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

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

# DESERTMESH<sup>®</sup>

## MAGAZINE<sup>®</sup>

Edition 66 April/May 2010



### Washington welders

3

### Hellfire test and repair

6



### Florida guards the gates

10





**USAMMC-SWA  
sends medical  
relief supplies**  
9



**Honored soldier  
spends 62nd  
birthday in Qatar**  
16



Edition 66

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

**COVER PAGE:** (Top) Tad Wendler, from Olympia, Wash., strikes a gas metal arc torch inside the Stryker battle damage repair facility at Camp As Sayliyah, Qatar, April 27. (Bottom) U.S. Army Staff Sgt. Josh Adams, from Gulf Breeze, Fla., performs a radio check at Camp As Sayliyah, Qatar, April 19. Adams is deployed with the 53rd Infantry Brigade Combat Team, the largest Army National Guard unit in Florida. (Cover Photo-Illustration/Dustin Senger)

# CONTENTS

## DM66: War fighter support

### THE WIRE

- Washington welder tackles Strykers 3
- Third Army heats up Hellfire 6
- Airmen rush medical supplies to Bishkek 9
- Florida Guard upholds federal readiness 10
- Learning skills that save lives 14
- Medal of Honor recipients meet troops in Qatar 16
- Fuller tours expanding Stryker repair facility in Qatar 18
- Freedom Rest offers freedom, rest at same time 19
- Olympians share medals with troops overseas 20
- Serving amid diversity 22
- Asian and Pacific American Heritage Month 23
- Organizational day activities 24
- Defining and identifying post-traumatic stress 26
- Post-traumatic stress support 28
- No greater love 30
- Upcoming events 32

### FITNESS

- Soldier Strong: Never accept defeat 34
- Soccer with the Qatari officers 36

### CULTURE

- Qatari merchant explains life before the oil 38

### DOHA LIFE

- Qatar sand bashing 42
- Rules for Qatar roundabouts 44

### SAFETY

- Electrical safety 46



## Camp profile: Wendler explains vehicle repair mission

### Washington welder tackles Stryker repair in Qatar

By DUSTIN SENGER  
ASG-QA public affairs

CAMP AS SAYLIYAH, Qatar – “I tried to join the military – every branch,” said Tad Wendler, from Olympia, Wash., while striking a gas metal arc torch inside the Stryker battle damage repair facility at Camp As Sayliyah, Qatar. “But now I’m serving in another way.”

“I’m protecting soldier’s lives,” said Wendler, a welder responsible for ensuring the integrity of armored combat vehicles for troops on the battlefield. “I cannot be out there with them, but I’m doing my best to ensure they return home safely.”

Wendler, 27, was raised on a 50-acre farm in Rainier, Wash., a 40-minute drive south of Olympia. He helped care for 20 head of cattle, three

horses and endless crops. His grandfather started to teach him arc welding at around eight years old. While fixing farm equipment, discussions often led to stories of Army service in the Pacific during World War II.

Wendler hoped to join the military as a student at Rainier High School, where he took his first formal welding class. He visited recruiters for service in the Marine Corps, Army, Air Force, Navy and Coast Guard, but persistent hip problems kept disqualifying him for the physical demands of recruit training.

Frustrated, he started taking classes at South Puget Sound Community College, a public college in Olympia, and then later enrolled in nearby Centralia Community College for a one-year welding certification.

Wendler has fused and fabricated bridges, barges and construction equipment. For nearly four years, he repaired and built heavy machinery in coal mines. He refined a more decorative touch by working on chairs

for restaurants and stainless steel showers for beach houses, as well as various customization projects.

While earning a living as a welder in rural Washington, he often accepted side jobs fixing irrigation pipes, dump trucks and dozers at his parent’s farm in Rainier. He eventually shifted his focus to off-road vehicle fabrication. Wendler has built several rock buggies for friends and family, to include his mother.

His most recent off-road masterpiece blended a 1985 Toyota pickup body with a 1953 Jeep Willys hood and grill. He dropped in a GM V6 Vortec engine and constructed a suspension out of various parts. The external metal roll cage represents his favorite fabrication work.

“Welding is one of the most stable jobs in this economy,” says Wendler. The Bureau of Labor Statistics’ Occupational Outlook Handbook suggests plenty of job opportunities for welders with little or no change expected through 2018. Many employers are complaining about a shortage in skilled workers.

Wendler applied online for General Dynamics Land Systems in February 2009. GDLS was accepting resumes from welders interested in signing one-year contracts for completing repairs and retrofits on Stryker eight-wheeled, light armored combat vehicles in Iraq, Afghanistan and Qatar.

GDLS produces 10 Stryker configurations: infantry carrier vehicle (most common); command vehicle; fire support vehicle; engineer support vehicle; reconnaissance vehicle; medical evacuation vehicle; anti-tank guided missile vehicle; mortar

(Wendler, continued on page 12)

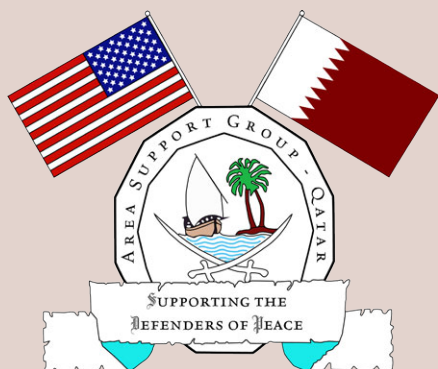


*Tad Wendler, from Olympia, Wash., checks his welds for holes inside the Stryker battle damage repair facility at Camp As Sayliyah, Qatar, April 27. The Qatar base contains the only Stryker repair facility capable of complete structural overhauls in Southwest Asia. Wendler is completing his seventh battle-damaged Stryker. During the past 10 months, he has replaced punctured and warped plates, removed cracks and studied a 300-page configuration manual. (Official Army Photo/Dustin Senger)*





**The installation commander**



## Maxine C. Girard

**Colonel**

Commander

Area Support Group Qatar

**T**his *Desert Mesh*, edition 66, should reach you the second week of May. Can you believe we're entering another summer season? You may be smiling because Qatar recently reached temperatures exceeding 115 degrees Fahrenheit.

I cannot over emphasize the need for leaders to ensure safety by educating personnel about ways to prevent heat casualties. Stay safe as we transition to another hot, humid summer in Arabia.

Installation safety representatives will execute a safety day, May 27. Classes covering a variety of topics are scheduled – from driving safety to electrical safety, personal safety to outdoor grilling safety.

Our installation safety record has achieved 297 accident-free days. This is a major accomplishment for everyone who lives and works here.

I must discuss several enduring principles that continue to guide my command of this installation. The first concerns taking care of our servicemember and civilian workforce, as well as their families.

Last month, we conducted our first Family Readiness Group meeting. It was a great start to a wonderful forum for family members to stay connected while living in Doha, Qatar. I encourage your participation. Many thanks to the efforts of Lisa Sierra-Davidson, our FRG coordinator.

People are our Army's most important assets. The quality of life afforded here allows everyone to achieve balance and growth in a disciplined environment of mutual respect, diversity and job empowerment.

Leaders, my expectation is that you focus on our legacy of a trained and ready force. We're developing the future leadership of our nation's 21st century military.

The cornerstone for the care of soldiers involves coaching, teaching and training for surviving in combat. This responsibility is very important and must be taken seriously. Soldiers in today's Army are incredibly smart and capable. They understand combat readiness is the centerpiece of our daily duties in a forward-deployed environment.

Exhibit good examples as you enforce and maintain standards. Your audio must always match your video. The mentorship you provide subordinates creates the legacy you'll leave behind. Fix responsibility, delegate and empower. Then, move out of the way and watch and measure success. Great things will happen.

We are operating in a "cost culture" environment. Everyone must be good stewards of our resources. Demonstrate that you're a good manager of the Army's money. Look for innovative and efficient ways to meet mission requirements. Resource constraints will become a way of operating in the near future.

My final thoughts revolve around responsibility for safety and security. Nobody is ever relieved of their duty to ensure the protection of our soldiers and civilians. Constant awareness and risks assessments must permeate your daily operations, on and off duty. **You can make a difference.**

I am thrilled and honored to be a part of this outstanding installation. Welcome aboard to those who joined our team over the last two months.

I'm proud to be serving with all of you.

Patton's Own – Support 6!





## Charles A. Holliday, Sr.

### Command Sergeant Major

Command Sergeant Major  
Area Support Group Qatar

In the previous edition of *Desert Mesh*, I mentioned my theory of harvested behaviors in our ranks, something I term as “taters.” I went into detail about *commentators*, who are all talk but no action. The job of the commentator, as they see it, is to talk themselves through life. They confess but never profess.

Another tater talks a lot too, but is more vocally toxic to a team-focused environment. Known as the *spectator*, they speak purely to impart caustic criticism.

Spectators refuse to get involved. These taters surface only when the soil is most fertile; when something grand is going on. They pop up just long enough to find faults and pass judgments. If an activity is successful, they readily take credit for it. But if it fails, they disconnect themselves by condemning both the planning and the outcome.

Good teams have starting lineups ready to participate. Great teams have starters supported by bench players. Effective teamwork requires this kind of depth in order to reach great accomplishments.

Next time someone starts complaining, stop for a moment and consider the destructive nature of the spectator. Their behavior breaks down morale and contributes nothing to the mission. Ask them: “How did you offer help?”

A lot of hard work is needed here – the kind that draws from a communal effort, not individual. We encourage widespread involvement from planning to execution.

Installation council meetings discuss services, housing and recreation. Initial planning reviews coordinate ceremonies and observances. Quarterly town hall meetings allow staff directors to receive input directly from the installation populace. I am

constantly walking around the camp. Your voice is always ready to be heard.

Just to clarify, being a bystander is not always a bad thing. Great leaders review their formations and training protocols. They attend unit events and junior leader initiatives. They remain visible to let their subordinates know they care.


I tilt my hat to Lt. Col. Thomas Hines, U.S. Army Medical Materiel Center Southwest Asia commander. His soldiers constantly demonstrate untiring support for our war fighters. They recently worked long, challenging hours while changing and upgrading medical logistics systems. Meanwhile, they ensured their battle buddies downrange received their required supplies without missing a beat. USAMMC-SWA is a team with a depth that doesn’t go unnoticed. They have a great starting lineup that’s propped up by dependable bench players.

In closing, I must ask our camp leaders to increase communication of summer safety concerns. Qatar temperatures are climbing, fast. Be sure everyone understands the location of water points. Research and explain the risks associated with dehydration and heat illnesses, as they relate to your unit’s duties.

As of May 1, running outdoors is not permitted between 0800 and 1900, or whenever red- or black-flag heat conditions are declared by colored flags flown at the troop medical clinic, large gym facility, post office and R&R building.

Thanks for everything you do to support your mission and encourage safety at Camp As Sayliyah.

Third always first!



**Build depth in our team;  
support camp activities**





## 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 (66) was picked up by international, national and hometown media organizations, to include the following (source: DVIDS 360 distribution report, May 13):**

- ♦ Armed Forces Entertainment
- ♦ ArmyTimes.com; Springfield, VA
- ♦ Blue & Gold Centralia Comm College Newspaper; Centralia, WA
- ♦ Clinton Today Newspaper; Plattsburgh, NY
- ♦ El Paso Times; El Paso, TX
- ♦ Facebook; Palo Alto, CA
- ♦ Florida National Guard; St Augustine, FL
- ♦ Florida Times-Union; Jacksonville, FL
- ♦ Fort Lewis Ranger; Lakewood, WA
- ♦ Park Record Newspaper; Park City, UT
- ♦ Patriot-News; Harrisburg, PA
- ♦ Philadelphia Inquirer; Philadelphia, PA
- ♦ Pittsburgh Post-Gazette; Pittsburgh, PA
- ♦ Practical Welding Today; Rockford, IL
- ♦ Reading Eagle; Reading, PA
- ♦ Star-News; Wilmington, NC
- ♦ Steamboat Magazine; Steamboat Springs, CO
- ♦ Steamboat Pilot and Today; Steamboat Springs, CO
- ♦ Tampa Bay Informer; Clearwater, FL
- ♦ Twitter
- ♦ Veteran Voice Newspaper; Orange Park, FL
- ♦ Welding Design and Fabrication Magazine; Cleveland, OH
- ♦ Welding Journal; Miami, FL
- ♦ World of Welding; Troy, OH

ASG-QA public affairs needs stories explaining U.S. military activities in Qatar; to include increased war fighter support, unit recognition and human interest topics. Send your idea to: [pao@qatar.army.mil](mailto:pao@qatar.army.mil)

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

# THE WIRE

## Third Army heats up Hellfire

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

SOUTHWEST ASIA – Third Army/U.S. Army Central is accelerating troop support by drastically reducing Hellfire testing and repairing delays – up to eight times faster – using an existing ammunition storage point on the Arabian Peninsula.

The Hellfire missile system forward test and repair facility opened May 1, presenting the first higher-level capabilities site in Southwest Asia. Procedures that previously took two years are now expected to finish within three months, at a fraction of the cost.

“Our readiness in theater has increased,” said U.S. Army Lt. Col. Michael Brown, Hellfire product manager, during opening remarks. “We are continuing to make our war fighters more lethal and more

survivable across the entire war front.”

