



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

DESERTMESH MAGAZINE

Edition 63 October/November 2009

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

Bucs battle troops online

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NCO induction ceremony

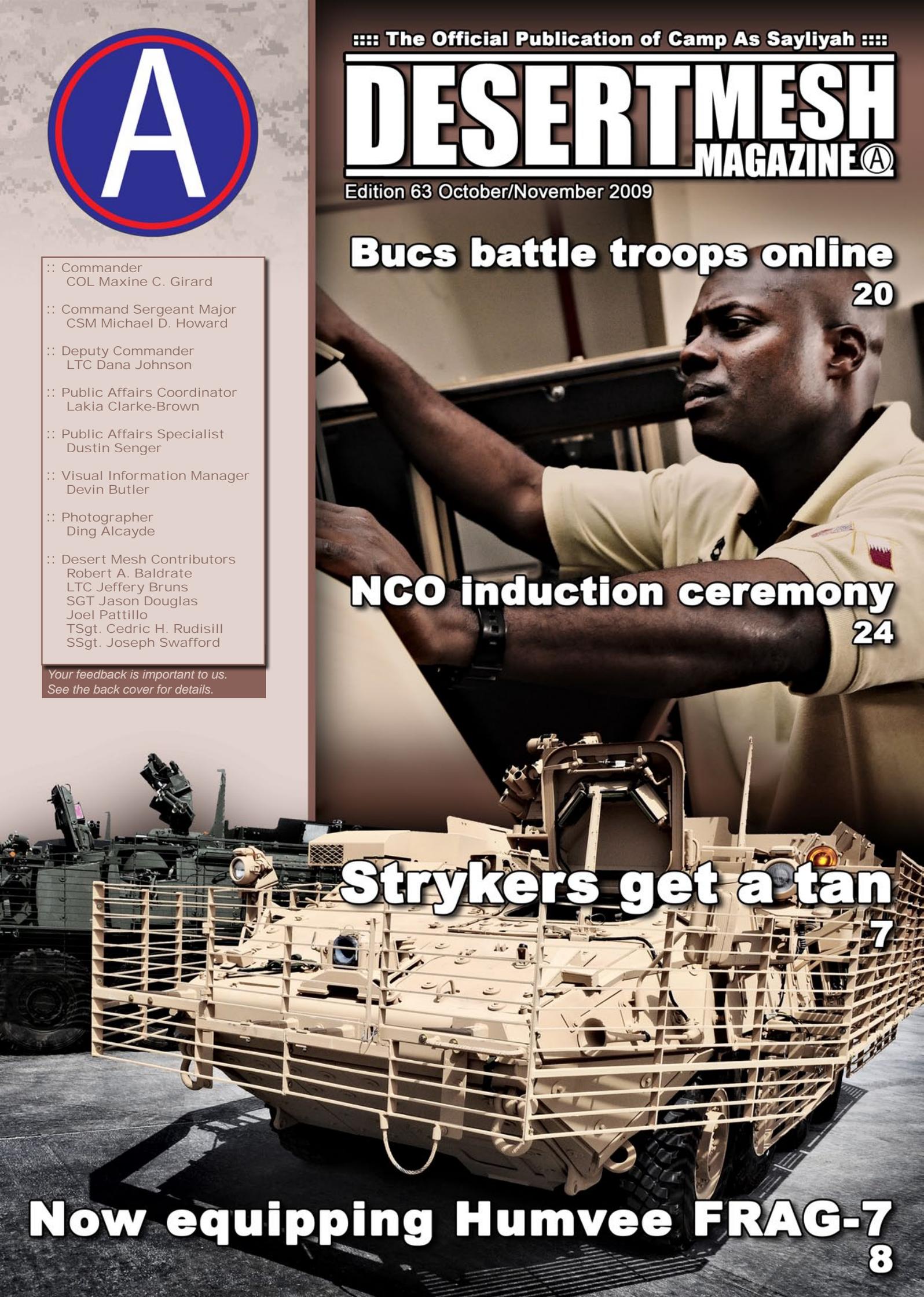
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Edition 63

