was referring to the “Top Notch Unit of Excellence Streamer Program” that the forward deployed air defense artillery brigade headquarters has established to recognize excellence within air defense artillery batteries across the Central Command area of responsibility.

The purpose of the streamer program is to instill warfighter readiness by recognizing excellence with a comprehensive and enduring program where each battery and company can participate and is rewarded for excellence.

The program was established and designed with the promise of legacy and continuity throughout each unit’s deployment. As new battalions rotate in and out of theater so do the batteries that man different sites.

“What we wanted to do was create a legacy program that will endure long after we depart theater and the new forward brigade headquarters can pick-up where we left off,” said Jacobitz. There are seven unit of excellence steamers that the battery and company elements within the battalions can compete for; maintenance, physical fitness, good order and discipline, safety, command supply and discipline program, air missile defense readiness and Top Notch Battery. The Top Notch Battery Streamer can be awarded to only one battery or company within the area of responsibility at any given

time. The Air Missile Defense Readiness Streamer is awarded to the best ADA battery in the battalion.

Jacobitz along with multiple senior noncommissioned officers of the Top Notch Brigade planned, established and ultimately instituted the program. Each streamer has a scoring system with it that allows the units to compete on an even playing field, with no clear advantage or disadvantage.

“What we wanted to do was establish a program that will endure within the theater after our deployment, and being able to recognize the hard work these Soldiers are doing in theater is great,” said Jacobitz.

“While the streamer program isn’t new in the Army, this program is new to theater and we are proud to have been able to institute it.”

INSIDE THE WIRE

CAS Triathlon



Spring Cleaning

Story by Heather Collins-Proctor
Installation Environmental
Compliance
Exelis, QBOSS
Area Support Group - Qatar



Spring is just around the corner and for me that brings to mind “spring cleaning.” One of my earliest memories is my Nona cleaning with what looked to me like cooking ingredients. She would hum a song as she used baking soda, lemon, and vinegar on the surfaces of our home. I guess that was my first introduction to natural cleaning products. I thought I would take this opportunity to introduce you to them as well. Below is a list of basic household ingredients and items straight from your cupboard that you can use to clean your home.



Vinegar:

Vinegar cleans much like an all-purpose cleaner. It is a disinfectant and a deodorizer. All you need are equal parts of water and vinegar in a spray bottle and you have an all purpose solution that will clean most areas of your home. It's always best to test any cleaner on a hidden area first to make sure no color change

or damage occurs. Be aware that improperly diluted vinegar is acidic and can eat away at tile grout. Vinegar isn't a good idea to use on marble surfaces, either. Don't worry about your home smelling, the smell disappears when it dries. Some common uses for vinegar in your home are...

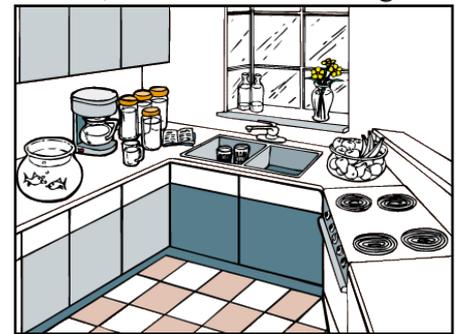


Bathroom:

Bathtub, toilet, sink, and counter-tops. Pure vinegar in the toilet bowl gets rid of unsightly rings. First, flush the toilet to allow the water level to go down before pouring the undiluted vinegar around the inside of the rim, then scrub down the bowl. You can also mop the floor in the bathroom with a vinegar/water solution.

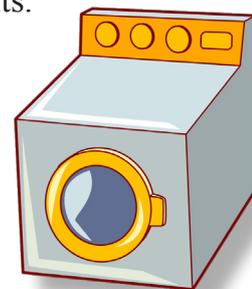
Vinegar also eats away the soap scum and hard water stains on your fixtures and tile leaving them shiny and beautiful. If you are one of those individuals who really like a smell to linger, add a few drops of essence oils with

the fragrance of your choice. I personally like citrus scents like lemon, lime or sweet orange.



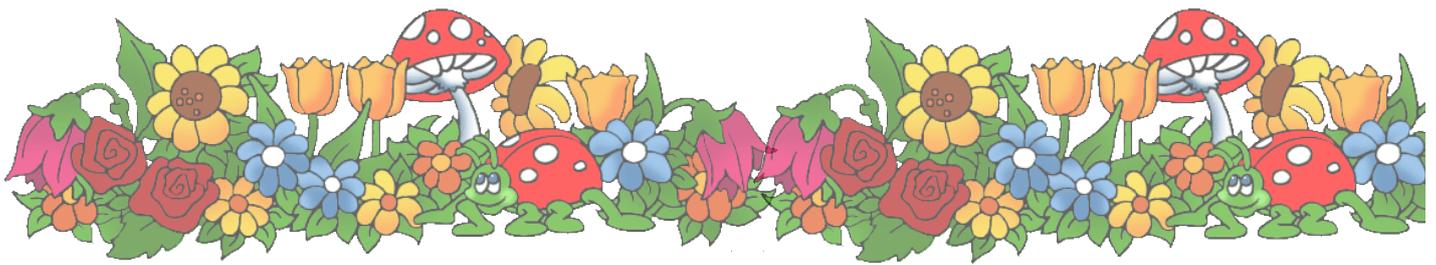
Kitchen:

Stove top, countertop and floor. Clean and disinfect the stove top and countertops with equal parts vinegar and water. Use vinegar to clean floors and be amazed at the fresh shiny results.