Most defective missiles sent to the Anniston Army Depot in Anniston, Ala., only need minor repairs, says Brown. Many are serviceable but faulty launchers or improper mounting procedures led to erroneously labeling them as malfunctions.

Damaged products requiring repairs are often fixed within 30 minutes – sometimes sooner, according to Jonathan Hornbuckle, Hellfire missile system forward test and repair facility site lead. Launching shoes, control fins, aft plates and connector pins are sometimes bent or broken during distribution. Missiles clocking more than 1,000 hours of captive carrying time develop clouded seeker domes in sandy environments.

Brown said reported defects cost the government an average of \$9,000 per missile in 2009, and long transit delays constantly held up re-fielding efforts.



**U.S. Army Command Sgt. Maj. Charles “Doc” Holliday, Third Army/U.S. Army Central Area Support Group Qatar senior enlisted leader, checks defective connector pins inside the first Hellfire missile system forward test and repair facility in Southwest Asia, May 1. (Official Army Photo/Dustin Senger)**



Alternative courses of action aimed to provide a cost-savings solution by minimizing transport nodes. An expert think tank combined Army Materiel Command; Theater Sustainment Command; Army Aviation and Missile Command; and Army Aviation and Missile Life Cycle Management Command.

In November 2009, Third Army approved the development of a forward test and repair facility. Two months later, fragmentary orders were published for commanders within the Central Command area of operations.

In February, a Joint Attack Munition Systems fielding team began installing, validating and verifying capabilities, which include testing Hellfire variants, performing external repairs and improving materiel availability.

Brown officially opened the facility with Lt. Col. Peter Butts, 1st Battalion, 401st Army Field Support Brigade commander. The 1-401st AFSB will coordinate Hellfire logistics. The unit previously pioneered the only Stryker battle damaged repair facility in Southwest Asia at Camp As Sayliyah, Qatar.

"Materiel assessments and repairs in contingency areas are a necessity for a force-projection army," said Butts. "Forward positioning maintenance capabilities and repair parts ensures maximum equipment availability for combat operations."

"We are here to support overseas contingency operations," says Butts, "by providing first-class, responsive logistics to satisfy Operation Iraqi Freedom and Operation Enduring Freedom requirements."

*(Hellfire, continued on page 8)*



**U.S. Army Brig. Gen. Nickolas Tooliatos, 1st Theater Sustainment Command deputy commanding general, listens to Jonathan Hornbuckle, Hellfire missile system forward test and repair facility site lead, explain procedures inside the first Hellfire missile system forward test and repair facility in Southwest Asia, May 1. Nearly half of the Hellfire missiles already received are serviceable, said Hornbuckle, but faulty launchers or improper mounting procedures led to erroneously labeling them as malfunctions. (Official Army Photo/Dustin Senger)**



**U.S. Army Spc. Randall Vankoevering (left) and Spc. Anthony Beach, both armaments systems repairmen from Company D, 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, load a Hellfire missile onto an AH-64D Apache Longbow, May 26, 2008. The 1-1 ARB Gunfighter air and ground crews work around the clock sustaining air operations and are part of the Combat Aviation Brigade, 1st Infantry Division, from Fort Riley, Kan., flying in support of Task Force Iron, 1st Armored Division, in northern Iraq. (Official Army Photo/Maj. Enrique Vasquez)**



## National Biomedical/ Clinical Engineering Appreciation Week

U.S. Army Medical Material Center Southwest Asia biomedical equipment technicians are observing National Biomedical/Clinical Engineering Appreciation Week, May 23-29. The celebrated healthcare professionals are responsible for servicing and maintaining medical technology for combat support hospitals, troop medical clinics, patient movement items, and local national hospitals throughout the Central Command area of operations. Skilled technicians help acquire, install, use, maintain and train healthcare personnel using cutting-edge medical technology.

- On May 28-29, USAMMC-SWA medical maintenance division has scheduled presentations, opportunities to tour facilities, as well as an awards presentation for the technicians of the month for March, April and May.
- On May 28, at 1 p.m., USAMMC-SWA will provide several presentations: "History of the Biomedical Equipment Technician in the Military," the "Future of the Biomedical Equipment Technician," and "Certification of Biomedical Equipment Technician."
- Friday morning, May 29, an open house will allow customers and fellow soldiers to tour the medical maintenance operation at USAMMC-SWA. A guest speaker will present information about health services maintenance technician occupations. For the second straight year, the field has been rated a top career by the U.S. News & World Report. For more information, please visit <http://www.aami.org/tmcconnect>.

Contact Staff Sgt. Cherish Long, education center director, for more information.

# THE WIRE

## Hellfire

*(Continued from page 7)*

While adhering to a 90-day turnaround cycle, future defects are estimated to cost less than \$1,000 per missile at the facility. Brown expects to save millions of dollars in transportation, testing and resetting activities, as support is extended to all services.

"We will preserve our precious tax dollars," said Brown, "by reducing test and repair cycles, reducing materiel shipping and handling times and increasing usable shelf lives."

"Hellfire missile systems are the air-to-ground precision-strike weapon of choice for Central Command," says Brown. More than 13,000 missiles have been fired since 2003 – nearly 10,000 in combat. The warheads shatter advanced armor and defeat urban point targets while minimizing collateral damage. Arming occurs within 150-300 meters after launch. A last-rites sonic bomb is sometimes heard prior to impact.

A Hellfire automatic target reacquisition feature contributes to the effectiveness of Apache, Cobra and Seahawk attack helicopters. The semi-active laser-guided missiles accurately engage targets through adverse weather conditions and severe electro-optical countermeasures. Variants weigh 100-108 pounds and pack a 24-pound warhead with an effective range of five miles.

Recent evolutions in Hellfire software and design have improved battlefield tactics, techniques and procedures. Remotely operated aircraft in Iraq and Afghanistan use the missiles to destroy insurgents within inches of their determined position.

Two unmanned aerial vehicle missions in Afghanistan strategically eliminated 16 enemy combatants Jan. 11. A Hellfire missile launched in the Now Zad area of Helmand province killed 13 insurgents without causing any reported civilian casualties or damage to residential compounds. The other missile hit three combatants setting up firing positions in the Nad Ali district, leaving a small hole in a compound wall. **A**



**An MQ-1 Predator Unmanned Aerial Vehicle prepares to launch for a night flight mission over southeastern Iraq, July 29, 2009. The aircraft serves in a surveillance and reconnaissance role but is also capable of firing two AGM-114 Hellfire missiles. (Official Air Force Photo/Airman 1st Class Tony Ritter)**



## Airmen rush medical supplies to Bishkek

By Staff Sgt. CAROLYN VISS  
376h AEW public affairs

TRANSIT CENTER AT MANAS, Kyrgyzstan – Airmen delivered medical supplies and food to two Bishkek hospitals, and visited with patients April 15 who were injured in Kyrgyzstan.

This is a continuation of efforts started when 16,000 pounds, approximately \$82,000 worth, of supplies including bandages, sutures, antibiotics and antiseptics were delivered to the Transit Center at Manas from the U.S. Army Medical Material Center Southwest Asia at Camp As Sayliyah, Qatar.

A total of four hospitals were helped with these supplies.

“Last week Kyrgyz citizens, the majority of them young people, suffered serious injuries, mostly gunshot wounds,” said Col. Jerry

Flyer, the deputy director for medical services at the Transit Center at Manas, who is also a surgeon.

“During this time, Kyrgyz surgical and medical colleagues worked heroically around the clock to operate and save hundreds. What they accomplished was nothing less than incredible considering the lack of equipment and supplies they had to work with. In donating these supplies, we are helping to replenish what they have used and provide them the means to continue ongoing care of these patients.”

Humanitarian assistance, one of the four mission sets of the Transit Center at Manas, has always been a priority for Airmen, and when hospitals downtown expressed a need, servicemembers here helped. Within hours, coordination was in the works, and within just a couple of days Airmen were delivering the necessary supplies.

“We’ve been cooperating with the medical group at the Transit Center at Manas very closely,” said Professor Sabyrbek Djumadekov, the chief director of the Center for

Traumatology. “This is not their first time assisting us. They’ve been helping us regularly.”

“We are also hoping to assist those heroic physicians and surgeons who are caring for these injured patriots,” Flyer said. “There is nothing more frustrating than knowing what you need to do to help someone and not have the means to do so. We hope to mitigate that as best we can.”

From a medical standpoint, Flyer said, “We are all providers of care, and the most important thing to us is to take great care of our patients and restore them to health.”

This is universal, no matter where in the world one practices medicine, he said.

“From a country and Transit Center standpoint, we live here side-by-side with our Kyrgyz neighbors, together fighting terrorism,” he said. “While we are engaged in this important work, we want to also be good neighbors. The Kyrgyz nation just went through a difficult time and we want them to know that they have our condolences for their losses and that we will do what we can to support them through this difficult time. That’s what friends and neighbors do.

“On the one hand, it makes me feel good that we are able to harness our resources to assist our Kyrgyz medical colleagues, many of whom I know personally, in this time of need,” Flyer said. “On the other hand, it is a little frustrating because I want to do more and wish there was more I could have done personally while they were operating for 48 to 72 hours straight on all of these injured people.”

The medical staff, administrators and patients all appeared genuinely grateful for our help and concern, he said. **A**



*Kyrgyz medical doctors from the National Hospital in Bishkek, Kyrgyzstan, help carry medical supplies April 15, which arrived from the U.S. Army Medical Material Center Southwest Asia at Camp As Sayliyah, Qatar. The supplies helped four hospitals. (U.S. Air Force Photo/Staff Sgt. Carolyn Viss)*




## 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!

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

## Army Birthday Ball

Two hundred and thirty-five years ago, the United States Army was established to defend our nation. From the Revolutionary War to the current operations taking place around the world, our soldiers remain Army Strong with a deep commitment to our core values and beliefs. This 235th birthday commemorates America's Army – Soldiers, Families and Civilians – who are achieving a level of excellence that is truly Army Strong.  **ARMY STRONG.**

Being Army Strong goes beyond physical endurance and mental preparedness. It encompasses an indomitable spirit, and high ethical and moral values. These are not only desirable traits in a person, but in a Nation that wishes to live up to the ideals and vision of its founders. We are "America's Army: The Strength of the Nation."  
<http://www.army.mil/birthday/235/>

- June 17: Army birthday ball.

Contact Eddie Williams, ASG-QA protocol officer, for more information.

# THE WIRE

## Florida Guard upholds federal readiness

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

CAMP AS SAYLIYAH, Qatar – Army National Guard soldiers exercised an ability to quickly reinforce active forces by abruptly separating from their main movement while deploying to the Middle East. A reliance on defense contractors for base security needed to be severed by April 1.

The 53rd Infantry Brigade Combat Team, the largest Army National Guard unit in Florida, reported for duty at Camp Buehring, Kuwait, in early March. Third Army/U.S. Army Central forward headquarters requested the brigade commander send a detachment to a base in Qatar, roughly 350 miles southeast, along the Arabian Peninsula.

Bravo Troop, 1st Squadron, 153rd Cavalry Regiment, 53rd IBCT soldiers quickly departed to take over force protection from contracting firms at Camp As Sayliyah, Qatar.

The brigade saved the government millions of dollars in annual contractual negotiations.

"We've pretty much mirrored the operation performed by the contractors," said Staff Sgt. Corey Baldwin, Bravo Troop squad leader, explaining an entry control point. "We just tweaked it for military specifics. Double- and triple-redundant security measures were already in place – many of the contractors had a military background."

The Army National Guard began an increasingly larger role overseas after Operation Desert Storm in 1991. A conversion plan altered combat force structure to improve resourcing, equipping and training guardsmen and women to support federal wartime missions.

Since 9/11, thousands of soldiers from the Florida Army National Guard have served on federal orders supporting overseas contingency operations. Many volunteer for deployments.

"I've pretty much been on federal orders ever since joining the National Guard," said U.S. Army Spc. Joshua



**U.S. Army Spc. Joshua Green, from Orange Park, Fla., scans badges at Camp As Sayliyah, Qatar, April 13. (Official Army Photo/Dustin Senger)**



Green, from Orange Park, Fla., while starting another 12-hour shift ensuring base security at Camp As Sayliyah.

Green, 21, first deployed overseas with 83rd Troop Command, 146th Signal Battalion in October 2008. A one-year assignment required satellite communications support around Basra, Iraq. He wasn't looking forward to an upcoming two-year stabilization period and searched for another deploying unit.

He asked about serving with the 53rd IBCT, a combination of 32 Florida Army National Guard units, after hearing about an expected deployment to Afghanistan. During the summer, the unit's focus switched to Kuwait.

Green volunteered for the 53rd IBCT less than a month after returning home from Iraq. The guardsman immediately started a month of combat training at the Camp Blanding Joint Training Center near Jacksonville, Fla., Oct. 21, 2009.

Prior to heading back to Southwest Asia, the soldier gathered with family and friends to celebrate Thanksgiving, a 21st birthday, Christmas and New Year's Eve.

"I joined the Army for patriotic reasons," says Green. "I believe in my country and want to protect my country. It's easy to find a National Guard unit that's deploying."

Guardsmen like Green are called "deployment chasers" by some 53rd IBCT soldiers.

Capt. Dewitt Revels, Bravo Troop commander, calls them "motivated."