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

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

COVER PAGE: (Top) A U.S. Army Sgt. 1st Class Lee Bolding, from Gulfport, Miss., watches a team of mechanics retrofit an M1151 up-armored Humvee to Fragmentation Kit Seven inside the 1st Battalion, 401st Army Field Support Brigade vehicle maintenance facility at Camp As Sayliyah, Qatar, Oct. 10. (Bottom) A Stryker armored combat vehicle sits inside a Stryker battle damage repair facility staging area at Camp As Sayliyah, Qatar, Oct. 5. The Stryker infantry carrier vehicle had been restored after deterioration during enemy engagement in Iraq. It's the first vehicle to adopt a new desert tan color in Southwest Asia, in preparation for a planned phase out of the Stryker's current deep green color. (Cover Photo-Illustration by Dustin Senger)

Camp profile: Smith explains duty as top general's aide

Airman recalls 9/11 from Arlington

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

CAMP AS SAYLIYAH, Qatar – U.S. servicemembers, Department of Defense civilians and contractors observed a shared moment of silence during a Patriot Day ceremony at Camp As Sayliyah, Qatar, Sept. 11. With the flag unfurled and flown half-staff in Arabia, each citizen privately recalled their own 9/11 story. While serving as an aide to a top military officer, Air Force Tech. Sgt. Julie Smith, from Plymouth, Mich., remembered the day a tremble rolled across Arlington County from the Pentagon.

The morning of Sept. 11, 2001, felt like any other day for Smith. It was exactly 12 years since she flew out of Detroit Metro Airport to attend basic training in San Antonio, Texas. The early morning offered nothing strange, aside from signs of unusually warm fall weather.

Since April, she had been working at the residence of Air Force Gen. Richard B. Myers, Vice Chairman of the Joint Chiefs of Staff, at Fort Myer, Va. She always started the 20-mile commute from her home in Waldorf, Md., by 6 a.m., to miss the morning rush-hour traffic surrounding Washington. She was

one of four aides reporting for duty at the general's house.

"Our job was to take care of the little details so the general didn't have to," said Smith. "We cooked and served when he hosted guests at his home. We made sure his uniforms were pressed and well presented. We cleaned and took care of all the necessary chores around the house."

"We coordinated mostly with Mrs. Myers because of the long work hours General Myers kept," said Smith, referring to Mary Jo, the general's wife. "She was wonderful."

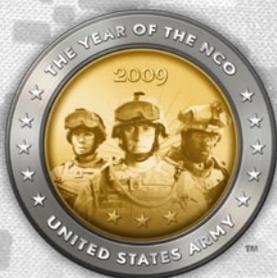
By 8 a.m., Smith and other aides were tending to their duties around the house. Mary Jo was upstairs working. On the other side of Arlington National Cemetery, contractors were completing office renovations at the Pentagon's western corridors, an area of the building that faces the Myers' residence. The effort was to better support the building's

community of over 20,000 military and civilian personnel.

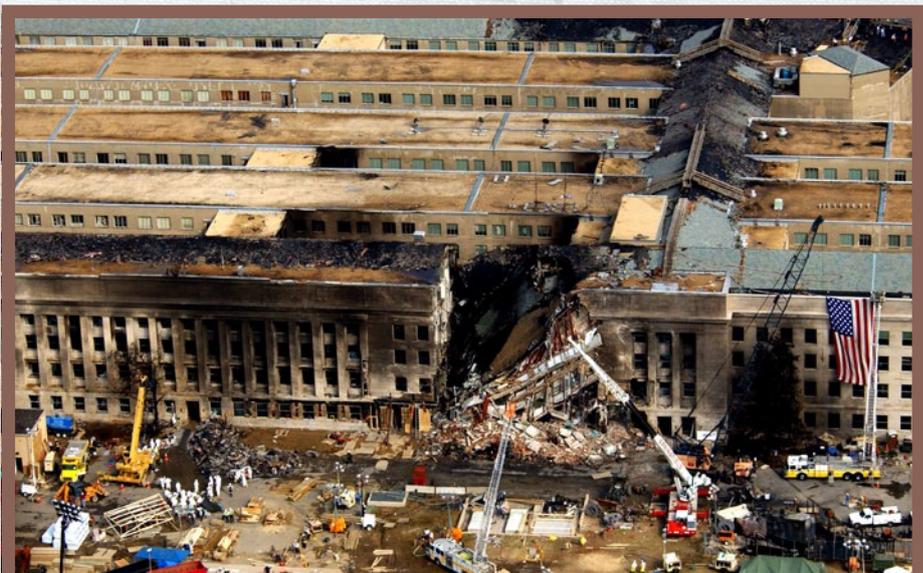
About eight miles west of the house, American Airlines flight 77 was obtaining runway clearance at Washington Dulles International Airport in Chantilly, Va. The six-person flight crew was preparing 58 passengers for departure to Los Angeles International Airport on a Boeing 757, a mid-size twinjet airliner.