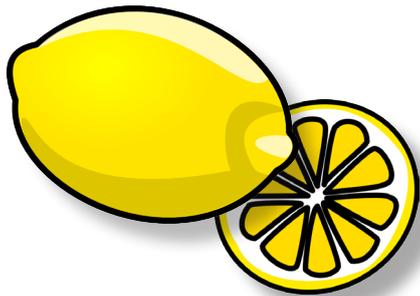


Laundry Room:

You can use vinegar as a natural fabric softener. This can be especially helpful for families with sensitive skin issues. Add ½ cup of vinegar to the rinse cycle in place of store bought fabric softeners. Vinegar breaks down laundry detergent more effectively and leaves your towels fluffy and soft. I like to use vinegar to clean my washing machine as



well, because it helps to remove the soap build up.



Lemon Juice:

Lemon juice is another natural substance that can be used to clean your home. Like vinegar, it also dissolves soap scum and hard water deposits. Lemons are a great to clean and shine brass and copper. Just cut the lemon in half and begin to rub it on.

Try mixing lemon juice with baking soda to make cleaning pastes. Cut a lemon in half and sprinkle baking soda on the cut section of the lemon. Use the lemon to scrub dishes, surfaces, and stains. Be aware that lemon juice can act as a natural bleaching agent, so be mindful when you use it in an area for the first time. It is always a good idea to test on a hidden area first before you clean an entire area.

Mix 1 cup olive oil with ½ cup lemon juice and you have a furniture polish for hardwood furniture. It is not only the juice

of the lemon that can be put to use, but the rind can be used as well.

One of my favorite uses for lemons, limes and oranges is to put the peel through the garbage disposal. Not only does it freshen the drain, it deodorizes the kitchen as well. Lemon juice can also be used to treat stains, because of its natural bleaching qualities.

This works especially well on baby clothes.



Baking soda:

Baking soda can be used to scrub surfaces in much the same way as commercial non-abrasive cleansers. If there is an area that you need a little more abrasiveness when you are trying to remove a stubborn area, add a little salt and that should do the trick. Baking soda works wonderful as a deodorizer. Place a box in the refrigerator and freezer to absorb odors. Put it anywhere you need deodorizing action. I've used it in trash cans, laundry, and even in some super smelly shoes. If I want

to change things up and leave a nice lingering smell, I add some essence oils.

Baking soda makes a great addition in the laundry room as well, especially with smelly gym clothes. Actually, baking soda one of the most versatile cleaners on the planet and all of it uses could be an article in itself.

Other Natural Cleaners:

There are quite a few other options for natural cleaners. You might be surprised to learn that ketchup, rice, coffee grounds, salt and other kitchen ingredients can also do a fantastic job. If you don't feel comfortable using things normally found in your cupboard, there are always natural cleaning products available in stores. Just remember to read the labels. Many of the commercial green cleaning products use the same natural ingredients you have at home, however not all green cleaners are created equally. For more information about natural cleaners, check out "The Green Guide to Household Cleaning" located on the ASG-QA Environmental intranet page.

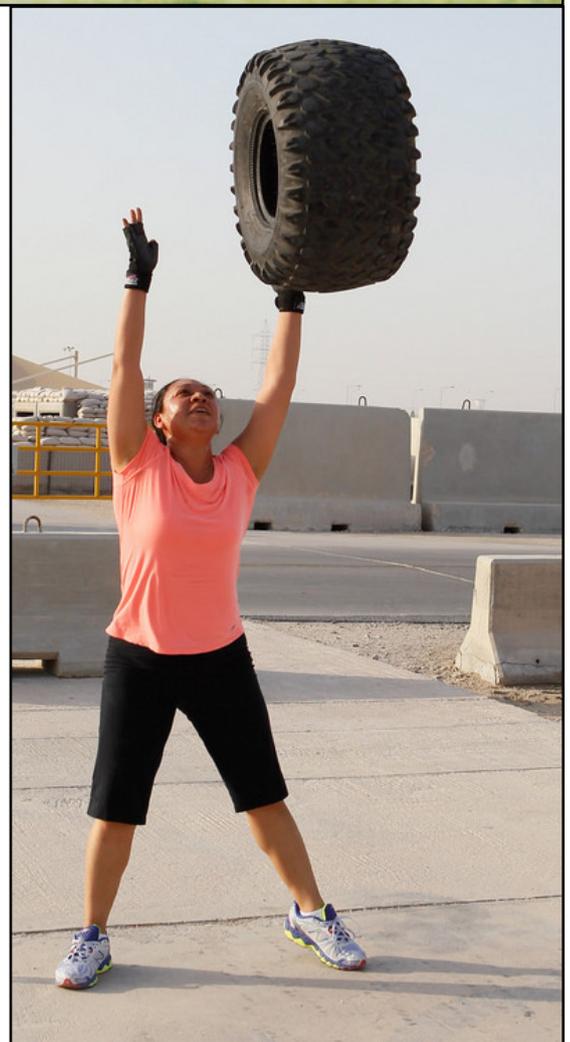
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Father and son, Master Sgt. Mario Martinez (left) and Airman 1st Class Xavier Martinez, chose to serve their country which require deployments. Their deployments happened to briefly overlap here in Qatar.