"Soldiers who come in and volunteer for deployments make missions like this unique," says Revels, from Jacksonville, Fla. "In the past, Bravo Troop has deployed organically

with only infantry soldiers. For this deployment, I have specialties from across the Army – this never happened when I was on active duty."

Revels served two years enlisted in active duty status before earning his commission. He finished four more years, as an infantry officer, and then transferred to the Army National Guard to attend law school.

"Everyone is going to be enriched by this experience," he said, due to a widespread sharing of tactics and procedures covering numerous military occupations.

Bravo Troop is a combination of military and civilian experience providing force protection duties. The unit contains soldiers trained in combat engineering, communications, maintenance, supply, motor transportation, artillery and infantry. Civilian experience ranges from law enforcement to retail; several are college students.

"I'd say 90 percent of our squadron's leadership has combat experience," said Baldwin, from Clearwater, Fla. In 2006, the soldier completed a one-year deployment controlling thousands of confiscated weapons with the 53rd IBCT in Afghanistan. Baldwin volunteered for a second one-year rotation with his replacement brigade, the 41st IBCT from the Oregon Army National Guard.

"Afghanistan doesn't have the humidity of Qatar," said Baldwin, "When you perspire, you feel cooler. I also don't feel the altitude. It's a lot cleaner here too. In Afghanistan, you constantly smell burning tires and filth."

"Qatar feels like Florida," says Baldwin, "other than all the sand – it's like a huge beach, but no ocean."

Baldwin joined the Florida Army National Guard in July 1988. He says the customary two-days-per-month and two-weeks-per-year is a minimum requirement for service.

"National Guard is a career," says Baldwin, who has received numerous state activations, mostly assisting hurricane relief efforts. "We must maintain the same standards as the active Army."

"Sometimes I complain about being here," said Green, while sharing a couple pounds of deer jerky sent from his grandmother. "The usual stuff – food and housing – but I volunteered for this and my family reminds me of that."

"I've gained so much experience with satellite equipment," said Green. "It would have taken a long time to get the training, knowledge and experience I have now in the civilian world."

After Qatar, Green plans on staying in Florida for a year. He looks forward to roaming through the groomed trails in the Ocala National Forest on his four-wheel, 660cc Yamaha Raptor. He purchased the vehicle online during his deployment to Iraq – his father had it ready to ride when he returned home.

Green is considering ways to use his service-earned college tuition assistance. Enrollment in an automobile technician's course could help him finish rebuilding his Chevy Blazer.

The guardsman also plans on training as a combat engineer soon. He has worked several commercial construction jobs around Jacksonville and enjoys "building and blowing up stuff."

"Everyone is paid the same in the Army," says Green, "So it's about finding what's the most fun." **A**



## 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.

## 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

## Wendler

(Continued from page 3)

carrier; nuclear, biological and chemical reconnaissance vehicle; and mobile gun system. The first Strykers deployed into combat from Fort Lewis, Wash., in October 2003, supporting Operation Iraqi Freedom.

In May 2009, Wendler completed pre-employment screening that included welding assessment tests at the National Logistics Center in Auburn, Wash., about 30 miles northeast of Fort Lewis. GDLS officials handed him a plane ticket to Canada, where he had to pass a stringent 30-day certification at a Stryker assembly plant in London, Ontario. GDLS paid for lodging and a rental car, as well as furnished a daily food allowance.

Wendler attended a welder's equivalent to military boot camp in London. Strict examinations tested his abilities in manual metal arc and metal inert gas welding, using rigorous standards. He suggests learning from mistakes by voicing questions. Never cover up errors and always ask for help if necessary, he said.

"It was the hardest testing I've ever been through," said Wendler. "My instructor said they accepted a thousand resumes before they found me. I am extremely proud to say I passed."

Wendler returned to Auburn, where he signed a one-year contract after selecting Camp As Sayliyah from a list of available U.S. military installations.

"For the most Stryker welding experience," says Wendler, "Qatar is the place to go."

In June 2009, Wendler arrived at

the Doha International Airport, after flying more than 7,000 miles to the peninsula nation surrounded by the Persian Gulf. The hot, humid air outside caused him to instantly break a sweat. Summer temperatures regularly surpass 110 degrees Fahrenheit. Qatar receives three inches of annual rainfall, contrasted by more than 50 in Olympia, a leading U.S. city for rainy days.

Strykers first rolled into Afghanistan during the summer of 2009, after almost six years in Iraq. The 5th Stryker Brigade Combat Team, 2nd Infantry Division remains the first and only unit in Afghanistan. The 3rd SBCT, 2nd ID and 4th SBCT, 2nd ID are serving in Iraq. Nearly 1,000 Stryker vehicles support the three brigades.

Explosions from roadside bombs quickly struck Strykers assigned to 5th SBCT, 2nd ID, from Fort Lewis. In October 2009, six vehicles were shipped to Camp As Sayliyah, the only battle damage repair facility capable of complete structural overhauls in Southwest Asia. In total, 35 Strykers have arrived for repairs from Afghanistan, according to GDLS reports on April 26.

GDLS contractors restore six battle-damaged Strykers to factory specifications every month in Qatar. They have returned 214 vehicles to deployed troops since 2005. On occasion, the same vehicle is damaged more than once, which allows the contractors to examine the effectiveness of their work. Engineers arrive several times each year to identify structural vulnerabilities for future retrofits.

Eight Stryker welding areas sit at the heart of the Qatar warehouse, surrounded by the stench of oil, grease and paint from six mechanic stations. Assistants from the Philippines, Nepal and Egypt keep tools organized, panels prepared and



floors swept. Hard and alternative rock music often blasts in the background. Fastened high on the wall is a Washington state flag.

Wendler's area displays photos of off-road buggies and a stack of magazines. Buried among issues of "4 Wheel Drive and Sport Utility," "4X4 Garage," "Four Wheeler," and a copy of the Canadian financial magazine "Money Sense," is an edition of "Crawl Magazine," which he says is "the number one off-road publication for the hardcore enthusiast."

Wendler is completing his seventh battle-damaged Stryker. During the past 10 months, he has replaced punctured and warped plates, removed cracks and studied a 300-page configuration manual. He has also assisted an 80-vehicle reset project, which refurbished worn-out Strykers. After years of abuse, many had bent brackets and suspension mounts, as well as stressed floor plates. Wendler remains mentored by a senior welder, but his supervisor expects him to become self sufficient soon.

"Tad is the furthest along of our junior welders," said Adam Fosbre, from Olympia, "as far as his desire

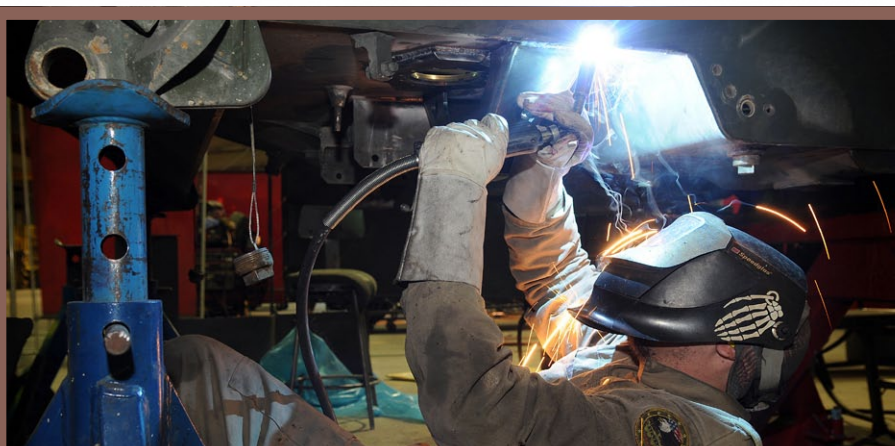
to improve and remain part of the team." Fosbre started as a Stryker retrofit mechanic at Fort Lewis in February 2006. Nine months later, he had passed the welders certification and traveled to Qatar. He was promoted to weld supervisor after more than two years working on Strykers.

"The tolerance level here is beyond anything I've ever dealt with," said Wendler. "Farm and construction equipment runs fine if you weld close to specifications. With Strykers, structural integrity must reach 100 percent in case the vehicle is hit by an improvised explosive device.

Plates have to fit perfectly. There is no such thing as a temporary fix."

"The skills acquired here are good for a welding career," he says. "If you can put 'GDLS battle-damage repair' on your resume, it's a big bonus. This is a pinnacle in welding professions."

"This is the ultimate welding job," said Fosbre. "You learn all the welding positions and joint configurations. This is a way for someone who really cares about their trade to build up their skills and save some money. Any of our welders can jump back into the job market with valuable experience and a strong resume." **A**



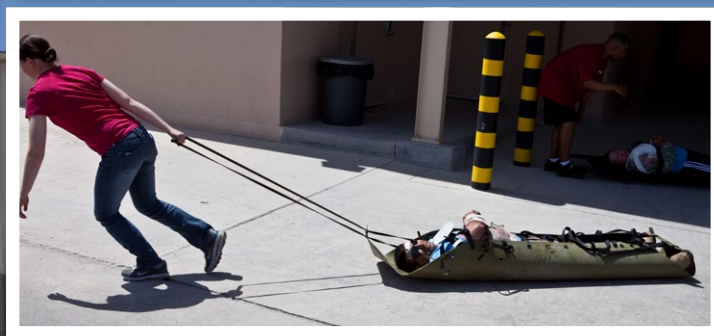
*Tad Wendler, from Olympia, Wash., strikes a gas metal arc torch inside the Stryker battle damage repair facility at Camp As Sayliyah, Qatar, April 26. General Dynamics Land Systems contractors restore six battle-damaged Strykers to factory specifications every month in Qatar. (Official Army Photos/Dustin Senger)*





# LEARNING SKILLS

March 19 – 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.



# FOR SAVING LIVES





## 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>

## Memorial Day

Pay tribute to those who have died in our nation's service.

- May 31: Memorial Day ceremony at 4:30 p.m. near the base flag poles.



Contact Eddie Williams, ASG-QA protocol officer, for more information.

# THE WIRE

## Medal of Honor recipients meet troops in Qatar

By **DUSTIN SENGER**

ASG-QA public affairs

CAMP AS SAYLIYAH, Qatar — Congressional Medal of Honor recipients shook hands and signed autographs April 18, while meeting U.S. troops in Qatar. The Gulf country is their fifth stop during a 20-day military appreciation tour across Southwest Asia.

Don Jenkins and Alfred Rascon met servicemembers at Camp As Sayliyah, Qatar, after visiting U.S. military installations in Kuwait, Bahrain, United Arab Emirates and Saudi Arabia. The Medal of Honor's blue silk neckband was wrapped around both their collars. Below thirteen white embroidered stars, a golden eagle grasps the word "valor."

The Medal of Honor, the highest U.S. military decoration, is awarded for actions that clearly exemplify courage while engaging enemy combatants. There are 91 living recipients, of which 58 performed their actions of valor in Vietnam, according to the Congressional Medal of Honor Society.

Jenkins was visiting the Qatar base on his 62nd birthday — a long life nearly curbed by combat 41 years ago.

Jenkins earned his Medal of Honor as an Army private first class in Vietnam, January 1969. He was a machine gunner supporting a reconnaissance mission in the Kien Phong province. While caught in a concentrated enemy crossfire, Jenkins bravely maneuvered forward to save Alpha Company.

He supplied suppressive fire from an

exposed but effective position. When his machine gun jammed, he reached for a rifle. His assistant gunner worked to clear the overheated weapon. Jenkins repeatedly crawled under a spray of bullets while collecting every last belt of ammunition.

Armed with two antitank weapons, Jenkins ran within 20 meters of an enemy bunker to destroy the position.

Jenkins advanced, again, after grabbing a grenade launcher from the outer perimeter. He launched every round of ammunition, applying accurate fire on enemy forces from an unconcealed location. His actions inspired the besieged unit to resist the massive enemy attack.

He moved forward 100 meters to aid soldiers pinned down near the enemy — unconcerned about serious shrapnel wounds. He made three trips to pull wounded soldiers back to safety, while overlooking intense enemy fire and his own painful injuries.

Remarkably, Jenkins survived that night and continues to share his story of valor decades later.

Army Chief Warrant Officer 2 Wayne Niehus, from Reading, Pa., held a handshake with Jenkins that lasted several minutes at Camp As Sayliyah. Niehus was an infantryman based at Camp Swampy in DaNang, Vietnam. The two soldiers shared stories of service and family.

Niehus, 58, retired after 21 years of service in 1991, but requested a return to Army active duty in 2010.

"Soldiers need to know about what these two men gave to their nation," said Niehus, commenting about the Medal of Honor recipients' tour across Southwest Asia. "This isn't the movies — this is reality. Something in them kicked in. When at war, could



you lie down and cover your buddy from incoming shrapnel?”

Rascon, 64, covered wounded soldiers on a battlefield in Vietnam, March 1966.

Rascon earned his Medal of Honor as an Army specialist assigned to a reconnaissance platoon. He courageously assisted a sister battalion that fell under intense enemy fire.

Several squad leaders had been hit by a steady stream of bullets and grenades. He was told to seek shelter until cover fire could be provided — Rascon didn't listen. He saw a machine gunner lying helpless on an open enemy trail.

