

The Desert Mesh

The Official Publication of Camp As Sayliyah Edition 97, July - August 2014

Independence Day



It Could Just Be Me
Page 8

On The SHARP Side
Page 9

Chaplain's Time
Page 12



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

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

PUBLIC AFFAIRS COORDINATOR,
EDITOR
Mr. Levi Spellman

PHOTOJOURNALIST
Mr. Alfred Tripolone III

This Army tabloid is an authorized publication for members of the Department of Defense. Content of the *Desert Mesh* is not necessarily the official view of, or endorsed by, the U.S. Government or Department of the Army. The editorial content is the responsibility of the Area Support Group - Qatar public affairs office. All photos are official U.S. Army Photos unless otherwise credited.

COMMAND CORNER



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

Once again I would like to extend my sincere appreciation for your collective efforts to make CAS a better place to live and work. With the PCS season upon us be sure to take the time to thank those who have performed so well here and take the time to introduce yourself to a new face in the gym or elsewhere on post.

From the very onset of our command, Pearl 7 and I have stressed the importance of having a battle buddy. While the basis is to ensure your personal security while walking, running or going off CAS, it's also about having a confidant that you can speak to when things get tough or when adversity comes your way.

The Army's focus on resiliency needs to be fully incorporated into our battle rhythms. Remember, adversity breeds opportunity to rise above it, and when you have a buddy you set yourself up for success. Your battle buddy will be able to tell when something is bothering you, and you will know you have someone in whom you can confide when times become challenging. Having a battle buddy and keeping in regular contact serves as a great way to ensure your well-being and safety. We all have full access to the installation chaplain, so don't miss the opportunity to talk to someone when needed.

With that said, I'd like to focus

this month's corner on effective communication. We all have the responsibility to communicate upward, downward, and laterally with our respective formations. By doing this, we can surely overcome those things that are bothering us or merely express our ideas and concerns. We are a family here on CAS and I solicit your continued emphasis on making this a great place to work and play.

I am pretty confident that every commander on the CAS has an open door policy, and I want each of you to feel comfortable exercising your right to bring something to your commander. Yes, you should inform your immediate chain of command of your intentions, but it is not a requirement to tell your immediate chain of command the topics you would like to discuss with your commander. Taking such action falls well within in the army value of personal courage, and any fear of reprisal should be non-existent. Taking action within this established protocol and within the army values is commendable and an a change by which we all should live.

Regarding communication, I want to publically thank the leaders who have stepped up to the plate to contribute to the Desert Mesh. Our installation EOA, SARC, S2, MWR advisor, and Chaplain, to name a few, have been repeat publishers within this publication. I encourage all of you to tell your story. To put your words in print requires time and, once again, personal courage.

We are looking to add more to the Desert Mesh. You may be asked what you might like to see or at what frequency you would like to see it. I am asking all of you to think about your contribution. Whether it is from the perspective of your duty performance, your engagement across CAS or with the Qatari community, or from a perspective that merely interests you. Make it one of your goals to be published and to tell your story.



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

Some time ago, the U.S. Army made a decision to make the months of June, July and August the prime moving time better known as, permanent change of station (PCS) - for all active duty Soldiers. For the Army, this helps facilitate right moving, which means not moving children during the school year. Human Resources Command should also be commended for their insight and forethought for planning and synching the majority of PCS moves during the summer months.

This practice allows Soldiers a degree of predictability that we, as an Army, did not have 13 years ago. For all the good this policy has done, it still results in change for almost every installation. And, in this respect, Camp As Sayliyah is no different.

Sadly, this summer CAS will say goodbye to a number of organizations including the 1st Squadron of the 10th Cavalry Regiment, U.S. Army Material Medical Center – Southwest Asia’s leadership, the 312th Medical Logistics Company,

the 57th Military Police Detachment, the Postal and Finance Detachments. Without a doubt, these have been some of the most professional organizations I have had the pleasure to be associated with during my 27 years of active federal service.

These organizations have two things in common; they do routine things routinely well and they are all lead by professional, caring and compassionate leaders, who have left CAS a lot better than they found it. As teammates and partners, the CAS community could not ask for more from any one of the aforementioned units.

I take this opportunity - on behalf of all of CAS - to thank you all for a job well-done. Fortunately, the U.S. Army is an organization filled with professionals and, as units depart, I am confident their replacements will be as professional, caring and compassionate as their predecessors.