What are the Odds?!?

*Story and Photo By
Polli Ogilvie
Public Affairs Coordinator
Exelis Area Support Group - Qatar*

“Dad I am deploying...I wanted to tell you myself,” says Xavier.

“Where are you headed?” asks dad in a serious voice. “Al Udeid Air Base in Doha, Qatar,” says Xavier. “Wow! What are the odds?!”

Growing up with a father in the U.S. Army, Xavier Martinez knew something about serving in the military and decided at an early age that he wanted to follow in his dad’s footsteps. Originally wanting to join the Marines because of the ladies reaction to the cool uniform, his dad, U.S. Army Master Sgt. Mario Martinez, enlightened him to the other enriching benefits available within each branch of service.

After 2 years in the Air Force, the 21 year old Airman 1st Class was a bit apprehensive as he broke the news of his first deployment to his father over the phone. The reaction he received was not expected...

“I was so happy when he told me,” said Mario. “I think he was surprised by my reaction. I couldn’t stop laughing and smiling. Doha is a great deployment and a good environment. He will learn a lot.”

When asked why he wanted to join the military, Xavier explained, “When I was growing up, I was always proud of my dad being a Soldier. I know he missed a lot of our childhood, but I never felt left behind or forgotten. I was so proud of his dedication and his service...I wanted to be just like him. I want to serve my country.”

“I’m coming to the end of my

tour here, but I am so proud and excited that we have this place and this opportunity in common,” said Mario. “I am so proud of Xavier. He is the oldest of my three and it is amazing seeing him here as an adult, following in my footsteps. What are the odds that we would be stationed in the same place at the same time half way around the world from home,” said a smiling Mario.

As Mario prepares to redeploy, his advice to his son is to take each day as it comes; stay focused and remember, “If you are having a bad day, it will come to an end. Stay optimistic and remember your family and the new baby waiting for you back home.”

In return, Xavier’s advice to his dad is good luck and “hurry up making that E9!”

INSIDE THE WIRE

CAV Country

Story by 1st. Lt. Samuel V. Kendall
Chemical Officer
1-10 CAV
Area Support Group - Qatar



In early May of 2012, the U.S. Army issued a directive creating a groundbreaking exception to policy. According to Directive 2012-11, the Army authorized “the assignment of female Soldiers serving in specialties open to women to positions in the battalion headquarters and headquarters companies of maneuver battalions in select units.”

While it did not open every position to female Soldiers, the publication of Army Directive 2012-11 made 750 positions available to female Soldiers that had previously been male only. Termed Women in the Army (WITA), this program sought to evaluate the impact of limited gender integration in battalion-level direct combat units. Nine brigade combat teams across the Army were selected, and 2nd Armored Brigade Combat Team, 4th Infantry Division, 1-10 CAV’s parent organization, was among them. As a Cavalry Squadron, 1-10 CAV’s mission has historically required direct ground combat and thus remained an exclusively male organization. However, under WITA the Squadron opened selected positions to female Soldiers in the Forward Support and Headquarters Troops that included Military Intelligence, Logistics, Medical Services, and Adjutant General branches. Although female Soldiers have served proudly and effectively alongside their male counterparts since the beginning of combat operations in 2003, this program represented the first formal step towards complete gender integration in front-line units. The formalization of gender integration into combat arms places female Soldiers on an equal footing with their male counterparts and affords them the same opportunities and



challenges.

While there were already women working at all levels within the support battalions in 2 ABCT, nearly 50 female Non Commissioned Officers and Officers were integrated into the four maneuver battalions (2-8 IN, 1-67 AR, 1-10 CAV, and 3-16 FA). In August 2012, 1-10 received its first six female Soldiers in the history of the unit. For some, the move to a previously all-male maneuver unit was another check in a series of milestones already achieved.

“I’d already experienced being one of the only females in an all-male environment. I had worked in the motor pool of a field artillery battalion where I was only the sixth female to have ever served with the unit,” said SFC Dara Simington, the Squadron S6 NCOIC. “For me it wasn’t something I had to get used to, I’d already dealt with before.”

For others, the opened positions meant a new, competitive opportunity to excel among their peers.

“I was in the Military Intelligence Captain’s Career Course when [WITA] started and we were putting in for our follow-on unit preferences,” said CPT Jessica Crots. “I put 2 ABCT, 4 ID at the top of my

list because of WITA; I wanted to be a maneuver battalion S2.” CPT Jessica Crots arrived to the brigade in November 2012 and joined 1-10 CAV as the Squadron Intelligence Officer following the unit’s deployment to the National Training Center in July 2013.