Rascon selflessly advanced into a wrath of enemy crew served weapons. He raced through tree-splitting bullets and ground-pounding grenades while repeatedly attempting to reach the stranded gunner. In desperation and in total disregard for his personal safety, he rushed toward his fallen comrade.

After surviving the sprint, he placed his body between the soldier and enemy machine guns. As a result, he absorbed numerous pieces of shrapnel. With an injured hip, Rascon dragged the soldier to a concealed area and removed the weakened man's bandoleers of ammunition. Another gunner needed them to give more suppressive fire.

Fearing the enemy would mount the abandoned weapon, Rascon ran back toward the advancing forces to retrieve the gun, a spare barrel and more ammunition. Grenade fragments struck his face and torso, but the self-sacrificing effort armed another gunner from the pinned-down squad.

Rascon continued searching for defenseless soldiers. With complete



**U.S. Army Sgt. Frank Deberry, from El Paso, Texas, meets Alfred Rascon, Congressional Medal of Honor recipient, at Camp As Sayliyah, Qatar, April 18. Rascon was touring U.S. military facilities across Southwest Asia with fellow Medal of Honor recipient Don Jenkins. (Official Army Photos/Dustin Senger)**



**U.S. Army Chief Warrant Officer 2 Wayne Niehus, from Reading, Pa., meets Don Jenkins, Congressional Medal of Honor recipient, meets at Camp As Sayliyah, Qatar, April 18.**

disregard for his own life, he covered a bleeding man with his body to absorb blasts from grenades. The courageous act was repeated once again for a wounded squad leader.

Critically injured, he remained on the battlefield as an inspiration to keep fighting. Rascon turned down medical attention, while tending to others and directing an evacuation plan.

“It's a great honor to meet men of

this caliber,” said Army Sgt. Frank Deberry, from El Paso, Texas, at the Qatar base. Deberry served in Bosnia and Kosovo, as well as two deployments in Iraq.

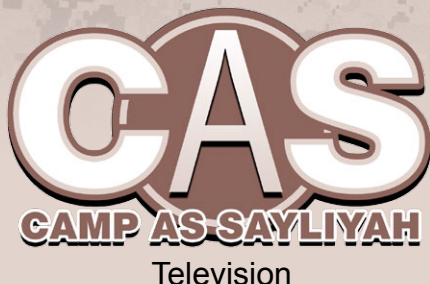
“They fought a really tough war and made it out alive,” said Deberry. “Vietnam was one of the toughest wars in history.”

Jenkins and Rascon plan to complete their tour after traveling to Afghanistan and Kyrgyzstan. **A**



## CAS-TV

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



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

## CAS in the News!

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

### Safety Day

Installation safety days contribute to reduction in the rate of industrial accidents and create widespread safety awareness.

- May 27: Safety day activities from 9 a.m. to noon at the ASG-QA pavillion.

Contact Sean Tucker, ASG-QA safety manager, for more information.

# THE WIRE

## Fuller tours expanding Stryker repair facility in Qatar

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

CAMP AS SAYLIYAH, Qatar — U.S. Army Col. Lawrence Fuller was in Qatar, April 14, touring the only Stryker battle damage repair facility in the Middle East. Fuller completed a two-day tour of Army Materiel Command warehouses at Camp As Sayliyah, a week ahead of taking command of 402nd Army Field Support Brigade at Joint Base Balad, Iraq.

Soldiers of the 1st Battalion, 401st AFSB — a 402nd AFSB subordinate unit — manage AMC facilities in Qatar. In early March, the 1-401st AFSB started receiving Stryker equipment from a forward repair area in Iraq, amid a drawdown of U.S. forces.

General Dynamics Land Systems contractors met with Fuller to explain expanding Stryker repair and retrofit

capabilities in Qatar. A shift in theater equipment is introducing several more repair options: wheels and tires; full-up power packs; remote weapons stations; and vehicle electronics. A second warehouse has been claimed for additional storage space.

U.S. Central Command war fighters depend on Strykers to tear through terrain with more than 20 tons of armor, mechanical parts, weaponry systems and life-saving equipment. The light-armored, wheeled vehicles are capable of traversing paved streets and soft off-road regions, while providing protection from enemy fire and roadside explosions.

Strykers with extensive battle damage are repaired at Camp As Sayliyah. GDLS welders and mechanics mend and patch warped and penetrated hulls. Retrofit kits are applied to bring vehicles to current configurations. A series of inspections and road tests ensure vehicles appear and function like those fresh out of production.

More than 200 battle-damaged Strykers have been repaired in Qatar since 2005. **A**



*General Dynamics Land Systems contractors talk with U.S. Army Col. Lawrence Fuller inside the Stryker battle damage repair facility at Camp As Sayliyah, Qatar, April 14. Fuller was completing a two-day tour of Army Materiel Command warehouses in Qatar, a week ahead of taking command of 402nd Army Field Support Brigade at Joint Base Balad, Iraq. (Official Army Photo/Dustin Senger)*



## Freedom Rest offers freedom, rest at same time

By Spc. DANIEL SCHNEIDER  
366th MPAD

BAGHDAD — Soldiers gathered in the shade near the Reserve and National Guard liaison office at Camp Victory in anticipation of the ribbon cutting that will officially open a newly renovated facility for soldiers to unwind and relax.

Freedom Rest, overlooking Lolo Lake, will allow soldiers the chance to take a four-day pass when their missions might otherwise not allow time to travel to Qatar.

“Freedom Rest will allow commanders the opportunity to send soldiers close-by for four days of rest, allowing soldiers to return to duty sooner,” said Gunnery Sgt. Terry Wells, a program operations noncommissioned officer in the U.S. Forces Iraq personnel section, and the lead coordinator of the Freedom Rest project.

“This place will allow soldiers to get back to their duties after four days of out of pocket time, as opposed to the average of six-to-ten days that soldiers usually miss when going to Qatar, due to time held over in Kuwait waiting to get back to their station,” Wells explained. Out-of-pocket time refers to the time a soldier is away from their unit.

During the ceremony, an opening speech was given by Command Sgt. Maj. William Johnson, U.S. Division Center command sergeant major. He said during the speech that his favorite part of the new Freedom Rest was the memory foam mattresses being on every bed.

Spc. Austin Bell, who works in theatre-wide casualty operations in the USF-I personnel section, had the opportunity to tour the facility following the ribbon cutting.

“I think for soldiers who can’t get home to see their families, this place will provide the next best thing,” said Bell, who is a native of Iowa, just north of Des Moines.

This new facility strives to improve morale of soldiers and give them the

opportunity to relax even if they can’t be spared for long periods of time.

“I know that if soldiers come here and check out the facilities we’ve put together here, they’ll be impressed,” said Wells. “We’ve put in a lot of hard work for them, and we’re proud of what this facility can provide.” **A**



*Soldiers touring the new Freedom Rest facility at Camp Victory following its grand opening March 30, eat lunch on the balcony of the the one-time boathouse that now houses several of the amenities for visiting soldiers. Freedom Rest is designed as a place for Soldiers in Iraq, who may not have time to go on pass to Qatar, to rest and recuperate.*



*A swimming pool is one of the many amenities awaiting soldiers in USD-C at Freedom Rest, a new ‘get away’ for soldiers who receive a four-day pass. The complex, which opened at Camp Victory, March 30, features lodging for 36 servicemembers and also includes a billiards room, game room, internet room and gym. (Official Army Photos/Sgt. 1st Class Roger Dey)*



## 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 needs 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.

## CAS Bowling Alley



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

### Free Bowling Tuesdays Evenings

Contact Capt. Lauren Vanderhoff, ASG-QA MWR director, for more information.

# THE WIRE

## Olympians share medals with troops overseas

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

CAMP AS SAYLIYAH, Qatar — Olympians traveled to Qatar, April 8, to show servicemembers the first medals earned by the U.S. Nordic Combined Ski Team after 86 years of Winter Olympic competitions.

Four skiers are placing seven Olympic medals, one gold and six silvers, around the necks of U.S. servicemembers in the Middle East, as part of the first Armed Forces Entertainment Heavy Medal Tour. The medals were won during the 2010 Vancouver Olympic Games in February.

The Heavy Medal Tour included: gold and silver medalist Bill Demong, from Vermontville, N.Y., with silver medalists: Todd Lodwick and Johnny Spillane, from Steamboat Springs, Colo.; and Brett Camerota, from Park City, Utah.

Robi Powers, founder of The Warrior Tours, is leading the journey of military installations with a photographer and videographer. Powers is a former soldier and Olympic ski team coach. He immediately uploads footage to the Internet; hoping family members will see images of their deployed troops wearing the Olympic medals.

A day before the midday flight abroad on April 3, a hometown hero parade celebrated the medalists atop a snow-covered street in Steamboat Springs, Colo. More than 1,000 people attended to congratulate the natives for their Olympic-level accomplishments and wish them well overseas.

The 12-day military appreciation

tour started at U.S. Navy facilities in Bahrain, an island country in the Persian Gulf. They sailed the warm, salty waters to visit servicemembers on an oil platform and USS The Sullivans, a more than 2,000-ton Fletcher-class destroyer.

After three days in Bahrain, they flew 80 miles southeast to Qatar, a small peninsula nation protruding from the east coast of Saudi Arabia.

"It has been a really busy 72 hours," said Demong, who earned the tour's gold medal during an individual large hill event on Feb. 25. "But we planned for it, looked forward to it, and cancelled all other plans. The experiences have been awesome."

"The medals are really heavy," said U.S. Army Capt. ChrisAngel Fuller, from Warner Robbins, Ga., while holding the 500-gram medallions at Camp As Sayliyah, Qatar. They are 100-millimeters in diameter and made mostly from silver.

"It's nice of them to let us touch the medals — on television they seem so surreal," said Fuller, who recalled watching televised coverage of curling, bobsledding and ski jumping events during the Olympic Games.

"Soldiers and Olympians have to maintain good physical shape and learn to face their fears," she said.

Demong, 30, is a four-time Olympic athlete who first competed at 17 years old. He noticed several similarities between serving in the military and competing in the Olympics, such as representing your country overseas, spending time away from home and undergoing rigorous training.

"When it's the World Cup, World Championship or Olympics," said Demong, "sometimes the competitions go on when the weather is subpar. You want to do your best even in dangerous conditions. The





**U.S. Army Capt. ChrisAngel Fuller, from Warner Robbins, Ga., admires Olympic medals at Camp As Sayliyah, Qatar, April 8. Four U.S. Nordic Combined Ski Team Olympic athletes shared their medals with servicemembers in the Middle East, as part of the first ever Armed Forces Entertainment Heavy Medal Tour. From left: Brett Camerota, from Park City, Utah., Todd Lodwick, from Steamboat Springs, Colo.; Fuller; and Johnny Spillane, from Steamboat Springs, Colo. (Official Army Photos/Dustin Senger)**

guys who do well are those who are able to stay focused on the task at hand, despite wind and fog.”

“They make some amazing sacrifices to perform at the Olympic level,” said Lt. Col. Paul Davidson, from Wyandanch, N.Y. “I see in them a selflessness and comradely similar to what we inspire in our soldiers.”

“The guys are having the time of their lives,” said Powers, referring to the medalists. “And that’s coming from someone who’s been with them for more than a decade. Each one is a true patriot.”

“Next, we’re going to do what I call the ‘Baghdad shuffle,’” said Powers, referring to visiting troops serving in several locations around Baghdad, Iraq, the tour’s final location. **A**



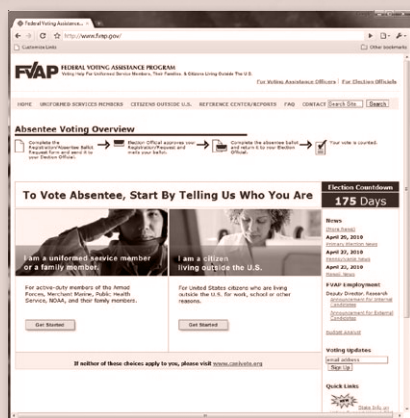
**U.S. Army Spc. Ian Funderburk, from Jacksonville, Fla., admires an Olympic gold medal at Camp As Sayliyah, Qatar, April 8. Four U.S. Nordic Combined Ski Team Olympic athletes shared their medals with servicemembers in the Middle East, as part of the first ever Armed Forces Entertainment Heavy Medal Tour.**



## Upcoming Elections

Vote in upcoming elections.

- May 18: Pennsylvania Primary Election
- May 22: Hawaii Special Election



Contact Capt. Carla Debro, ASG-QA personnel officer, for more information.

## Equality Observance

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

### Asian/Pacific American Heritage Month

- May 13: Observance at 11 a.m. in the post theater.
- May 28: Island party at 8 p.m. in the Top-Off Club.

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

# THE WIRE

## LEADER ALWAYS

### Serving amid diversity

By Maj. KATHLEEN NEUMANN  
ASG-QA resource management

The U.S. military is a diverse microcosm of our society. Individuals from various cultural backgrounds contribute a vast array of abilities. Our armed forces are strengthened by embracing differences in gender, race and culture. Diversity is a combat multiplier.

The United States has called upon uniquely skilled individuals to contribute immensely, and at great personal peril. The Native American code talkers were critical to successes in World War II. Their spoken code was unbreakable, even without advanced cryptography.