I also take this opportunity to welcome all new units to CAS and to wish you all good luck on your deployment. I find deployments the best time to focus on family, mission and self improvement.

It’s a great time to appreciate one’s family. Due to the distance, it is important to make an effort to remain connected to one’s spouse and children.

Understand your role in this mission and how much your teammates depend on you.

Lastly, self improvement, includes - but is not limited to - the following: civilian education, military education, professional certifications, financial investment, physical fitness or other activities like

learning a new language. If you can remain focused on family, mission and self improvement, I can guarantee you will not only count your days, but make your days count. I encourage all to read the policy letters and become familiar with the content. If you have suggestions please let me know, as I value your input.

To the Soldiers Civilians and Contractors already here on CAS, I ask you all to welcome our new teammates; make them feel welcomed and a valued part of the CAS Team.

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.



WWW.FACEBOOK.COM/CampAsSayliyah



[@ASGQAPAO #CampAsSayliyah](http://WWW.TWITTER.COM/ASGQAPAO)



WWW.FLICKR.COM/PHOTOS/ASGQAPAO



WWW.YOUTUBE.COM/USER/ASGQAPAO



Monthly Dental Clinic Opens on CAS

*Story and Photos by
Alfred Tripolone III
Photojournalist
Area Support Group - Qatar*

For the first time in recent memory, Servicemembers stationed on Camp As Sayliyah will have the ability to seek dental treatment without leaving the base. As part of an initiative to enhance Soldier readiness, dental service are now available on CAS. From Monday through Friday on the third week of every month, Servicemembers on CAS will be able to have dental exams and some procedures done in the TMC.

Prior to the dental service being available on CAS, Servicemembers had to travel to Al Udeid Air Base for treatments and check-ups, said Master Sgt. Phyllis M. Brown, Senior Enlisted Leader, CENTCOM Joint Theater Contracting Command.

Master Sgt. Brown was the first Soldier treated at the monthly clinic.

“This morning was an excellent experience, I am sometimes anxious when I have to see the dentist,” she said. “I believe they really love what they do and it shows when they speak with you regarding the type of dental care you may need.”

The dental team treating patients on CAS commute from Kuwait monthly to tend to Soldier’s needs.

“I appreciate them taking time from their schedule to come here and service us at CAS,” Brown continued. “I have spread the word and hopefully they will see more patients today.”

If you require dental assistance you can make an appointment in advance of the clinic week.

CAS Dental Services
TMC Building 300

The 3rd Week of Every Month

Monday to Friday
7:30 a.m. to 3:00 p.m

For appointments call:
DSN: 438-3405

Sick Call: 7:30 a.m. to
9:30 a.m.

Getting to Know the Department of Public Works

Frequently Asked Questions, and Answers

Q: My A/C isn't working. How do I submit a work order?

A: Call the Help Desk at DSN: 432-2273 (Ensure that you call it in before it stops working completely)

Q: What's taking so long to fix my A/C, I called in a work order for it about a week ago?

A: The work center has certain priorities of response and they are put out during every work order meeting. If you have submitted a work order please ensure that you have a designated unit facilities representative present to discuss discrepancies at the work order meeting.

Q: When and where is the work order meetings held?

A: The work order meetings are held every Monday in building 301 at 9:00 a.m. and on Wednesdays in building 200C at 3:00 p.m.

Q: Why does it take so long to get parts for A/C repair?

A: Parts are ordered from various places and they can be purchased from as far as the United States if needed depending upon the situation, but just so that everyone is tracking all facilities reps should attend the work order meetings.

Q: Why was my work order canceled?

A: All work orders are carefully over looked and approved IAW PWS as per the contract which is put out in every work order meeting. I.e. no repairs will be made on appliances

Q: What is the PWS?

A: It's the Performance Work Statement which outlines rules to follow as per the contract as it was written.

Q: Why can't I get this plaque made for my commander nor have something fabricated?

A: Fabrication is not in the PWS. If anything should be fabricated without the approval of the Approving Contracting Officer (ACO) it will be a violation to the contract and legal actions will take place.

Q: I submitted a work order for having my unit freezer repaired. Why won't you guys repair it?