Currently, the Squadron has 22 female Soldiers serving in both the Headquarters and Headquarters Troop and Forward Support Company with MOSs ranging from 91M to 42B. They serve admirably in both staff and tactical positions contributing to the security of ASG-QA.

Since its establishment in 1866 as one of the first all-African American regiments, the 1st Squadron, 10th Cavalry Regiment has served as the vanguard of progressive social change within the United States Army. Placed at the forefront of combat arms gender integration, the Squadron has the honor of continuing this tradition by forging new opportunities for our Sisters in Arms. Assimilated into Squadron operations at every level, the cutting edge female Soldiers of the Squadron fulfill the primary mission of every Cavalry Trooper; showing the way forward.



ASD Military Appreciation Day

Story by

Air Force Maj. Nicole David
379th Air Expeditionary Wing
Public Affairs

Fostering relationships is at the heart of the U.S. military, whether it is through joint assignments with sister services, serving with coalition forces, or engaging throughout our communities in which we live and work. The partnership between the American School of Doha, Al Udeid Air Base and Camp As Sayliyah has been developing and growing strong since 2011.

Through the private organization Jar Saleh, Arabic for ‘Good Neighbor,’ both the 379th Air Expeditionary Wing at AUAB and the Area Support Group at CAS have been involved heavily with volunteering for a variety of activities at ASD. On March 7, 2014, ASD wanted to give back and hosted the 4th annual Military Appreciation Day for the Airmen, Soldiers, Sailors and Marines deployed to AUAB and CAS.

To kick off the festivities, Dr. Phillip Stroup, ASD Director of Development and External Relations, welcomed about 230 members of the armed forces, opening up the school’s athletic facilities and library for all to use. Teachers were available to help facilitate team sports, as well as set up

members on online video chat to talk to their families back home. Additionally, the school provided a cookout, grilling up burgers and making shawarma on a spit.

“Thank you for everything you do for us,” said Stroup. “Thank you for what you do for ASD but also for what you do as members of the armed services. When we first hosted this day in 2011, we calculated AUAB and CAS provided 75 volunteers and 250 volunteer hours for the year. Now for 2013, you all have provided ASD hundreds of volunteers amounting to 12,000 volunteer hours!”

Members from the 379th AEW and CAS have put service before self, assisting ASD in over 80 programs, including sporting events, clubs, festivals, and leadership activities at the elementary, middle and high school levels.

“We cannot thank you enough for your support and all that you do for our students,” said Dr. Deborah Welch, Director of American School of Doha. “We have 2,100 students here, 60 percent from 74 different countries around the world. So you all send a strong message when you volunteer your time for our student body, faculty and support staff. You truly are ambassadors to the U.S.”

Also in attendance was Ian McCary, the deputy chief of mission for the U.S. Embassy-Doha. McCary remarked on the proud partnership the embassy has with the U.S. Central Command and the American School of Doha.

“We appreciate your contributions to ASD and it is a pleasure serving with you in Qatar,” commented McCary to the service members.

Military members were organized into teams and played in friendly competitions in football, soccer, basketball, and volleyball. Additionally, there was a climbing wall available and kayaking and swimming in the pools were also an option.

Before members were released to enjoy the day, both Brig. Gen. Roger Watkins, 379th AEW commander, and Col. William Wozniak, Area Support Group commander offered comments to the troops as well, highlighting that the service members are making a difference and building long-lasting partnerships and appreciate the choice to give up personal time to help ASD.

“You all make it happen through your service before self,” said Watkins. “And thank you to ASD for allowing our Airmen, Soldiers, Sailors and Marines to have the opportunity to continue to foster this relationship.”

Days of Remembrance

It Could Just Be Me...

*Story by Sgt. 1st Class Reginald L. Douglass
Equal Opportunity Advisor
Area Support Group - Qatar*

It occurs to me that many people do not know what exactly the Days of Remembrance are. So instead of the usual “It could just be me”, I thought you may like this bit of information provided, in part by the United States Holocaust Memorial Museum.

What are the Days of Remembrance?

The U.S. Congress established Days of Remembrance as the nation’s annual commemoration of the Holocaust and created the United States Holocaust Memorial Museum as a permanent living memorial to the victims.

What is the Holocaust? Who are we remembering?

The Holocaust was the state-sponsored, systematic persecution and annihilation of European Jewry by Nazi Germany and its collaborators between 1933 and 1945. Jews were the primary victims—six million were murdered; Roma (Gypsies), people with disabilities, and Poles were also targeted for destruction or decimation for racial, ethnic, or national reasons. Millions more, including homosexuals, Jehovah’s Witnesses, Soviet prisoners of war, and political dissidents, also suffered grievous oppression and death under Nazi Germany.

Why do the Days of Remembrance dates change from year to year?