Operation Enduring Freedom and Operation Iraqi Freedom have benefited from the selflessness of Arab Americans. U.S. citizens with an advanced knowledge of Arabic dialects have put forward vital linguistic skills – sometimes stabilizing environments while risking their lives.

Leaders benefit from learning their soldier's unique strengths and how to best incorporate them. This helps the Army stay strong and reach mission accomplishment at the micro level. For example, small-stature mechanics may struggle with heavy weights, but their hands come to the rescue when parts fall inside tiny crevasses.

Camp As Sayliyah ethnic observances offer consistent reminders of strength through diversity. Audiences learn how diversity has contributed to the effectiveness of our armed forces. We celebrate and support cultural differences with incredible speakers and amazing presentations. Individual creativity provides insight into participants' souls.

Watching quality rise from diversity in the military continuously humbles me. In the words of Robert Lee Frost (1874-1963), an American poet: "The best things and best people rise out of their separateness; I'm against a homogenized society because I want the cream to rise."

The Army needs and values every one of its individuals. Strength through diversity keeps our military adaptive, skilled and strong. **A**



Twenty-one servicemembers raised their right hand to take the oath of citizenship during a Third Army hosted Naturalization Ceremony at Camp Arifjan, Kuwait, April 15. The ceremony welcomed inductees from 14 countries as U.S. citizens. (Official Army Photo/SpC. Monte Swift)



# ARMY TRADITIONS

## Asian and Pacific American Heritage Month

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

May is a celebration of millions of Asian and Pacific Americans with the theme: "Diverse leadership for a diverse workforce." Camp As Sayliyah will celebrate with community festivals and government-sponsored activities.

Asian and Pacific American Heritage Month is an opportunity to learn about lifestyles spanning the entire continent of Asia and the Pacific islands, representing various languages and ancestry from a number of different cultures. More specifically, we celebrate the contributions of 28 Asian and

19 Pacific island ethnic groups to American diversity.

There are an estimated 15.5 million Asian-Americans, according to U.S. Census Bureau reports in July 2008. California is home to around 5.1 million. New York follows in population with 1.5 million. Hawaii is our nation's only majority-Asian state. Chinese-Americans represent the largest group at around 3.62 million, followed by Filipinos, Asian Indians, Vietnamese, Koreans and Japanese.

There are more than one million Pacific Islander-Americans, mostly living in California and Hawaii.

May was chosen to celebrate Asian and Pacific heritage because of two significant anniversaries: the arrival of the first Japanese immigrants to America on May 7, 1843, and the contributions of Chinese workers toward the completion of the

transcontinental railroad on May 10, 1869. The observance was expanded from a week to a month in 1990.

May is an opportunity to recognize Asian and Pacific Islander culture in the military. Far East influences have introduced integral ideas to war fighting tactics, to include gunpowder, martial arts and strategy formulation. There are more than 300,000 Asian and Pacific Islander military veterans, according to the 2008 American Community Survey.

Organizational success stems from an ability to adapt and solve problems. Promoting cultural sensitivity improves teamwork and morale, while encouraging wide-ranging perspectives that inject more ideas into problem-solving processes.

In May, we acknowledge ancestries from across Asia and the Pacific, while remembering that we formed a community from across this enormous land. **A**



Servicemembers receive Military Meritorious Service Awards at National Harbor, Md., May 6, from the Federal Asian Pacific American Council for their contributions to the nation. (Official Army Photo/Master Sgt. Mike Smith)



# ORGANIZATIONAL

March 31 and April 30 – Official Army Photos/Devin Butler





# DAY ACTIVITIES





## 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.

## Fitness Classes

Get in great shape while serving at Camp As Sayliyah.



### Gina Gutzy

- Sundays: 6-7 p.m.
- Mondays: 6:30-7:30 a.m.
- Tuesdays: 6-7 p.m.
- Wednesdays: 6:30-7:30 a.m.
- Saturdays: 6:30-7:30 a.m.

### Noel Basa

- Sundays: 6:30-7:30 a.m. and noon to 1 p.m.
- Tuesdays: 6:30-7:30 a.m. and noon to 1 p.m.
- Thursdays: 6:30-7:30 a.m. and noon to 1 p.m.

Contact Capt. Lauren Vanderhoff, ASG-QA MWR director, for more information.

# THE WIRE

## CAMP WELLNESS

### Defining and identifying post-traumatic stress

By **NIKOLE SCOTT**

**CONERLY, Ph.D., C.G.P.**

ASG-QA troop medical clinic

In the previous edition of *Desert Mesh*, the troop medical clinic announced a post-traumatic stress disorder awareness week at Camp As Sayliyah, in partnership with the Army's Suicide Prevention Task Force.

Event coordinators hoped to increase awareness of PTSD in our community. An additional purpose centered on decreasing the possibility of PTSD-related suicidal behavior by educating everyone about the definition, causes and symptoms, while introducing strategies for managing this condition.

Col. Maxine C. Girard, the installation commander, shared remarks about PTSD during an opening ceremony in the large dining facility, April 11. She underlined the importance of the week ahead. After the commander's comments, everyone was invited to fill out anonymous mental health surveys targeting signs of depression, mood disorder, anxiety and PTSD. Each person who completed the survey was handed a PTSD awareness week commemorative t-shirt.

Approximately 120 people finished a PTSD survey, which reported: 11 percent of participants had signs or symptoms of depression; 19 percent had symptoms of mood disorder or mood swings; 25 percent had symptoms consistent with anxiety; and 37 percent had experienced at least one of four symptoms of PTSD.

A PTSD information day, April 12, presented various venues for picking up mental health and wellness information. Literature covered several topics, such as stress management, resilience in a time of war, returning home after a deployment, understanding warzone-related stress, recognizing depression, preventing suicide, identifying problems associated with alcohol use and, of course, familiarization with PTSD.

PTSD awareness week supporters wore their commemorative t-shirts on day three, April 13. This public demonstration advertised support for the week's events. Servicemembers, DOD civilians and contractors flaunted bright yellow shirts with the words: "You can feel good again!"

On day four, April 14, the troop medical clinic multipurpose room became a cinema. We rotated several films depicting some aspect of trauma. "Lost and Found: A College Story" was played to help eliminate mental health stigmas – you don't have to be crazy to see a counselor! I am proud to have contributed to writing that film's storyline. "NO! The Rape Documentary" and "I Never Thought it was Rape" were shown in reaction to reported sexual assaults in warzones.

"A Different Kind of Courage," was the final film shown. Current and retired servicemembers – and their spouses – shared how PTSD affected their lives. It also featured military mental health professionals who emphasized the importance of seeking help for PTSD and provided useful information on how to convince a family member, friend or fellow soldier to seek professional help.

The first Camp As Sayliyah PTSD awareness conference, entitled "PTSD: Understand it, Treat it,



Defeat it!" took place inside the base theater, April 15. The program began with a welcome by Richard Belforti, medical services manager, followed by an invocation by Lt. Col. Jeffery Bruns, installation chaplain.

Capt. Carla Debro, personnel officer in charge, delivered a statement explaining the gathering. Afterward, Sgt. 1st Class Doris Carter, installation equal opportunities advisor, read three true stories of Camp As Sayliyah soldiers who had symptoms of PTSD following tours in combat. Staff Sgt. April Plante, troop medical clinic noncommissioned officer in charge, provided a brief presentation.

Next, an excerpt from the film "A Different Kind of Courage" led into a highlight of the program: guest speakers reflecting on the impact of PTSD in their lives. Sgt. 1st Class Gladys Jones talked about being a woman in combat. Command Sgt. Maj. Charles "Doc" Holliday, installation senior enlisted leader, spoke about living with PTSD and the impact it had on him and significant others.

Sgt. 1st Class Troy McManus talked about his experiences in combat and the pain of knowing his actions

inadvertently caused the death of a young boy. He closed with the following heart-felt statement:

"I have been diagnosed with PTSD and suffer with a majority of the textbook symptoms. I am not here to make you feel bad for me or for the reason that I have this condition. I am here today because we all need to be aware that PTSD is very real.

"PTSD is difficult to deal with and not everyone is going to respond the same way to things. I joined the Army to serve my country, defend our way of life and I have made the Army my career. I left for basic training a kid and became a man.

"The Army has taught me how to fight, how to survive combat and how to kill. I was never taught how to deal with the emotions, the guilt, the self hatred or the unrest that comes with taking a life or being responsible for a child not living to see his tenth birthday.

"I urge you all to take the time to talk about your experiences. Take the time to listen to those who are dealing with things... and more than anything, please understand that just because a soldier doesn't have a purple heart, after doing his or her

job in America's military, it doesn't mean that the soldier made it home uninjured."

The audience was seized by emotional stories explaining the effects of PTSD. Staff Sgt. Mariam Dawood, personnel noncommissioned officer, followed with various types of treatment available at Camp As Sayliyah and throughout the world.

After a brief break, participants divided into three working groups to create mini presentations about what they had learned. Group one was charged with developing a skit on recognizing the signs of PTSD in a buddy, and then how to persuade that buddy to seek help. Group two was tasked to create a PTSD slogan and poster. Finally, group three created a short PTSD commercial suitable for television.

Needless to say, the teamwork was creative, enlightening and entertaining, as well as informative. In fact, the commercial presented by group three will appear on the command access channel (CAS-TV) and submitted to Armed Forces Network for broadcast to military bases around the world. **A**



**U.S. Army soldiers on top of a ridge near Forward Operation Base Lane, Zabul Province, Afghanistan, Feb. 21, 2009. (Official Army Photo/Staff Sgt. Adam R. Mancini)**



# POST-TRAUMATIC

April 11-15 – Official Army Photos/Devin Butler



**You Can Feel Good Again !**

Post Traumatic Stress Disorder



**Understand It  
Treat It  
Defeat It!**



**Do these pictures look the way *you* feel?**



**If so, you may be experiencing Post Traumatic Stress Disorder**

**Learn more about it during**

***PTSD Awareness Week on CAS***

***11-15 April 2010***

Sponsored by the TMC and the Suicide Prevention Task Force





# STRESS SUPPORT





## Chaplain Services

Attend the installation ministry team's spiritual support services.

### Spiritual Fitness Luncheon

- May 26: Luncheon at noon in the large dining facility.
- June 30: Luncheon at noon in the large dining facility.

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

# THE WIRE

## SPIRITUAL FITNESS

### No greater love

By Lt. Col. JEFFERY BRUNS  
ASG-QA ministry team

As a young chaplain stationed at Fort Leonard Wood, Mo., I traveled to Jefferson Barracks National Cemetery in St. Louis to conduct military funerals on several occasions.

I established a custom of arriving early to the cemetery. I allowed myself time to walk among the graves and read the names on the headstones. I found this stirred my emotions. I was left with a sense of awe at what I considered the extraordinary lives of the service men and women resting at Jefferson Barracks. Each simple white headstone had a story.

Buried at Jefferson Barracks is Maj. Ralph Cheli. His Medal of Honor citation reads as follows:

*For conspicuous gallantry and intrepidity above and beyond the call of duty in action with the enemy. While Major Cheli was leading his squadron in a dive to attack the heavily defended Dagua Airdrome, intercepting enemy aircraft centered their fire on his plane, causing it to burst into flames while still two miles from the objective. His speed would have enabled him to gain necessary altitude to parachute to safety, but this action would have resulted in his formation becoming disorganized and exposed to the enemy. Although a crash was inevitable, he courageously elected to continue leading the attack in his blazing plane. From a minimum altitude, the squadron made a devastating bombing and strafing attack on the target. The mission completed, Major Cheli instructed his wingman to lead the formation and crashed into the sea.*

Major Cheli's heroics are recorded in the annals of military history. However, there are hundreds more buried alongside him whose stories of service and bravery rest with them. In essence, each simple white headstone bears silent witness to the service of the Soldier, Sailor, Marine, and Airman whose grave they mark. But what we do know of their service is the freedom, preserved for each of us, as a result of their united efforts and sacrifice.

"Greater love has no one than this, that he lay down his life for his friends" (John 15:13 NIV). These words foretell of what Jesus Christ would do for all creation. His love for mankind was so great that he would die, surrender his life, to save others. Christian believers around the world are thankful for this act of sacrifice. When someone surrenders his life in order to save or preserve ours it is almost impossible to conceive. I am in awe at the depth of Jesus' love each time I remember he loved me enough to die for me. In my awe the only words I have to offer Jesus seem so meager. I simply say thank you Lord.