"I was walking into the kitchen while taking a break from some yard work," said Smith. "Then, I saw it on the news." American Airlines flight 11 had slammed into the north tower of New York City's World Trade Center at 8:45 a.m. Then, only 21 minutes later, United Airlines flight 175 crashed into the World Trade Center's south tower. Two jets, carrying 158 passengers and 17 crewmembers, were lost in terrorist attacks.

(Smith, continued on page 22)



<http://www.army.mil/yearofthenco/>



FBI agents, fire fighters, rescue workers and engineers work at the Pentagon crash site on Sept. 14, 2001, where a hijacked American Airlines flight slammed into the building on Sept. 11. The terrorist attack caused extensive damage to the west face of the building and followed similar attacks on the twin towers of the World Trade Center in New York City. (Official Air Force Photo/Tech. Sgt. Cedric H. Rudisill)



The installation commander

Maxine C. Girard

Colonel
Commander
Area Support Group Qatar



This *Desert Mesh*, edition 63, should reach you the first week of November.

Veterans Day, Nov. 11, is a time of service and reflection. At 1630 hours, a memorial service will honor our nation's veterans of wars, past and present. We will display our gratitude for the men and women responsible for upholding our freedoms.

During this day of remembrance, take a moment to consider why we pay tribute to our veterans... and why you serve. Too often, we hear "the price of freedom isn't free," but what does that really mean to you?

Our Army values include demonstrating selfless service and respect for those who came before us. This devotion to duty exemplifies the warrior ethos inculcated in all of us, as we guard and protect our freedoms. Countless Americans have ensured that future generations would enjoy life, liberty and the pursuit of happiness, as promised by our nation's forefathers. We are forever indebted to their exemplary and selfless service.

Many thanks to everyone who helped us celebrate Hispanic Heritage Month. Hispanic Americans continue to make significant contributions to our nation and Armed Forces, at home and abroad. In November, we will continue to honor diversity with a spotlight on Native Americans.

The Combined Federal Campaign Overseas fundraiser is underway. The list of approved organizations benefits people from all walks of life. I encourage everyone to make a generous pledge this season and help those in need. Charitable giving is a great way give back and support programs that reinforce our way of life.

Our Army values include demonstrating **selfless service** and respect for those who came before us.

The holiday season is an occasion to count our blessings and be thankful for our opportunities, friends and family. If you're spending this time with us at Camp As Sayliyah, be sure to participate in the holiday events scheduled inside this *Desert Mesh*, page 31.

During this busy period, don't forget to practice and enforce safety management to identify and reduce hazards. Enjoy the holidays and stay safe!

Commander's Cup, the installation's premier fitness event, is Nov. 6 and 7. After earning the coveted trophy last spring, Area Support Group Qatar is fired up to retain it this fall. If you're not participating as an athlete, cheer on your teammates to victory!

Patton's Own!



Michael D. Howard

Command Sergeant Major
Command Sergeant Major
Area Support Group Qatar

We are in the final quarter of the Year of the Noncommissioned Officer, a Department of the Army initiative. I appreciate every unit activity that has recognized the dedication and selfless service of our installation's NCO corps in 2009.