The Israeli Parliament (Knesset) established Holocaust Remembrance Day (Yom Hashoah), to be observed on the 27th day of Nisan of the Hebrew calendar. The Hebrew calendar is a lunar calendar so the date changes each year in the United States. Observances and remembrance activities occur throughout the

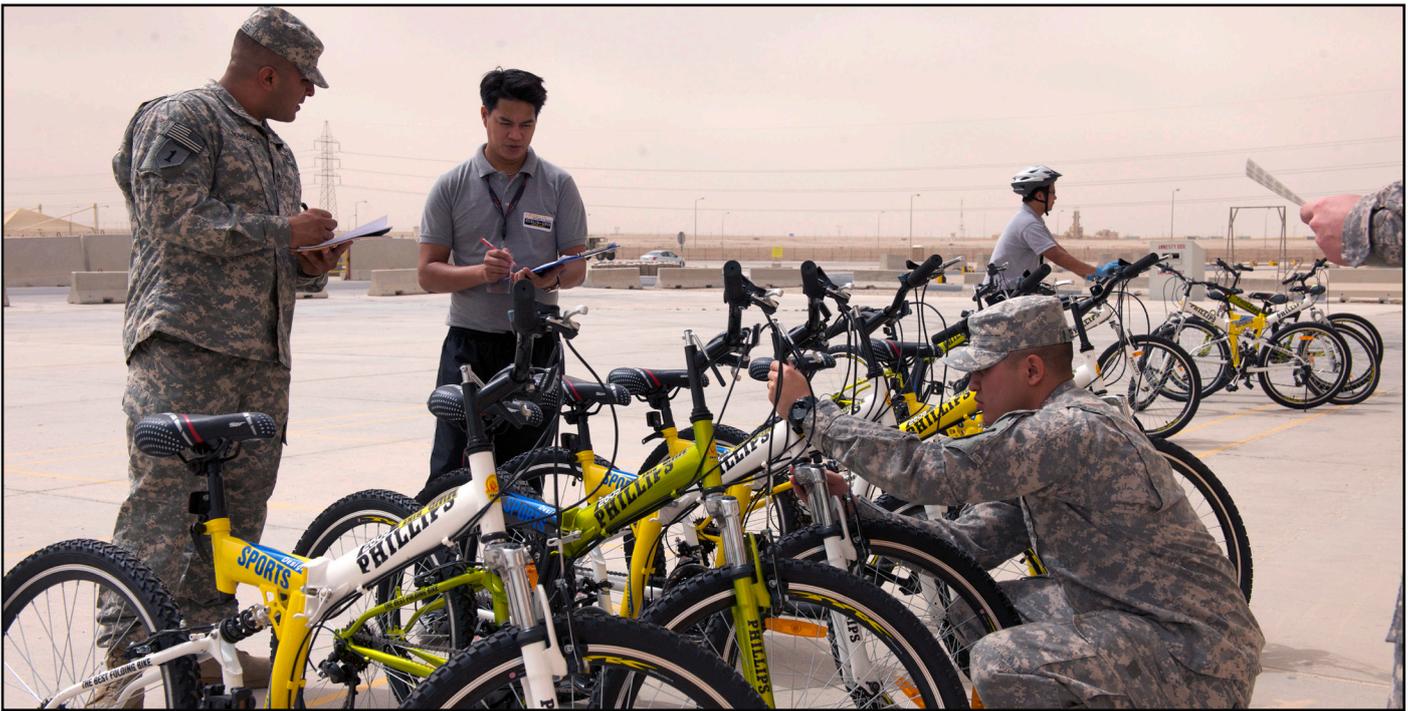


Sgt. 1st Class Reginald L. Douglass
CAS Equal Opportunity Advisor

week of Remembrance, which runs from the Sunday before Holocaust Remembrance Day (Yom Hashoah) through the following Sunday.

Keep in mind this month is also Sexual Assault Awareness Month which means we should also be looking out for our Battle Buddies regardless of their gender. CAS is a great place to be and it is our responsibility to ensure that every service member feels safe and valued. Everyone has a role in stopping sexual assault. Chief of Staff of the Army Gen. Raymond Odierno has stated, “Sexual assault and harassment are incomprehensible and inconsistent with Army values, and ending this misconduct is a responsibility that belongs to everyone.”

These are very important subjects that should be on all of our minds not just during the month of April. My challenge to all is to think about what you can do to protect your “Battle Buddy” and secondly when you have the chance, don’t be just another bystander if you can do something that makes a difference. “Patton’s Own”



PMO Round-Up: *Bicycle Registration*

The Provost Marshal Office will conduct the registration of all personally owned bicycles on Camp As Sayliyah beginning March 1, 2014 in an effort to assist the community in identifying their property.

Due to the recent influx of the Morale, Welfare and Recreation and personally owned bicycles, each individual owning a bike will fill out a registration form and receive a decal. Registration is easy, requiring only the owner's identification card and the make, model, color and number of speeds of the bicycle intended for the decal. The military police will conduct registration processing at the MP Station, Building 200A, every Monday, Wednesday,

and Friday from 1000-1130.