A: All equipment has to be verified as being a part of real property according to maintenance and repairs. If your equipment is not considered as real property we can then go through an outside vendor to provide the services that you need.

It Could Just Be Me...

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

Normally around this time of year people are celebrating the Nation's independence, I for one will do so but I will also be celebrating what I think may be one of the sources of our independence and strength. As usual it could just be me; a cross cultural understanding of each other within our units is what gives us our indomitable strength. There is a distinct link between cultural competency and the ability for a unit to function as a cohesive team. What does this mean to us? A primary factor in any functioning entity is its ability to communicate, regardless of who is contained therein. Military units have a unique makeup which calls for the ability to not only understand that people come from a multitude of backgrounds and cultures, but they also communicate differently.

With the wide variety of individuals who join the Armed Services, there is a necessity for understanding how people communicate. Although each service has its own unique style of communication and jargon, there remains a need to communicate commonalities which can only be achieved through understanding the individual. No two persons are alike, so this means a collective learning process must take place to allow the parties involved to look at things such as his or her birthplace, nationality, ethnicity, family status, gender, age, language, education, sexual orientation, and religion.

Although this is not a guarantee of communication it does lead to increased understanding and some degree of commonality to build upon.

As understanding of a person's background is increased, a bridge of sorts is formed because no matter how small, we as people automatically find a common thread upon which to build any relationship. Once that commonality is established people begin to communicate such things as basic beliefs, thought processes, social norms, and individual values further improving the bonds between them. When the threads of camaraderie are combined with a common goal people begin to communicate more efficiently and tend to be more intensely vested in one another.

The investment in each other is what any unit is dependent upon, this is the very fabric upon which goals are achieved. Once a unit can communicate regardless of its cultural differences and has an understanding of its own diversity, it tends to work more closely within itself. A cohesive unit is able to capitalize on the things which make its members different and use the individual strengths, this only done with an understanding of where each member comes and how they communicate within the organization. It goes without saying, if you cannot get through individual differences you cannot accomplish anything that is dependent on a team. Unit



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

cohesion is very reliant upon and enhanced by the collective's ability to understand and communicate across all cultures. Cross-cultural competency enhances mission readiness and promotes unit cohesion.

Looking at the CAS family of units and servicemembers you will see individuals who bring a variety of skill sets and understanding that without a conversation or a bit of prior knowledge you would never know. You have those who are other professions on the civilian side such as engineers, police officers, nurses, and teachers. On the military side of the house you have those who have multiple MOS's, prior service in other branches of the military, and those who have degrees in totally unrelated skill sets; all proving to be force multipliers if we only choose to communicate with our comrades in arms. I submit to you, getting to know our "battle buddies" to the left and right of us is the cross cultural competency our mission could benefit from, then again it could just be me.

On the SHARP Side

*Story by Maj. Alisa M. Englert
Installation Sexual Assault Response Coordinator
Area Support Group - Qatar*

It has been a fast and furious two months here at CAS. Time sure flies when you are having fun! I spoke last month about how impressed I was with the ASG Command Team's commitment to the SHARP program and their vision to eradicate this crime from our Army. It was amazing to come to a new place in a far corner of the world and find a climate like this one. Well, I can tell you that same spirit is pervasive throughout this entire installation. I have gotten the opportunity to reach out and conduct some training with the tenant units here, and they, too, share a desire to end sexual harassment and assault in our ranks.

The first class I conducted for most units was on techniques. This class was designed to provide tools for your toolbox. The SHARP training over the last couple of years has discussed our Army Values and how we as leaders must intervene to stop sexual harassment and sexual assault before it occurs. The training provided eight (8) strategies; Group Intervention, Clarification, Bring it Home, "I" Statements, Humor, Silent Stare, Distraction and "We're Friends, Right?", that you can use to intervene in different situations. Remember, just because one strategy worked for a particular situation doesn't mean that it will work for others. There may be situations where more than one strategy will work and others when you may have to use multiple strategies. The key is to assess each



**Maj. Alisa M. Englert
Installation SARC**

situation on a case by case basis. Ask yourself these four questions before deciding how to intervene and the strategy you use.

What is the best and most productive way to challenge the person?

What fears/concerns would you have about confronting this person?

How would you go about making the confrontation?

How do you imagine the person confronted would respond to various confrontation techniques?