This recognition period will soon end, but forever leave a mark due to strong supporters. If you cannot recall a significant moment when you recognized the value of an NCO, get moving and make it happen. Find ways to enhance public awareness and understanding of the roles and responsibilities our enlisted leaders tackle at Camp As Sayliyah.

I recently congratulated two outstanding NCOs: Staff Sgt. Jean Tomte and Sgt. Michael Salmen. They decided to remain part of the Army's enlisted team; the world's most accomplished group of military professionals. Their continued service to our nation allowed Area Support Group Qatar to meet mid-term re-enlistment requirements.

Veterans Day, Nov. 11, is a great opportunity to recognize Army NCO leadership. Sergeants have earned the highest military decorations for valor in the world's most dangerous contingency areas. Today, in Iraq and Afghanistan, sergeants are leading men and women through enemy engagement, selflessly and honorably, as the backbone of the U.S. Army.

Holiday activities are scheduled to create a concentrated family atmosphere among military brothers and sisters. For starters, an enormous feast will be prepared

for an installation gathering in the large dining facility on Thanksgiving, Nov. 26. A generous spread will be presented, with all the trimmings – consistent with the holiday's traditions.

After Thanksgiving, a concentrated period of religious significance begins, such as Eid Al Adha, Hanukah, Christmas and Kwanzaa. The holidays are a difficult time to be away from home, regardless if you're Muslim, Jewish, Christian, or a believer of another faith. Be sure to stay involved in social events while remaining connected with family back home.

There will be an opportunity for Central Command rest and recuperation pass program participants to obtain a home-based celebration with U.S. friends and families residing in Qatar. While I can promise there won't be any snow resting along windowsills or chestnuts snapping in fireplaces, the generous family ambiances are heartfelt and great ways to spend your holidays while overseas.

Leaders, as the weather gets cooler and the days become shorter, I must ask for your assistance in enforcing the reflective gear policy during the hours of darkness. If someone is walking about the installation without a reflective belt, introduce yourself and then our installation policy. This standard is in place to protect the force.

Soldier First, Leader Always!



Continue support for our
Year of the NCO initiative



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
- R2P2 front desk



ASG-QA Finance

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

Contact 2nd Lt. John Borman, ASG-QA finance officer, for more information.

THE WIRE

Fontaine reviews Qatar sustainment capabilities

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

CAMP AS SAYLIYAH, Qatar – Maj. Gen. Yves J. Fontaine finished his first visit to U.S. military installations in Southwest Asia as commanding general of Army Sustainment Command, at Camp As Sayliyah, Qatar, Oct. 16. During his introductory travels, Fontaine toured Army Pre-positioned Stock Five resources in Kuwait and Qatar. Lt. Col. Peter Butts, 1st Battalion, 401st Army Field Support Brigade commander, explained APS-5 sustainment facilities at the Qatar base.

Fontaine became the third commanding general of ASC during a ceremony at Rock Island Arsenal, Ill., on Sept. 2. Established in October 2006, ASC provides and synchronizes Army sustainment-level logistical operations. The command's key responsibilities include field support, material management, contingency contracting and Army pre-positioned stocks.

ITT contractors support the 1-401st AFSB mission in Qatar. Logisticians, supply clerks and administration specialists assist Soldiers with APS-5 organization and distribution. Additionally, contracted mechanics regenerate combat power by repairing, overhauling and upgrading theater-provided equipment.

Charles Shy, from Warrensburg, Mo., is an ITT Global Maintenance and Supply Service liaison based out of Rock Island, Ill. During Fontaine's visit, he explained a successful implementation of the latest Humvee retrofit mission: Fragmentation Kit Seven. According to Shy, the vehicle maintenance facility can safely and efficiently retrofit more vehicles than it's currently receiving.

"There are a lot of untapped resources here," said Shy, after meeting Fontaine. "APS-5 is fully stocked and operational in Qatar – we want more work." Shy hopes showcasing the site's APS-5 sustainment capabilities will help better balance future workloads.