By registering the bicycles, the CAS MPs hope to keep accountability over the property on post, to include both personally owned bicycles and those available for sign out from the MWR. Additionally, the bicycle registration program will allow the MPs to identify abandoned bicycles and donate them to the MWR for general use, while keeping the area clean. Because bicycles on CAS are the equivalent of personal owned vehicles, an addition was made to the Commander's Vehicle Registration Policy, to include personally owned bicycles.

Beginning March 15, 2014, the Military Police

will look for bicycles not registered. Though a first time offense will not lead to confiscation of your bicycle, MPs offer a 72 hour period after the owner is warned to get the bicycle registered or it is impounded.

The owners can retrieve their bicycles from the impound for up to 30 days after the offense. If not claimed, then they are turned into the MWR. All bicycles available through the MWR are already registered through the MP Station.



S2 Corner

So, what is all this talk about security and battle buddies? It is really on everyone's mind right now, with all the reports of Snowden, reports of security concerns, and even with the most recent buzz phrase, "insider threat".

Did you know that security is not only a concern for everyone, but a responsibility? Security has many aspects whether it is protecting the forces which we have always done by having a battle buddy; through "knowing one's enemies," (Finnegan & Danysh, 1998); or just being aware of the "insider threat".

Battle Buddy

So let's start with the battle buddy system. "There are many reasons why the U. S. Army has the Battle Buddy system. All are involved in protecting the soldier and helping him to perform at his best. Maximizing the soldier's potential makes him "Army Strong" and not only is best for him, but is best for his unit, the U. S. Army, and the United States of America." (Neal, 2009) This is a major key to security and force protection.

Know Your Enemy

Another aspect is being vigilant about suspicious activities or "knowing your enemy." Usually this involves anything that is out of the ordinary to standard practices or just seems "not right". Did you know that many plots to harm people were uncovered because someone was brave enough or "aware" enough to tell someone when something didn't look right? Security agencies are able to do their jobs due to people taking a stand and being responsible in letting them know when something is not normal.

Insider Threat

The last aspect of security is to know the "insider threat." This is hard to define as this means there is an unknown factor that could play a role. This is a concern throughout the world, as you don't know who has changed their ideology or beliefs. Since this is the case, then it is important for everyone to play a role and stay aware of their environment at home and at work.

It is everyone's responsibility to stay aware of their

surroundings, remain vigilant, and continue to look out for their battle buddies. "Security is everybody's concern as it takes a community to protect a community."

Works Cited

Finnegan, J. P., & Danysh, R. (1998). *MILITARY INTELLIGENCE . Washington: ARMY LINEAGE SERIES .*
Neal, B. (2009, February 23). *Army Battle Buddy. Retrieved March 15, 2014, from World Issues 360: <http://www.worldissues360.com/index.php/army-battle-buddy-2-21841/>*



The Gnarly Barley

*Story by Mr. James Hobbs
Beer Connoisseur
Area Support Group - Qatar*

Magners Cider

Last June we examined the dry style cider Savanna Dry, and this month we'll sample Magners sweet style cider. All cider styles originated in England, and developed into dry or sweet styles in the two main cider regions based largely on what varieties of apple were available. Savanna Dry are made exclusively from tart Granny Smiths grown in the heat of South Africa. Magners uses a blend of 17 apples from their own 250-acre orchard and others across the north of Ireland where cooler temperatures make for a plentiful apple crop and consistent precipitation maximize sweetness of the fruit.

Magners cidery prides itself on keeping true to their original methods used since 1935. Since the 17 varieties of apples mature at different times, they process and ferment each type of apple individually. They use 'open vat' fermentation in wooden tanks without lids so the carbon dioxide can vent naturally. After a week here, the young cider is transferred to wooden aging casks where it is aged for anywhere from 6-24 months until the flavors are just right. Then, the 17 varieties are blended according to Magners secret formula and bottled into the cup of perfection in front of you.

Although it's English style cider, it's made in Tipperary County, Ireland. However, if you want to sample one on it's home



soil while flying through Shannon on your way home you'll have to ask for Bulmers. It's only Magners when sold outside the Emerald Isle..

Appearance - Clear, reddish gold colored with little to no head. Cider is supposed to be low in carbonation, and this one is true to style.

Aroma - Apples & apple juice. Nothing more, nothing less.

Flavor - Sweet, flavorful, and smooth from beginning to end with no tartness like Savanna.

Mouthfeel - Easy, light, and delicious. The sweet receptors on the front of your tongue will get a full workout with this one.

Drinkability - The company insists that colder is better and recommends you try it over ice. Although it's a sweet cider, I've not found it to give me that full feeling very quickly as most sweet beverages do. This one is easily repeated, especially with spicy food or on a hot day.

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

CAS Housing Contact Information:

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

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

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

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

**Housing Director:
432-2392**

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

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

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

Housing Staff:

**Supervisor:
Margarita Rasool
432-2700**

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

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

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

Quiet Professionals

*Story by CW3 Kirk Bell
Senior Property Accounting
Technician
Area Support Group - Qatar*

How do I become a warrant officer? This is a question I often hear from junior noncommissioned officers. The path to becoming a warrant officer can be very complex, as the daily scope of duties and responsibilities required of such a position can be extremely challenging and demanding. I would like to take this opportunity to provide young Soldiers with some insight to one of the most fulfilling career opportunities the Army offers.