The second class that I taught was on Offender Behaviors and Tactics. This gave the audience the understanding of the factors that contribute to offender development, identified myths about offender motivation and behaviors and taught them how to identify offender tactics. In a quote for Sun Tzu, "If you know the enemy and know yourself, you need not fear the result of a hundred battles." Those who commit sexual harassment and assault are our enemies. They are the domestic enemies we took an oath to defend against and by identifying the tactics used and their behaviors we stand a better chance for success.

During this training we learned

that there is not "Perfect Offender". People who commit sexual harassment and assault are both male and female; they come from different religions and ethnic groups; they have different levels of education and they are typically known by the victim. Most sex offenders appear to be nice, professional, honest, and empathetic and may have exceptional service records. Most sex offenses are premeditated, use alcohol or drugs to make victims vulnerable and they isolate the victim from others.

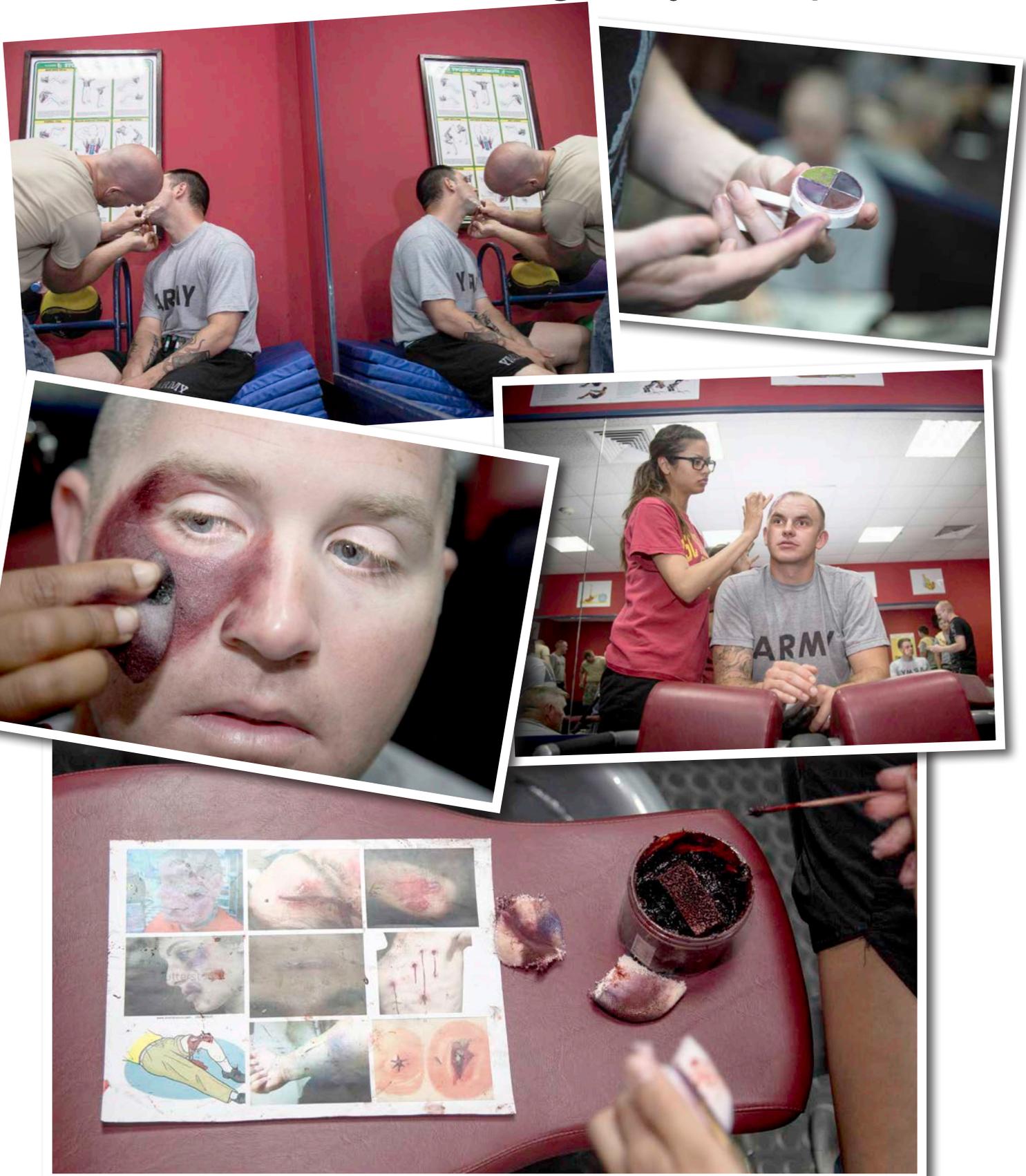
We all need to work together to defend against sexual violence. As training continues here on CAS remember to put your tools in your toolbox so you will have them when needed. The following are upcoming trainings. The trainings are open to the installation and if they don't work for your unit, contact me directly and let's get training on the calendar.