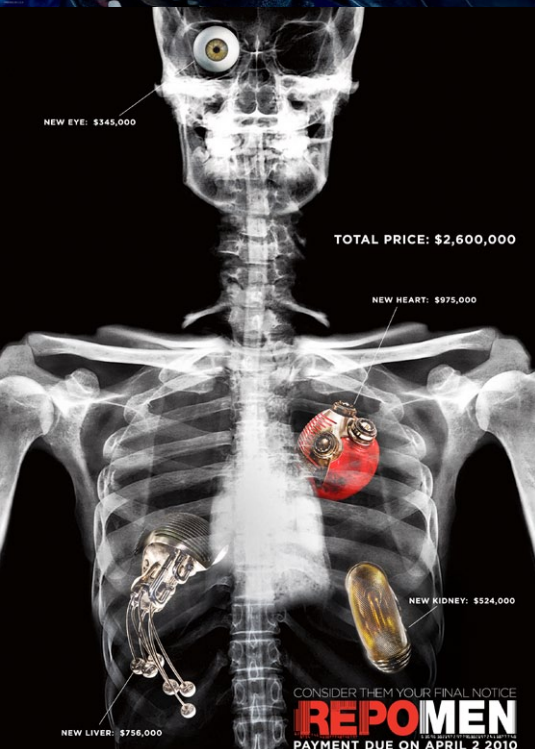
No greater love describes the actions of more than 655,000 servicemembers who died serving and protecting our nation and who also deserve our thanks. On December 28, 2000, the "National Moment of Remembrance" was written into law as Public Law 106-579. It directs the minute beginning at 3:00 p.m. local time on Memorial Day each year is designated as the "National Moment of Remembrance." Pause in that moment and remember those who "gave all" in service to our country. Give thanks for the depth of their love and its impact on our way of life. In that moment offer a prayer for the families who today endure the loss of their son or daughter, their father or mother, their husband or wife. **A**





***U.S. Army Soldiers from Bravo Company, 1st Battalion, 4th Infantry Regiment, wait for take off on a C-17 as they prepare for a deployment in support of Operation Enduring Freedom on Feb. 6, 2009. (Official Army Photo/Staff Sgt. Adam R. Mancini)***





# THE WIRE

## AAFES movie schedule

May 10 • 7:30 p.m. • **She's Out of My League** (R)  
 May 11 • 7:30 p.m. • **Brooklyn's Finest** (R)  
 May 12 • 7:30 p.m. • **Remember Me** (PG-13)  
 May 13 • 7:30 p.m. • **The Bounty Hunter** (PG-13)  
 May 14 • 5 p.m. • **Green Zone** (R)  
 May 14 • 7:30 p.m. • **How to Train Your Dragon** (PG)  
 May 15 • 5 p.m. • **How to Train Your Dragon** (PG)  
 May 15 • 7:30 p.m. • **Our Family Wedding** (PG-13)  
 May 16 • 5 p.m. • **Remember Me** (PG-13)  
 May 16 • 7:30 p.m. • **Repo Men** (R)

May 17 • 7:30 p.m. • **Diary of a Wimpy Kid** (PG)  
 May 18 • 7:30 p.m. • **Our Family Wedding** (PG-13)  
 May 19 • 7:30 p.m. • **She's Out of My League** (R)  
 May 20 • 7:30 p.m. • **How to Train Your Dragon** (PG)  
 May 21 • 5 p.m. • **The Bounty Hunter** (PG-13)  
 May 21 • 7:30 p.m. • **Clash of the Titans** (PG-13)  
 May 22 • 5 p.m. • **Clash of the Titans** (PG-13)  
 May 22 • 7:30 p.m. • **Repo Men** (R)  
 May 23 • 5 p.m. • **Diary of a Wimpy Kid** (PG)  
 May 23 • 7:30 p.m. • **Hot Tub Time Machine** (R)

May 24 • 7:30 p.m. • **Repo Men** (R)  
 May 25 • 7:30 p.m. • **Clash of the Titans** (PG-13)  
 May 26 • 7:30 p.m. • **Diary of a Wimpy Kid** (PG)  
 May 27 • 7:30 p.m. • **Clash of the Titans** (PG-13)  
 May 28 • 5 p.m. • **How to Train Your Dragon** (PG)  
 May 28 • 7:30 p.m. • **Date Night** (PG-13)  
 May 29 • 5 p.m. • **Date Night** (PG-13)  
 May 29 • 7:30 p.m. • **Hot Tub Time Machine** (R)  
 May 30 - 5 p.m. • **Diary of a Wimpy Kid** (PG)  
 May 30 - 7:30 p.m. • **Clash of the Titans** (PG-13)

May 31 - 7:30 p.m. **Hot Tub Time Machine** (R)

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.

**AAFES**   
 Army & Air Force Exchange Service





*Until Every One Comes Home.®*



## MWR events

- ♦ **Locked, Loaded and Laughing Comedy Tour**  
May 22 • 7 p.m. • Top-Off Club
- ♦ **Memorial Day 5k Fun Run/Walk**  
May 31 • 5:30 a.m. • Community Activity Center
- ♦ **Memorial Day Fitness**  
Four-on-four Volleyball: May 31 • 10 a.m.  
Singles Table Tennis: May 31 • 2 p.m.  
Three-point Shoot-out: May 31 • 4 p.m.
- ♦ **Summer Bash Party**  
June 19 • 8 p.m. • Top-Off Club

Events subject to last-minute changes. Contact Tony Randall, MWR program manager, or Regina Wilhite, USO Qatar center manager, for current information.

## Asian/Pacific American Heritage Crossword Puzzle

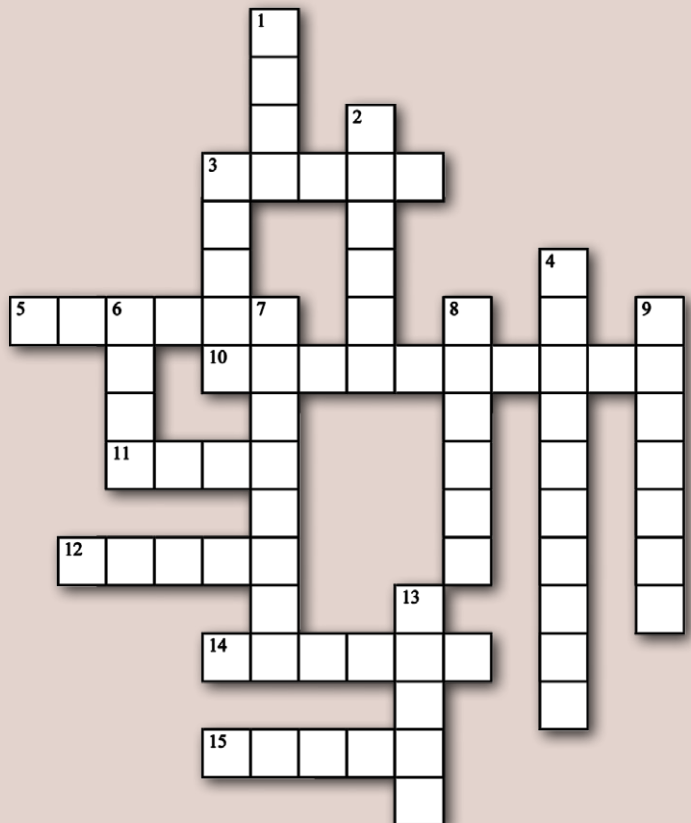
*For answers, attend the Asian/Pacific American Heritage Month island party at 8 p.m. at the Top-Off Club, May 28.*

### Across:

3. The Taj \_\_\_\_\_ is one of the seven "modern" wonders of the world, is situated at Agra, in India.
5. Chinese helped pan for \_\_\_\_\_ in California in the 1800's.
10. Daniel Inouye, the first Japanese American elected to Congress, represents which state?
11. \_\_\_\_\_ is a form of stretching exercise, originated in India over 5,000 years ago.
12. Famous film star and Karate expert \_\_\_\_\_ Lee.
14. Chinese American Michael Chang excels in which sport?
15. M. Night Shyamalan was the Oscar winning director of the movie The Sixth \_\_\_\_\_.

### Down:

1. A dance done in Hawaii.
2. Leader of peace and tolerance who inspired Dr. Martin Luther King & Dr. Nelson Mandela.
3. Asian Pacific American Heritage Month.
4. Implemented in 1902 the \_\_\_\_\_ program allowed Filipinos to study in the U.S.
6. A famous Asian American actress who starred in Charlie's Angels, \_\_\_\_\_ Liu.
7. During World War II, more than 100,000 of \_\_\_\_\_ ancestry were placed in internment camps.
8. \_\_\_\_\_ Chung was the first Asian American to be a nightly news anchor for a major network (CBS).
9. A type of Japanese warrior.
13. \_\_\_\_\_ Woods was the first Asian American to win the Masters golf tournament.





## FITNESS MANIA!

U.S. Army Lt. Col. Antonio Oquendo, ASG-QA, scored 1,000 points to win the March fitness challenge at Camp As Sayliyah! Airman 1st Class Robert Blackburn, 379th ESFS, scored 710 points to earn second place in the men's category. Spc. Sandra Sampson, 424th MLC, scored 690 points to earn first place in the women's category.

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



## MWR Fitness Challenges

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

### Double-Up Challenge via Treadmill and Elliptical

- June 1-30: Registration starts May 15, and then completes June 7.

Contact Capt. Lauren Vanderhoff, ASG-QA MWR director, for more information.

## Summer Outdoor Running Restriction

As of May 1, running outdoors is not permitted between 0800 and 1900, or whenever red- or black-flag heat conditions are declared by colored

flags flown at the troop medical clinic, large gym facility, post office and R&R building.



# FITNESS

## SOLDIER STRONG

### Fitness Q&A

By Staff Sgt. DEREK SOUDER  
1-401st AFSB

**Q.** I've been weight training for months, but seeing little benefit – what gives?

**A.** "I will never accept defeat" and "I will never quit" are parts of our Soldier's Creed. This attitude toward service is the same mindset necessary for reaching fitness goals.

Getting in shape is never easy – many obstacles stand in the way. One obstruction is overtraining, which frequently occurs as a result of an overwhelming desire for instantaneous results. For example, spending two hours weight training every day, or otherwise neglecting proper recovery techniques.

It takes about three days for one muscle group to recover. In other words, if you train your chest on Monday, wait until Thursday or Friday to train that muscle group again. This rest period allows the muscle to repair and grow. Repeatedly placing a muscle under stress, over and over again, causes an everlasting breakdown that impedes progress. Remember: muscles grow while at rest – not in the gym. The gym is simply a time to introduce a stimulus for growth.

Splitting your training up based on muscle groups is the best way to allow adequate recovery. You could train chest on Mondays, back on Tuesdays, legs on Wednesdays, shoulders on Thursdays, and arms on Fridays, and then rest on the weekends. Under that split, each muscle receives direct attention once every seven days.

Another obstacle many people face is an ongoing struggle to choose between machines versus free weights. I find machines just as effective as the free weights. There are exercises that require machines, just as there are others that call for free weights. One exercise might allow you to isolate a muscle group better than another – you have to be the judge of that. If you're not sure, ask!

If you are like me and train by yourself then machines are your best friend! I can go heavy without worrying about finding a spotter. On the other side, free weights are



*U.S. Army Staff Sgt. Derek Souder, from College Park, Ga., perform kettle-bell lunges at the Camp As Sayliyah gym, Qatar, Oct. 29, 2009. (Official Army Photo/Dustin Senger)*





**U.S. Army Staff Sgt. Dereck Souder, from College Park, Ga., trains his biceps at the Camp As Sayliyah gym, Qatar, Oct. 29, 2009. You will not optimize strength or muscle gains while failing to execute movements and contract muscles accurately, says Souder. (Official Army Photo/Dustin Senger)**

better for strengthening stabilizing muscles. The loads require more functional strength since they freely move through space, as opposed to riding along chains, cables and rails.

Proper form is a big barrier for beginners. They either wildly swing the weights or lose focus while attempting extremely heavy loads. You will not optimize strength or muscle gains while failing to execute movements and contract muscles accurately. If you cannot push or pull a weight correctly, then reduce the load, terminate the set, or finish the workout.

Technique has an impact on every component of physical fitness. Runners who learn how to properly pump their arms add more power to their stride. Excellent form, even when an exercise gets tough, helps you reach your goals much faster.

The last obstacle I'll discuss has

plagued the fitness world for ages. It's the burn! You need to know how to properly control your body's energy pathways. Your body needs oxygen to power muscle. That process is dependent on aerobic metabolism, meaning energy from oxygen. The burn sets in whenever you're training hard and the muscle is unable to draw in enough oxygen.

To mitigate, the body has a backup energy system called anaerobic metabolism, referring to a lack of oxygen. Anaerobic metabolism allows a powerful surge in strength, but it lasts mere minutes—sometimes seconds, depending on the level of intensity.

Rehearse rhythmic breathing techniques to benefit from both power and endurance. Breathing prevents premature muscle failure while training heavy. By focusing on breathing, your body receives an optimal amount of oxygen to

keep the muscle moving. Even short bursts of air are better than holding your breath.

Always exhale on exertion, while pushing or pulling a load. Take in air as the muscle stretches back to the starting position. This will minimize the burning sensation and allow you to get grab those last two repetitions – the most important ones!

I hope this was helpful Camp As Sayliyah – 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.



# SOCCER WITH THE

April 21, 25 and 27 – Official Army Photos/Devin Butler





# **QATARI OFFICERS**





## Head Start

Learn about Qatar in a cultural awareness course designed to educate newly arrived servicemembers and DOD civilians and their families.

- June 26-30: Head Start class from 8 to 11:30 a.m. in the large gym television room.

Contact Hani Abukishk, ASG-QA civil affairs officer, for more information.

## 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

## Qatari merchant explains life before the oil

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

Mohammad Saleh Nishwar, 79, has sold merchandise at Souq Waqif in Doha, Qatar, for more than 60 years. His family-owned store, about the size of a parking space, hasn't budged in almost 100 years. Reconstruction projects have protected its cultural merit, as part of the oldest trading area in Qatar. Across the street, soaring temples of trade, banking, hospitality and governance are rising from the desert sands, fertilized by seemingly endless fossil fuels. Aside from considerable oil reserves, Qatar has proved 900 trillion cubic feet of natural gas, the largest single gas field under the earth's crust.