The Beginning: “Eagle Rising”

The official birth date of the Army Warrant Officer Corps is July 7, 1918, when Congress established the Army Mine Planter Service as part of the Coastal Artillery. The Warrant Officer Corps was later expanded with the Congressional Act of 1920 as the Army identified a need for Soldiers who “specialized” in their field. The promotion to Warrant Officer was often motivated by a desire to reward enlisted men of long service. These men were experienced and possessed considerable amounts of knowledge, but had no room for growth as enlisted



Soldiers.

During World War II congress once again expanded the corps. The most significant factor of this expansion was its introduction of female Warrant Officers to the corps in March 1944. Over the next quarter century the Warrant Officer Corps saw many changes. Changes were implemented to standardize the way Warrant Officers were selected and solidifying their place in the Army.

The Modern Warrant Officer

Over the decades, the Warrant Officer Corps has evolved to meet the needs of our Army. Warrant Officers can now be found performing a myriad of duties to include Platoon Leaders and Company Commanders. These assignments were nonexistent within the Warrant Officer ranks prior to the Global War on Terrorism.

Warrant Officers today are serving side by side with

Soldiers in the mountains of Afghanistan; from the flight line to the front lines, it's assured that there are Warrant Officers supporting the fight, leading, teaching, and training Soldiers. Regardless of these additional duties it is our utmost responsibility to be technical experts and advisors first. By definition, today's Warrant Officers are:

“Officers appointed by the Secretary of the Army based upon a sound level of technical and tactical competence. The warrant officer is the highly specialized expert and trainer, who by gaining progressive levels of expertise and leadership, operates, maintains, administers, and manages the Army's equipment, support activities, or technical systems.”

Currently there are over 40 Warrant Officer MOS which are derived from numerous enlisted feeder Military

Occupation Specialties. The Warrant Officer Corps is divided into two subsets, Aviators and Technicians. The requirements for these two fields are somewhat different. While both fields are searching for individuals who display the natural ability to lead, teach and mentor. Soldier, the Technical Warrant Officer also requires a certain level of knowledge and experience. This experience is gained as an enlisted Soldier performing at the highest level.

Rising to the Challenge

The answer to the invariable question, “how do I become a Warrant Officer?”, although simple, requires long term methodical planning for Soldiers who possess the burning desire to join the Corps. Don’t be deterred by this.

I will not bore you with the administrative requirements. Administrative requirements can be found on the U.S. Army Recruiting Command web page: <http://www.usarec.army.mil/hq/warrant>.

The path to accession into the Warrant Officer Corps is defined by leadership potential and technical competence. An accession goal of 6-8 years time in service is optimal for technical Warrant Officer Candidates. You must begin to hone your skill-set early in your career.

Find a mentor, senior NCO or Warrant Officer, in your field to

emulate; begin to learn as much as you can from them. While it is important to learn the trade you must also grow as a leader. Take advantage of leadership positions when available; it will prepare you for your career path.

Don’t be afraid of the challenging assignments, they will separate you from your peers. Don’t be afraid to make mistakes, however, you must learn from your mistakes and capitalize on second opportunities. Maintain a high level of physical fitness.

Attending Warrant Officer Candidate School is extremely physically demanding as it prepares you for the rigors of combat. Continue to grow in every aspect of life professionally, personally, and spiritually. Pursue civilian education and certification when possible; being a Warrant Officer is a lifelong learning experience.

These are only a few tips in preparing yourself for the challenge of entering the Warrant Officer Corps. It is my personal perspective of what can be a challenging, but fulfilling career. If you are ready for the challenge, now is the time to begin your preparation. The Army is ready for the next generation of Warrant Officers!

Can you rise to the challenge?

Viral

(continued from page 1)

The notable book, “Women are from Venus and Men are from Mars,” spent 121 weeks on the New York Times’ bestseller list for a reason. It noted that in our society most of the common relationship issues between men and women are a result of fundamental psychological differences between the genders; which is why understanding each other is so important. Understanding opens the doors for many opportunities.

The military recognizes that sustainable development can only be achieved through long-term investments. Utilizing the tools at hand like the U.S. Army’s Sexual Assault Prevention and Response program, the “Sisters in Arms” incorporate and discuss ways of creating a climate that respects the dignity of every member of the military, male and female. Closing the gender gap in the military depends on enlightened policies which take gender dimensions into account.

Developed as a forum for female Soldiers to help enhance avenues of mentorship and empowerment; the viral phenomena of the “Sisters in Arms” program can only mean more connections and more influence over the changes happening within the military. Going viral not only builds awareness, but opens the door for many different opportunities thereby helping female Soldiers to reach their full potential.