17 July – CAC – 0900 and 1400 – Creating a Climate of Prevention (Qtrly SLT)

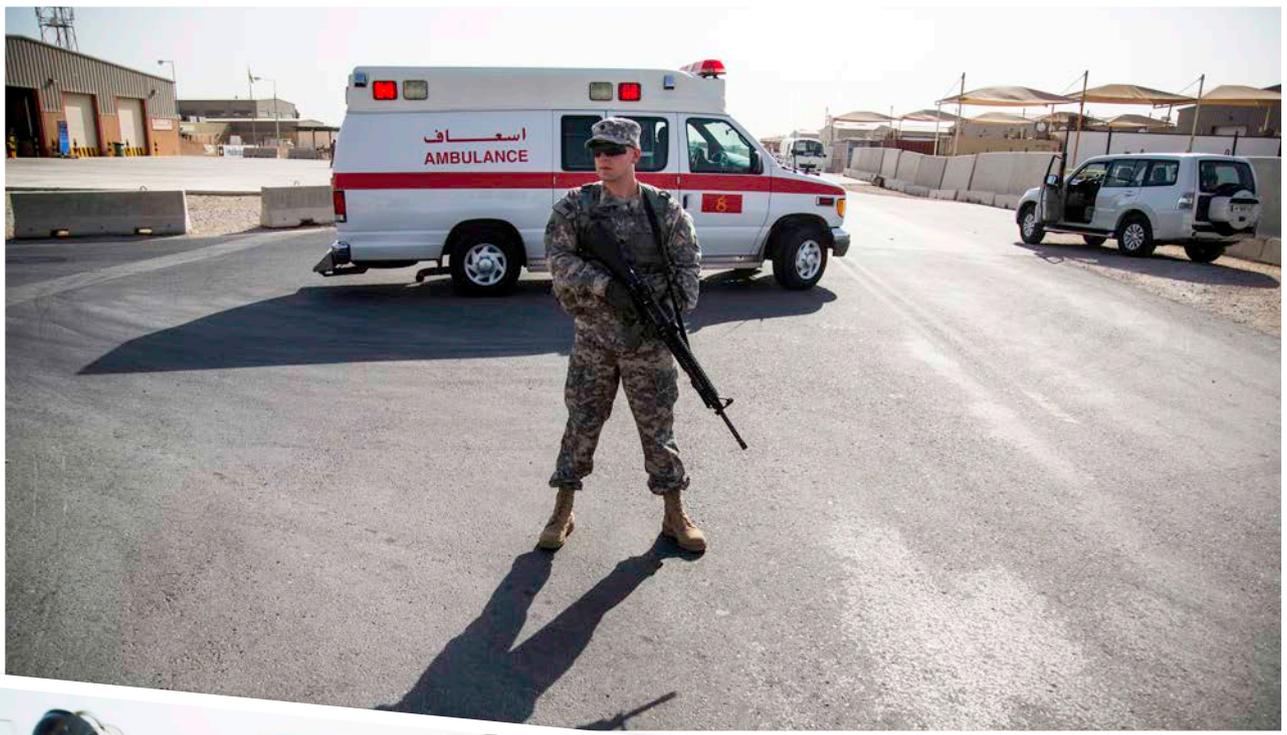
21 August – CAC – 0900 and 1400 – Consent Training

18 September – CAC – 0900 and 1400 – Rights of victims and accused (Qtrly SLT)

MASCAL EXERCISE: Soldiers and Airmen Practice Emergency Response



INSIDE THE WIRE



U.S. Army Photos By Sgt. Marcus Fichtl,
2nd ABCT PAO, 4th Inf. Div.