Qatar is a contrast of elements: dull, beige land meets sparkling, blue water. The country protrudes into the Persian Gulf from the Arabian Peninsula. Sand and compact bedrock cover 4,416 square miles. Occasional patches of trees and grass endure the dusty surroundings, which soak up only a few inches of rainfall each year. There are no rivers

or lakes, only saline swamps from changing oceanic tides.

More than 1.4 million people reside in Qatar, according to United Nations' estimates in 2009. Qatari nationals represent less than 200,000 of the residents. A metropolis is emerging from the desert environment by employing an enormous expatriate workforce, mostly Arab, Indian, Pakistani, Iranian and African. The latest Qatar government population census, 2004, revealed 1,250 men over 75 years old; 540 are in Doha, the capital and most populated city.

Few elderly men are willing and able to readily recall working in Qatar before oil exports advanced the nation. Nishwar is one of them. Like a palm tree rooted in the parched sands, the third-generation Qatari survived conditions that caused many others to wither and run. The Muslim has never been a religious, tribal or military leader. Most of Qatar's early merchants, he says, only cared about selling their goods and feeding their families.

Nishwar describes himself as an uncomplicated, uneducated man. The burly old shop owner always dresses in loose-fitting thobes, traditional white-colored garments that extend to the wrists and ankles. His frosted eyebrows and mustache are accented by a sun-bronzed



*Aerial photograph of Doha, Qatar, 1947. (Courtesy Photo/Qatar Embassy)*



complexion. He speaks Arabic using a Gulf-specific dialect; his hands move to the rhythm of his voice.

"You only divorce if they're stubborn," said Nishwar, who has married three times, divorced twice and fathered 12 children. "If they argue a lot, make problems and don't listen to men." His view of marriage derives from living in rigid communities with predefined roles. Women contribute devotion and enthusiasm as mothers and wives. Men supply security and wealth.

In 1914, Nishwar's grandfather established the family business at Souq Waqif, an Arabic phrase for "standing market." People often bought and sold goods while standing on the banks of the Wadi Musheireb, a stream of water that broke inland every winter. Nishwar's family shop rests on a patch of elevated land in the Farigh an-Najjadah, the district south of the Wadi. Merchants there enjoyed security from high tides, but the cool season's occasional rainfalls easily eroded their feeble walls. His grandfather originally offered oils, spices, rice, beans, wheat, dates and other foodstuff.

Inhabitants littered Qatar's eastern inlet with rectangular rock structures. Mosque minarets towered over the landscape, calling Muslims to prayer five times each day. Abdallah Bin Jasim Al Thani, Qatar's ruler between 1913 and 1949, had the most prominent home, amongst hundreds of simple one-story dwellings. He used his palace for personal and state affairs.

Qatar's seaside municipalities attracted thousands of people to maritime money-making opportunities. British observers estimated nearly 30,000 people tolerated the hot, humid summers – regularly exceeding 100 degrees Fahrenheit. Dhows filled with fishermen and pearl divers.

Qatar's early economy depended on relentless harvesting of saltwater pearls. Fearless crews routinely lost men to sharks and barracuda, as well as illnesses caused by repetitive deep-sea diving using stones tied to their feet. Divers made dozens of descents a day – reaching depths up to 200 feet.

Nishwar's father eventually took over and shifted the trade line to mostly diver's materials. Customers, often neighbors, approached him for nets, nose plugs, ropes, as well as baggy diving suits that offered protection from stinging jellyfish. Items were requested from his front hatch – nobody entered; not even his children.

### **Nishwar's birth**

Nishwar was born in Doha, 1931. His grandmother provided midwife services during his delivery; a task his mother also learned. His birth coincided with a retreat in Qatar's recent population surge – more than half the country's inhabitants left in the 7:30 p.m.s, as a worldwide depression matured. Qatar's stumbling saltwater pearl trade gave in to Japan's introduction of cheap cultured varieties.

Similar to the family store, Nishwar's home combined irregular-shaped boulders with fragments of sea coral and shells. Mud and sand sealed the collage. The massive walls, almost two feet thick, led up to a multi-layered roof of mostly imported parts.

The ceiling consisted of round timbers, roughly three inches in diameter, spaced about a foot apart. Mangrove slats ran perpendicular to the rods. A mangrur, matting woven with palm fronds, was rolled over the framework. Finally, a mixture of straw and mud, using well water, was poured on top.

Every residence in Doha had at least one room with a separate "majlis,"

an Arabic word for a place of sitting. The area allowed men to receive and entertain guests, away from their wives and children. No matter how poor the family, everyone had a separate majlis, said Nishwar.

Before building a home, husbands rallied support from their neighbors. They'd walk door-to-door, explaining their plan to build in Doha. Single-room dwellings took four to five days for the men to assemble. Afterward, homeowners thanked their neighbors by offering dates, bread and laban, a dairy product similar to yogurt.

Nishwar's mother was the first to awake each morning. She'd step outside, ahead of the blistering sun, to fetch water from wells in groups of five or six women. The aromas of fresh flat bread and hot tea filled the home prior to 7 a.m. She increased rations through lunch and dinner, with the largest feast at night. Food was always cooked in the courtyard. Most meals consisted of fish, lamb, rice and bread.

Nishwar's father opened his store at 8 a.m. Two hours later, sifting through the scorching sand, he returned home for lunch. With a satisfied appetite, his wife fanned him to sleep. Merchants returned to work after performing ablutions and noon prayers. Strict laws prohibited working past 5 p.m.

On Fridays, most men assembled in a prominent majlis to air grievances and concerns amongst tribal leaders. Others gathered in more modest circles to simply discuss business and common interests. An assortment of Arabic furnishings decorated Doha's popular seating areas. Wool rugs and sofas displayed geometric patterns woven in red, orange, black, white and cream colors. Metal lamps illuminated the halls at night.

*(Merchant, continued on page 40)*



## Rest and Recuperation Pass Program

Donations help R&R 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. Rodney Cosby, ASG-QA provost marshal, or Hani Abukishk, civil affairs officer, for more information.

# CULTURE

## Merchant

(Continued from page 39)

Camels are included in some of Nishwar's earliest recollections. The enormous beasts hauled water to hefty wholesale traders. At around five years old, a herder placed him on a camel's back, but he fell off after becoming startled by its movement. The memory would make him laugh for more than 70 years.

A modern education system didn't exist during the Qatari's primitive upbringing. At around eight years old, Nishwar started learning to read and write in "kuttabs," informal classes taught in the residences of literate Muslim men. He walked between two homes: one taught Arabic using a slate and chalk; the other studied the Koran, Islam's holy book.

Abdul Aziz Al Saud, established Saudi Arabia in 1932 and accepted the benefits of both telegraph and telephonic services. Years earlier, he proved to religious leaders that

radios couldn't be the work of the devil by broadcasting a person reading the Koran. A religious decree was issued to explain that telegraph systems did not contradict Islamic values.

Nishwar, and a dozen other boys, squandered several evenings eavesdropping on radio broadcasts in Doha. Only three houses had electricity: Salih Al Mana, Abdalla Darwish and Muhammad Al Uthman. The kids quietly piled up against their walls, eagerly listening for music, news and stories. Nishwar paid attention even when he didn't understand the languages, hoping an Arabic version would return.

"It was a beautiful, simple life," said Nishwar. "Everything was close to home and everyone knew each other. There were no telephones, no televisions, no cars – everything came after the oil."

### After the oil

Oil was first discovered in the western settlement of Dukhan, 1939. Around 3,000 miles away, Adolf Hitler



*Mohammad Saleh Nishwar, 79, has sold merchandise at Souq Waqif in Doha, Qatar, for more than 60 years. The shop, packed with fabrics, clothes and prayer rugs, hasn't budged in almost 100 years. (Official Army Photo/Dustin Senger)*



had invaded Poland. World War II progressed and allied strategies called for safeguarding oil reserves in Arabia in 1942. Qatar's economic hardships had been prolonged by foreign wars using millions of troops, 40-ton tanks, 30,000-ton battleships and atomic weapons.

Saudi Arabia's king reportedly first heard about the end of World War II while monitoring German, Italian and British radio broadcasts. Arabian oil exports resumed in 1947, as rebuilding efforts began. Demands for energy-dense petroleum began to exceed coal in many developed nations. Meanwhile, Nishwar's lifetime commitment to the family store began in Doha.

Oil exports in the 1950s generated millions of dollars for Qatar, as Nishwar started a family. He quickly credits Shiek Ali bin Abdullah Al-Thani, Qatar's ruler between 1949 and 1960, for introducing the first modern school system. Rising revenues funded the first state hospital offering emergency care and surgical rooms. Qatari riyals ultimately replaced Indian rupees as a monetary standard.

Radios became more common as Qatar ascended as a sovereign Arab-Islamic state. Nishwar recalls hearing broadcasts from Pakistan, India, France, England and United States. Several elderly merchants inside a majlis constantly asked him where the voices came from, while searching for cables, wires or ropes – some resemblance of a conduit. They called the radios a “sandoq sehri,” an Arabic phrase for a “magic box.”

“They told us ‘this thing will make you crazy,’” said Nishwar, stressing that most were illiterate. “Only one man knew how to dial a station. If he didn't show up, the radio stayed off.”

**“Only one man knew how to dial a station. If he didn't show up, the radio stayed off,” said Mohammad Saleh Nishwar, from Qatar.**



*The roof of an old home (circa 1960s) in Al Rayyan, Qatar, March 19. The ceiling consisted of round timbers, roughly three inches in diameter. Mangrove slats ran perpendicular to the rods. A mangrur, matting woven with palm fronds, was rolled over the framework. Finally, a mixture of straw and mud, using well water, was poured on top. (Official Army Photo/Dustin Senger)*

“After the oil, everyone came back to Qatar,” he said. “Everyone scattered everywhere. To this day, if you didn't need something, you wouldn't sit with me.” Nishwar has carefully scripted poetry for more than 50 years; countless hours of loneliness are dedicated to inspiration about nature, beauty and women.

Outside Nishwar's storefront, an alley contains mostly foreign salesmen waving merchandise at possible patrons. Customers arrive from around the world with strange customs, courtesies and languages.

Souq Waqif working hours linger until 9 p.m., sometimes later.

Various renovation projects have modernized Souq Waqif. Walls and ceiling are made from re-enforced concrete.

Salesrooms keep cool using air-conditioners. The walkways that connect shopkeepers use polished stone. Land reclamation filled in the

Farigh, thereby pushing the ocean 1,000 feet away. The reshaped coastline resulted in a waterfront promenade known as the Doha Corniche. Today, a paved street runs through remnants of the Wadi valley.

“Everything evolved after the oil,” said Nishwar, who stocked the family shop with textiles after his father's death in the 1960s. Fabrics, clothes and prayer rugs surround him today, inside a sales floor permitting space for only a couple patrons. Radio static sometimes scratches in the background.

The Qatari's sons haven't taken interest in manning the family store.

“Education is much better now,” said Nishwar. “We are always learning from our children. When I look at the television and don't understand it... I ask the little one and he tells me all about it. Sometimes I call them from bed to teach me new things.”

“If I had the same education, I wouldn't still be sitting here, like this, in this shop.” **A**



## 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.

## Doha Events

Attend sports, cultural and educational activities in Doha, while visiting Qatar.

- May 17-21: International Handball Federation Super Globe Qatar 2010
- May 22-30: International Basketball Federation (FIBA) Asia Champions Cup 2010

Contact Capt. Lauren Vanderhoff, ASG-QA MWR director, for more information.

# DOHA LIFE

## Qatar dune bashing

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

Siam, 27, has organized desert safaris for seven years with Qatar International Adventures. The rides, known as “dune bashing,” are like a rollercoaster without a track. The only certainty of safety is relying on a driver’s experience. Siam says he’s well acquainted with Qatar’s remote sand dunes, enough to navigate them at night.

The Qatar peninsula combines soft and hard terrain, surrounded by the Persian Gulf. The land north of Doha, the capital city, is mostly dust blowing over compact bedrock, where ground excavation requires huge hydraulic jack hammers. The southern region east of Salwa road, the only authorized expressway into Saudi Arabia, is an expedition through enormous slopes of sand.

When driving between continuous sand dunes, the monochromatic landscape looks nearly the same in every direction. Color consistencies

camouflage steep cliffs – from a few feet to several hundred meters high – which easily tip unprepared motorists. At times, the only way to penetrate a patch of sand is to build up momentum. Inexperienced drivers who blindly hit the gas are likely to spin out of control and crash.

“Don’t worry,” says Siam to his passengers, with a smirk of confidence. “I know what I’m doing.”

Qatar’s most popular arena for dune bashing is located about 50 miles south of Doha – 10 miles south of Umm Sa’id municipality. Drivers familiar with the terrain are commonly seen leading convoys of amateurs. On Fridays, Arabs gather to exhibit vehicles maneuvering massive walls of sand and showcasing spinouts.