Personal Training, Fitness Trackers

*Story by Master Sgt.
Montgomery Miller
Installation Master Fitness
Instructor
Area Support Group - Qatar*

Who would have ever thought 20 years ago that a personal trainer could cost as cheap as \$130 to track your every movement and track everything you eat?

The latest gadget that can be a strong asset to anyone that is trying to get into fighting shape and lose those extra pounds is called a fitness tracker. These devices are absolutely amazing and I would not have ever thought something so small around your wrist could track your every movement. It tracks

every step that you take and some models even vibrate when you get to the magic step of 10,000 in one day.

Another great benefit of these fitness trackers is that it also tracks the amount of calories you take in on a daily basis and it tracks the amount of sleep you receive in one day. Can a personal trainer do that? Only if he or she lives with you and most people can't afford that.

There are no more excuses for anyone to be overweight or to get into the best shape of their life. These fitness trackers calculate all the data for you and all you have to do is be motivated and inspired enough to walk,

run, swim, bike, or climb your way to a maximum fitness level. Don't get me wrong, having a personal trainer is nice to have and they earn their money on days when you really need someone to push you over the edge, but they are not the only answer.

Some individuals do not need a personal trainer, because they already have plenty of motivation that stems from whatever goal they aspire to achieve. Everyone's goals are different and the numerous fitness trackers out there is an added benefit to help you achieve that fitness level.

Good luck and I'll see everyone in the gym!



Hours

MWR Hours

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

MWR events and more!

Gina Gutzy:
Spinning class -
6:00 p.m.
Monday and Wednesday.

Aerobics
6:00 p.m.
Monday & Wednesday

Chester De Guzman:
Tae Bo -
6:00 a.m.
Saturday, Monday and Wednesday.

Spinning class -
11:30 a.m.
Saturday, Monday and Wednesday.

4:30 p.m.
Sunday, Tuesday and Thursday.

6:00 p.m.
Sunday, Tuesday and Thursday.

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

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

MWR Key Staff

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

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

Program Manager
Staff Sgt. Jeffery Gleason
DSN: 432-3497

Community Services Manager
Gina Gutzy
DSN: 432-3758

Recreation Specialist
Cpl. Cody Stehlik
DSN: 432-3497

CAS Fitness Instructor
Chester De Guzman
DSN: 432-3760

MWR

Triathlon (15 March 2014)

Male Categories:

Open Sprint -

1st Place:	Jonathan Bass	1:40:19
2nd Place:	John Thomas	1:44:04
3rd Place:	Joseph McKenney	1:44:52

30 - 39 Sprint -

1st Place:	David Russell	1:49:19
2nd Place:	Chadwell Luton	1:51:13
3rd Place:	Williams Page	1:53:20

40 - 49 Sprint -

1st Place:	John Price	1:32:35
2nd Place:	Anthony Macias	1:33:39
3rd Place:	Wallace Reed	1:39:26

50 + Sprint -

1st Place:	Duz Packett	1:01:00
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Open Super Sprint -

1st Place:	Christopher Harris	52:41
2nd Place:	Kyle Slania	54:50
3rd Place:	Joseph Maelstrom	58:39

30 - 39 Super Sprint -

1st Place:	Jason Robertson	1:11:52
2nd Place:	Brad Smith	1:16:27
3rd Place:	Timothy Ahlers	1:19:27

40 - 49 Super Sprint -

1st Place:	D.J. Western	54:18
2nd Place:	Yol Westerfield	1:08:13

Female Categories:

Open Sprint -

1st Place:	Jessica Crots	1:48:38
2nd Place:	Julia Riccardi	2:30:16
3rd Place:	Katelyn St. Pierre	2:30:16

Open Super Sprint -

1st Place:	Mariah Melstrom	1:10:24
2nd Place:	Olivia Beavers	1:11:55
3rd Place:	Frances Cozad-Millmine	1:12:07

30 - 39 Super Sprint -

1st Place:	Adrienne Bradford	1:22:40
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50 + Super Sprint -

1st Place:	Donna Lewis	1:35:34
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Team Categories:

Team Open Sprint -

1st Place:	Christopher Terry Matthew Jacobs Matthew Baker	1:23:31
2nd Place:	Christopher Hein Philip Sussman Robert Hall	1:31:38
3rd Place:	Samuel Thode Evan Hearn Andrew Carlin	1:33:07

SISTERS IN ARMS - QATAR

Our Theme:

Engage - Working in the community to make a difference.

Meet - Networking and building professional relationships.

Perform - Improving performance in the work environment.

Overcome - Conquering adversities in ever-changing environments.

Wellness - Instilling confidence in mental and physical health.

Educate - Emphasizing the importance of continuing education.

Revive - Having fun; inspiring and recognizing “everyday” women.

Sponsor - Advocating for fellow women.

SIA-QA IS ENDURING, EXPANSIVE, AND LONG-LASTING.

As the banyan tree grows, it becomes rooted in the ground, surrounded by the original tree trunk, and while that original tree trunk can die and become hollowed out, what’s unique about it is the tree itself lives on, through those branches.

A perfect metaphor for mentorship, growth, and enduring success



ROOTED IN ONE - BRANCHING TO ALL