Report Suspicious Activity



Indicators:

- People drawing or measuring important buildings.
- Strangers asking questions about security or building security procedures.
- Briefcase, suitcase, backpack, or package left behind.
- Cars or trucks left in No Parking zones in front of important buildings.
- Intruders in secure areas where they are not supposed to be.
- A person wearing clothes that are too big and too hot for the weather.
- Chemical smells or fumes that worry you.
- People asking questions about sensitive information such as building blueprints, security plans, or VIP travel schedules without a right or need to know.
- Purchasing supplies or equipment that can be used to make bombs or weapons or purchasing uniforms without having the proper credentials

Also Report Situations Where:

- Individuals have isolated themselves or are emotionally withdrawn from friends/community
- Individuals are absent from the workplace for seemingly no reason
- Individuals with apparent grievances

Primary Reporting Methods

- Law enforcement official or agency
- Security force or guard members

Alternative Reporting Methods

- DA Civilians/Soldiers: your chain of command
- Spouses: your military member/FRG Leader
- Children: your parents or teachers
- Contractors: contract agency or COTR

What to Report

- When did suspicious activity occur
- Where did activity occur
- How many people involved
- How many vehicles involved
- What type of activity
- Describe what you saw
- Provide pictures if you took any

Report To:

Army Counterintelligence ASG-QA Field Office
 DSN 318.432.2161 or Duty Phone +974-3344-3090
 or
 1-800-CALL-SPY (CONUS ONLY), iSALUTE

Organized team or lone wolf, foreign or home-grown, targeting many places or just one, using available technology or weapons made with their own hands—the fluid, obscure nature of the terrorist threat demands that we know what to look for and where to look. Familiarize yourself with indicators of suspicious activity and be ready to report such activity to proper authorities.

Always Ready, Always Alert
Because someone is depending on you



The Gnarly Barley

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



Niersteiner is made from grapes grown along the steep banks of the Rhein river near Nierstein, Germany. Unlike most wines named after the specific types of grapes in the wine, “Niersteiner” denotes the location where the grapes were grown, regardless of the type of grapes they are. A Niersteiner can be either red or white, and the whites can range from sweet “Spatlese” to off-dry “Kabinett.” However, the vast majority, including this one, are the sweet, white Rieslings that Germany is famous for.

The geography of the riverbanks dominates the flavors of the wine, specifically an iron-rich clay atop sandstone & limestone bedrock called the “Red Slope.” This soil gives a clean, mineral-ish flavor to all of their wines, and allows the delicate fruitiness of the grape varieties to become more pronounced. The mineral content also adds some acidity that comes across as a spicy aftertaste which is a pleasant counterpart to the sweetness that hits you first.

White wine is good in the heat for two good reasons:

It's served chilled

It has a lower alcohol content

The more alcohol calories present, the more work your body does to digest it, and the more it elevates your body temperature. (“Calorie” is a unit of heat, after

all.) The extra alcohol in ‘Winter Warmers’ really does make you feel warmer, and lower alcohol content is a constant in ‘summer’ drinks for the very opposite reason. Shandys, and Radlers mix alcohol with Lemonade for a cool, low alcohol refresher; mixing your Neirseitner with something cool and sweet will be just as delicious.

If you’re out to responsibly enjoy some cool refreshment on a summer’s evening, order up Niersteiner!

Appearance - Very light, almost whitish-pale yellow

Aroma - Floral, delicate, and clean with subtle fruit notes.

Flavor - Peaches and pear flavors dominate, with very little other flavor distractions. This clear and uncomplicated taste is what makes this variety of wine one of my favorites.

Mouthfeel - Clean and clear, with a slightly acidic aftertaste that gives a slightly salty flavor.

Drinkability - Very enjoyable in the summer heat. Add an ice cube for continued cool!

Until next month, celebrate diversity in your drinks, and always drink 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:

**DA Civilian:
Tonie Pangco
432-2341**

**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**

INSIDE THE WIRE

Chaplain's Time

*Story by Chaplain (Lt. Col.) Timothy H. Atkinson
Command Chaplain
Area Support Group - Qatar*

As we celebrate our nation's 238th birthday on the 4th of July I celebrate you, the men and women here at Camp As Sayliyah who help to keep our nations free by your resilient spirit. Let us leave no one behind in the fight and continue to care for each other. Hooah!