Before leaving the security of hard asphalt, drivers must release some pressure from street-optimized tires, says Siam. Airing down the tires widens the tread’s foot print, which delays wheel slip by increasing ground contact. Tires are more apt to exceed the sand that collects in front of them; when fully inflated, they are narrower and quickly sink. A



*Siam drives through the sand dunes roughly 50 miles south of Doha, Qatar, April 16. (Official Army Photo/Dustin Senger)*



drop down to roughly 10-15 pounds-per-square-inch is necessary, exact deflation depends on tire size and vehicle weight.

Trucks used for sand bashing need to have eight-cylinder engines with four-wheel drive systems, says Siam. Great torque and traction is required to avoid getting stuck in Qatar's remote areas. Inferior cars risk endlessly spinning their wheels. Furthermore, he recommends Toyota over Nissan, citing improved handling and shock absorption. In Qatar, it's not uncommon to see a luxury-class sports utility vehicle taking on a desert safari – such as a Lexus, Mercedes or BMW. Amazingly, Qatari accidents are rare in the desert. It's a controlled chaos of four-wheel drive power.

QIA provides camp grounds about 10 miles from the inland sea that separates Qatar and Saudi Arabia.

The salty ocean air mixes with the aromas of camp fires and Shisha pipes, which burn flavored tobaccos. Chicken, beef and lamb kebabs are barbecued and served with salad, flat bread and hummus. The camp contains tents for shade

and overnight stays, along with fire pits, snorkeling gear and all-terrain vehicles. More traditional travels are offered by a couple camels, each anchored on the beach using ropes and sand bags. **A**



*A camel yawns on a beach at a camp in Qatar, about 10 miles from the Saudi Arabian border, April 16.*



*A sports utility vehicle driving through sand dunes roughly 50 miles south of Doha, Qatar, April 16. (Official Army Photos/Dustin Senger)*



## 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. Rodney Cosby, ASG-QA provost marshal, or Hani Abukishk, civil affairs officer, for more information.

# DOHA LIFE

## Rules for Qatar roundabouts

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

More than 300 U.S. citizens die each year due to road accidents abroad, according to World Health Organization statistics. Visitors in foreign countries are exposed to driving environments significantly different from those at home.

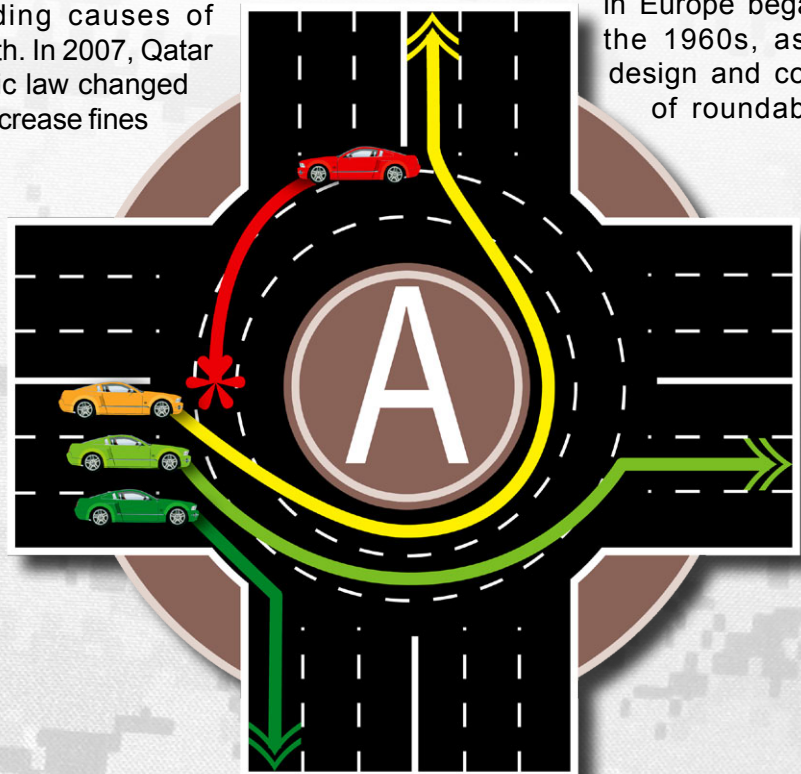
Qatar's ongoing construction projects and extensive use of roundabouts create dangerous road conditions for drivers who are inexperienced, negligent and reckless. U.S. State Department reports indicate that traffic accidents are among Qatar's leading causes of death. In 2007, Qatar traffic law changed to increase fines

and license suspension periods, as well as initiate a license demerit point system.

Drive cautiously and defensively, while learning new traffic signs and roadway etiquette. Motor vehicle occupants are not at the greatest risk for injury on the roads in developing countries. Pedestrians, motorcyclists and bicyclists caught off guard by a confused or distracted driver are hurt the most.

Roundabouts are a familiar setting for road accidents in Qatar. They present complicated situations for those new to maneuvering them.

New York and Paris had the first roundabouts at the turn of the 20th century – London followed soon after. Widespread use in Europe began in the 1960s, as the design and control of roundabouts



### Qatar Traffic Department suggestions for roundabout etiquette:

1. When it is your intention to drive 270 degrees or more around a roundabout your vehicle should be in the far left lane.
2. When you intend to make an immediate right hand turn (90 degrees or less), then your vehicle should be in the far right lane.
3. When you intend to drive straight (or between 90 degrees and 270 degrees) your vehicle should be in the middle lane.



became safer and more effective. This method for managing intersecting traffic is rare in the United States today, where they are commonly known as “traffic circles.”

Roundabouts are circular intersections where traffic enters a one-way stream around a center island. Since vehicular traffic in Gulf countries rides along the right side of roads, roundabout traffic flows counterclockwise. Vehicles must veer to the left when entering roundabouts.

Yield signs are often posted to warn drivers pulling up to a roundabout – vehicles already inside have the right-of-way. Drivers who fail to yield or give adequate space cause countless accidents.

The ideal speed to travel in most large roundabouts is roughly 20 miles per hour. Beware of drivers rushing through roundabout at high speeds – excessive speed and poor

suspension causes some vehicles rollover!

Once you are in a roundabout, yield to vehicles traveling along the inner lane. The outer lanes must yield to the inner to avoid a collision. Watch out for drivers making careless last-minute left turns from the outer rings.

Fender-benders and side-swipes are common occurrences while entering and exiting roundabouts. When attempting to exit, use your turning signal well in advance. Steer to the right only after assuring the area is clear.

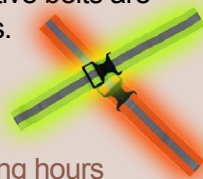
If you miss your turn, stay calm and drive around the circle again until you can exit properly and safely. There is nothing wrong with going around multiple times; a few extra laps could help keep you safe.

A little practice and a lot of patience are necessary while learning the rules for Qatar roundabouts. **A**

## 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 Sean Tucker, ASG-QA safety manager, for more information.

### Approaching a roundabout:

*Take note of all the information available on traffic signs, traffic lights and road markings that direct you into the correct lane. First, use your mirrors to check for any traffic behind you. When necessary, signal your intentions with enough time to give other drivers appropriate warning. Merge into the correct lane when it is safe to do so. Be aware of traffic speed and make necessary adjustments.*

### When you reach a roundabout:

- 1. Give way to traffic approaching from your right; unless signs, road markings or traffic lights tell you otherwise.*
- 2. Obey any traffic lights found at roundabouts.*
- 3. Obey road markings, or other instructions, that illustrate the correct lane to use.*
- 4. Pay attention to traffic already on the roundabout. Be aware of vehicles using turn signals. Try to forecast where motorists may exit.*
- 5. Watch out for pedestrians on the road. Also be aware of any bicycles or motorcycles on your left or right.*
- 6. Look ahead before moving forward. Make sure traffic has moved out of your lane of travel. Don't put yourself in a situation where you are blocking a roundabout.*



## 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 Sean Tucker, ASG-QA safety manager, for more information.

## Safety/Fire Training

Attend installation safety training.

### Confined Space Training

- May 17: 9 a.m. to noon  
First Aid Training
- May 18: 9 a.m. to 3 p.m.  
CPR Training
- May 19: 9 a.m. to 3 p.m.  
Fire Warden Training
- May 20: 9 a.m. to 10 a.m.  
Fire Extinguisher Training
- May 25: 9 a.m. to 10 a.m.  
Fire Warden Training
- June 17: 9 a.m. to 10 a.m.  
Confined Space Training
- June 20: 9 a.m. to noon  
CPR Training
- June 21: 9 a.m. to 3 p.m.  
First Aid Training
- June 22: 9 a.m. to 3 p.m.  
Fire Extinguisher Training
- June 29: 9 a.m. to 10 a.m.

Contact Sean Tucker, ASG-QA safety manager, or Robert Baldrate, fire chief, for more information.

# SAFETY

## Electrical safety

**By SEAN TUCKER**  
ASG-QA safety

Electricity is so common that most people fail to fully understand the inherent risks involved. Electrical dangers lurk in everyday, automated appliances. Every time you plug a cord into an outlet, you're connecting to a powerful flow of energy. Without appropriate safety precautions, a current can damage equipment and cause severe injuries.

Electricity is the leading cause of fires at Camp As Sayliyah. Most electrical hazards are created by overloading hardware. The following rules help ensure the safe use of electricity.

Do not string together surge protectors or power strips. Often called "daisy-chaining" or "piggy-backing," this practice creates an overload hazard. Similarly, never plug two surge protectors or power strips into a single duplex

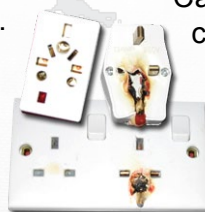
outlet. Three-to-two prong adapters are not authorized for powering devices.

Outlet devices must have a rating that exceeds the load served. Generally, the maximum level a branch circuit can support is roughly 80 percent of a circuit breaker rating. A 15-ampere safely serves roughly 12 amperes.

Most power strips are rated for 15A. This equates to approximately 1,500 watts of power connected to the device. Equipment with heating elements, such as coffee pots and hot plates, easily exceed this limit.

Caution must be used when connecting them to power strips. Check the rating.

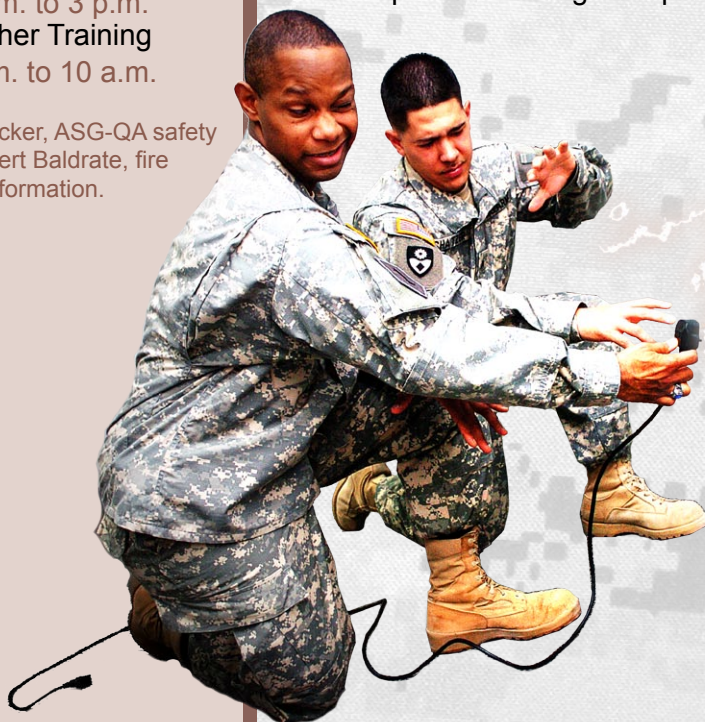
Power strips should have plastic external cases, rather than metal.



Uncoil long cords when in use, to avoid overheating wires. Cords of appropriate length avoid electrical and tripping hazards. Avoid placing extension cords across walkways or doorways. Never place power cords under carpets, doors, or other locations that subject the cords to abrasion or damage. Frayed or strained cords can spark fires.

Discard extension cords that have broken wires or damaged insulation; splicing or taping is not allowed. Only licensed electricians, or other skilled maintenance personnel, should repair an appliance or outlet.

Each individual is responsible for electrical safety. Take appropriate precautions to protect yourself and those around you. **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"> <li>• Weapon Maintenance</li> <li>• Walking Hard Surface at 2.5 mph, &lt; 30 lb Load</li> <li>• Marksmanship Training</li> <li>• Drill and Ceremony</li> <li>• Manual of Arms</li> </ul>	<ul style="list-style-type: none"> <li>• Walking Loose Sand at 2.5 mph, No Load</li> <li>• Walking Hard Surface at 3.5 mph, &lt; 40 lb Load</li> <li>• Calisthenics</li> <li>• Patrolling</li> <li>• Individual Movement Techniques, i.e., Low Crawl or High Crawl</li> <li>• Defensive Position Construction</li> </ul>	<ul style="list-style-type: none"> <li>• Walking Hard Surface at 3.5 mph, ≥ 40 lb Load</li> <li>• Walking Loose Sand at 2.5 mph with Load</li> <li>• Field Assaults</li> </ul>

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.





Engineered for life

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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: \_\_\_\_\_

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# DESERTMESH

MAGAZINE 

Edition 66

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