"A review will determine where to best position APS-5 stock between Qatar and Kuwait," said Butts. They are always looking for ways to maximize capabilities and better support the war effort, he said. **A**



Maj. Gen. Yves J. Fontaine listens to Charles Shy, from Warrensburg, Mo., explain successful implementation of the latest Humvee retrofit mission at Camp As Sayliyah, Qatar, Oct. 16, during his first visit to U.S. military installations in Southwest Asia as the commanding general of Army Sustainment Command. Shy is an ITT Global Maintenance and Supply Service liaison based out of Rock Island, Ill. According to Shy, the vehicle maintenance facility can safely and efficiently retrofit more vehicles than it's currently receiving. (Official Army Photo/Dustin Senger)

Strykers adopt desert tan color

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

CAMP AS SAYLIYAH, Qatar – Stryker armored combat vehicles will soon receive a cosmetic makeover for better concealment in Iraq and Afghanistan. The current deep green color will be phased out in favor of desert tan. The first to adopt the change was revealed inside the Stryker battle damage repair facility at Camp As Sayliyah, Qatar, Oct. 5, an infantry carrier vehicle that had been restored after deterioration during enemy engagement in Iraq.

“Safeguarding Soldiers is the primary purpose for this color change,” said U.S. Army Lt. Col. Peter Butts, 1st Battalion, 401st Army Field Support Brigade commander. “Strykers will blend into surroundings better. They’re less likely to stand out like

silhouettes.” Produced by General Dynamics Land Systems, the eight-wheeled armored combat vehicles have been painted a foliage green color since their combat debut in 2003, supporting Operation Iraqi Freedom.

“Talks about changing the color have been ongoing since 2004,” said Butts. “Painting this first Stryker helped us understand the necessary man hours, material needs and unit coordination to finally make it happen – it’s our proof of principle.” Every Stryker vehicle sent to the Qatar repair site will depart desert tan, once administrative requirements are complete.

Tan 686A is a paint meant for desert camouflage. It’s the same solid color covering most military equipment throughout Southwest Asia, where encountering dust storms and sand dunes are far more common than thick jungles and rolling prairies. To lighten the

current tint while in sandy terrain, Central Command war fighters have relied on dust collected in the abrasive texture of the vehicle’s hull and slat armor.

The planned transition to desert tan represents the latest survivability retrofit since Stryker vehicles moved into Afghanistan this summer. Since then, GDLS welders and mechanics have installed mine protection kits, tire fire suppression kits, cameras, engine enhancements and software upgrades.

Stryker combat vehicles provide CENTCOM military operations with the following ten configurations: infantry carrier vehicle; command vehicle; fire support vehicle; engineer support vehicle; reconnaissance vehicle; medical evacuation vehicle; anti-tank guided missile vehicle; mortar carrier; nuclear, biological and chemical reconnaissance vehicle; and mobile gun system. Additional variants and improvement options are constantly explored by GDLS and U.S. government officials.

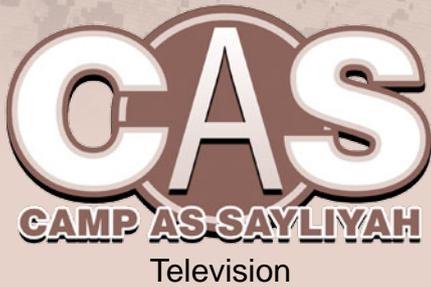
“This first tan vehicle is for Soldiers in Afghanistan,” said Rick Hunt, GDLS site manager at the battle damage repair facility in Qatar. “Soon, everything we receive from Iraq and Afghanistan for retrofit and repairs will leave here tan.” **A**



Jagadish Hajam, an auto body repairman and painter from Nepal, applies a coat of Tan 686A, a paint meant for desert camouflage, on the wheels of a Stryker armored combat vehicle inside a booth at Camp As Sayliyah, Qatar, Oct. 3. It’s the first vehicle to adopt the new desert tan color in Southwest Asia, in preparation for a planned phase out of the Stryker’s current deep green color. (Official Army Photos/Dustin Senger)

CAS-TV

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



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

CFC-O

Contact your unit representative to place your pledge for the Combined Federal Campaign Overseas. This year's fund raiser will end on Dec. 4.