Human beings are some of the most adaptable of all of God's creatures. Bernard Williams said, "Man never made any material as resilient as the human spirit." We can adapt to extreme heat, cold, some can run a 100 mile race, others can swim extreme distances like the English channel, and others can live through so many difficult circumstances. As I watched the athletes in the World Cup and their abilities to run, handle the ball with their feet and head and compete with such skill, I am so amazed.

God has given people the ability to be so resilient. Humans can acclimatize to a wide range of temperatures like the Qatari summer heat; fasting for our Muslim friends during Ramadan is another example. When traveling to high altitudes for instance our bodies adjust so that our cells still receive sufficient oxygen.

It won't be long until 1-10 CAV returns to Colorado where this will happen for many of them. I know they are looking forward to being back home, and we wish them Godspeed during their impending transition. May they and the new unit taking their place have that ability to adjust to the different challenges.

Transitions can be difficult. Spiritual resiliency for me among



Lt. Col. Timothy H. Atkinson
Command Chaplain

other things involves keeping a thankful heart about my blessings during those tough times. I seek to remember during trials how God has graced me with no matter what struggles I may be facing. Over the last month I like many of you have adapted to the heat, a new post, smaller quarters, new friends, etc. The wisdom to face transition with a resilient attitude is so powerful.

Spiritual resiliency for each one of us may be different but it is important. It is our job as chaplains to ensure that you have the free exercise of religion and support the commander's program in this regard in order to help you be resilient and face the ultimate longing and questions that we may struggle with.

Service members and their Families are some of the best people to adapt to various new surroundings and people. I marvel at our community. They often look to their spiritual values to keep them grounded. They learn to quickly access situations and adjust to survive and even thrive. Our spiritual fitness is a part of our ability to thrive and not just survive. I am inspired by the writing of the Apostle Paul when he said,

"I have learned to be content in whatever circumstances I am. I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. I can do all things through Him who strengthens me (Philippians 4:11-13)." He was the one who talked about suffering hardships as a good Soldier of Christ.

Spiritual resiliency for Paul involved his God giving him the strength each day to overcome and accomplish the mission. His sense of a higher purpose in his sufferings and his personal relationship with his Savior helped him to live in times of abundance and in times of great poverty and want.

I have met so many here at CAS and heard some of your stories and have seen you thriving in spite of some personal trials, I am impressed and encouraged by you. Many of you too, like Paul are drawing from your fountain of strength and overcoming and thriving. Keep on keeping on and let us know how we can assist.



Volunteering with Boy Scouts

*Story by Capt. Eugene Choi
Commander Crazyhorse Troop
1-10 CAV*

As the Squadron first arrived on CAS we were presented with the opportunity and encouraged to participate in community outreach outside of Camp As Sayliyah. While the Squadron was initially focused on refining our battle rhythms and maximizing our job proficiencies, soon Troopers began to seek out these outreach opportunities. Using points of contact provided to us from our predecessors, 3-116th FA, leaders started reaching out to groups in Doha and got in touch with the American School of Doha. During the American School of Doha's school year, 20 Soldiers from 1-10 CAV and MEDLOG had the privilege of volunteering with the Boy Scouts of America (BSA) Troop 970. The BSA and the Army share many common values and principles such as developing people's character,

leadership, physical fitness, and service to the nation, to name a few. The leadership hierarchies are similarly structured; the Soldiers were able to easily apply their knowledge and experience to mentor the young Scouts on leadership and survival skills during weekly meetings and overnight excursions.

Troop 970 is unique because of its diversity. The Troop is led by Scoutmaster Jeffrey Sulik, involving 40 junior high and high school students ages 10-17. Approximately half of the boys are from the United States, but the remainders are expatriates from Great Britain, India, Denmark, Sri Lanka, and Russia. It was a great opportunity for the Troopers to be ambassadors to the United States expatriate community and make a lasting impression on the potential future leaders of these countries.

In May, COL Wozniak invited the Boy Scout Troop to Camp As Sayliyah for a two-

night Camporee. The Soldiers organized many activities and competitions such as dodgeball, indoor obstacle course, modified APFT, night vision orientation, mini-golf, and the most anticipated and popular event, the PX visit. The Soldiers also taught the First Aid and Leatherwork merit badges, and organized an orientation with the EOD team, military working dog team, rock climbing wall team, and the CAS Fire Department. The Troop conducted a flag ceremony at retreat, and presented the flag to Captain Eugene Choi, the Crazyhorse Troop Commander who organized the Camporee. At night, the Scouts and parents were able to enjoy camping on the soft, green grass behind ASG headquarters along with an outside movie theater. Overall, it was a memorable and productive weekend that every participant enjoyed and benefited from.

Leap Your Way to Fitness

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



Have you ever done frog leaps? One workout that will burn body fat like a furnace is frog leaps. For beginners I recommend leaping 25 meters 10 times, using the walk back for recovery.

Now you are probably saying what are frog leaps? Do you remember when you were a little kid and you would play leap frog? Well frog leaps are the same thing but instead of leaping over someone you are doing them by yourself. You start with your legs 12 inches apart underneath you and you squat down like a frog. Keeping your butt down you jump out as far as you can and continue this motion until you cover 25 meters. The key is to be able to go the whole 25 meters without stopping.

Once you complete the 25 meters walk back for recovery and do it again for 10 repetitions. Once you conquer this distance your next goal

should be to increase the distance by 25 meters each time until you get to the point where you can do 100 meters. If you do the math 10 x 25 meters is a little over an 8th of a mile. When you get to the point where you can cover 10 x 50 meters that distance is a little over a 4th of mile. You may not think that distance is far but when you are doing frog leaps you will see just how far that distance really is.

This workout will not only give you a total body workout it will also burn calories faster than running, jumping rope, and lifting weights ever could. Your quadriceps, hamstrings, calves, and gluteus maximus will feel like they are on fire once you have completed the workout. The added benefit to this workout is not only will you get into great physical shape, but this workout will also give you that size and definition everyone craves.

This workout isn't just physically taxing it is mentally exhausting as well but the benefits outweigh the hard work needed to complete the workout. Good luck and I look forward to seeing everyone at 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
- **Batting Cage**
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



Independence Day 5K Run/Walk 3rd of July 2014

Men's Run		
1st Place:	Chris Terry	18:35
2nd Place:	Kiptoo Moses	18:39
3rd Place:	Oniel Bogues	18:45

Men's Walk		
1st Place:	Jermel Washington	38:15
2nd Place:	William Tremble	38:16
3rd Place:	William Eberle	44:58

Women's Run		
1st Place:	Rachel King	20:13
2nd Place:	Jessica Crots	23:09
3rd Place:	Rosa Hernandez	24:56

Women's Walk		
1st Place:	Katrina Arlene	41:10
2nd Place:	Oney Kelly	41:53
3rd Place:	GriggCleopatra-Adams	43:06

Number of Participants: 278

Understanding Ramadan

Ramadan is the ninth month of the Muslim lunar year and gives its name to a religious event which is one of the Five Pillars of Islam. Ramadan celebrates the revelation of the Qur'an to their prophet, Mohammed in the seventh century.

Ramadan is an annual period of religious commitment and reflection for Muslims around the world. During Ramadan, able Muslims abstain from eating, drinking, smoking, chewing and sexual activities from sunrise to sunset, every day throughout the month of Ramadan.

Two basic principles underline Ramadan for Muslims. The first is to act in a pious and generous manner, the second is to remind themselves of the things they enjoy that the poor do not. The former is accomplished through praying more often and more deeply, the second is by sharing the pain of the poor and giving back wealth.

Ramadan begins when the new moon is observed. This year Ramadan will take place 28 June - 27 July.

Off post, the month of Ramadan is enforced by Qatari law, many things are outlawed and forbidden during the daylight hours. Breaking these rules may lead to fines or imprisonment.

Behavior Off Post

During daylight hours:

Do Not drink any liquids

Do Not eat anything

Do Not smoke or chew tobacco

Do Not chew gum

Do Not show public displays of affection

Also be aware when driving on the roads during sundown 6 p.m. - 6:45 p.m. that many drivers will be in a rush to return home for their sundown prayer and iftar meal.

Ramadan culminates with Eid al Fitr, people greet each other with "Eid Mubarak," give money to their children, wear their best clothes, visit family and enjoy food with one another.

In Qatar, the Emir will declare the number of days to celebrate EID, during this time businesses will be closed, but slowly open as the days wear on.

For more information or questions, please contact the S5 office at: DSN: 432 - 2413 / 2490