Community/Area Project Officer

• Capt. Lauren Vanderhoff

THE WIRE

Qatar facility helps expedite Humvee safety upgrades

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

CAMP AS SAYLIYAH, Qatar – The 1st Battalion, 401st Army Field Support Brigade vehicle maintenance facility showcased its first M1151 up-armored Humvee fitted with Fragmentation Kit Seven at Camp As Sayliyah, Qatar, Oct. 10. Shipped from Iraq, ITT-contracted mechanics finished retrofitting the vehicle

to FRAG-7 configurations on Oct. 8, upgrading it from FRAG-5. The Qatar facility is helping expedite the latest up-armored Humvee technology for war fighters in Iraq and Afghanistan.

Central Command troops depend on Humvees for patrols, convoy security and transporting light cargo on the battlefield. FRAG-7 is the vehicle's latest up-armoring package; it began fielding earlier this year. Mechanics at the 1-401st AFSB vehicle maintenance facility are replacing obsolete parts and installing several innovations, in accordance with M1151 up-armored Humvee FRAG-7 specifications.

FRAG-7 is the [Humvee's] latest up-armoring package; it began fielding earlier this year.

“FRAG-7 provides Soldiers more protection,” said U.S. Army Sgt. 1st Class Lee Bolding, from Gulfport, Miss. He is the 1-401st AFSB maintenance noncommissioned officer in charge at the Qatar facility. “It addresses several safety issues. Now you can escape out the window after a rollover.” Vehicle Emergency Egress window kits integrate releasing levers for independently removing each windshield. Doors are easier to release after becoming jammed. Flame control is more dependable with enhanced fire suppression systems. Fuel filler door cover kits place additional armor and security around gas caps.

The Humvees latest up-armoring package protects gunners by implementing an overhead cover, designed by the Armament Research, Development and Engineering Center. The cover uses transparent armored glass for greater situational awareness



M1151 up-armored Humvees sit inside the 1st Battalion, 401st Army Field Support Brigade vehicle maintenance facility at Camp As Sayliyah, Qatar, Oct. 10. Fragmentation Kit Seven, the vehicle's latest up-armoring package, introduced an overhead cover for gunner turrets (left), designed by the Armament Research, Development and Engineering Center. It uses transparent armored glass for greater situational awareness without compromising safety. (Official Army Photo/Dustin Senger)

without compromising safety. Retrofitted Humvees have equipment replaced inside the turret to make battery-powered motorized traversing units much more durable.

Additional occupant protection is offered by a removable roof appliqué, which was jointly developed by the U.S. government and AM General.

Several add-ons compensate for increased vehicle weight. FRAG-7 armor suspension kits are installed to enhance driver control and vehicle durability. Load Range “E” tires and replacement wheel assemblies improve vehicle reliability. Stronger brake kits boost stopping power.

“Soldiers like the suspension upgrades – FRAG-7 handles better on and off roads,” said Charles Cole, from Colorado Springs, Colo. He is the ITT site manager at the Speicher vehicle maintenance facility in Tikrit, Iraq. Cole traveled to the Qatar base to support integration of the FRAG-7 mission.

“We usually work in two-person teams but this took three because of the extra weight,” said Ray Green, an ITT mechanic from Charleston, S.C. His team finished the Qatar facility’s first FRAG-7 retrofit in four days. Now that requirements are understood, each vehicle is expected to be completed within three days.

“Humvees look indestructible now,” said Bolding, who has worked on Humvees for 20 years. “I remember when they had canvas doors and no armor. Today, they look like something out of the movie ‘Mad Max.’ Soldiers will know a FRAG-7 vehicle when they see it – instantly.” **A**



Charles Cole, an ITT contractor from Colorado Springs, Colo., explains Fragmentation Kit Seven requirements for M1151 up-armored Humvees to U.S. Army Lt. Col. Peter Butts, 1st Battalion, 401st Army Field Support Brigade commander, inside the vehicle maintenance facility at Camp As Sayliyah, Qatar, Oct. 10. Shipped from Iraq, ITT-contracted mechanics finished retrofitting the vehicle to FRAG-7 configurations on Oct. 8, upgrading it from FRAG-5. The Qatar facility is helping expedite the latest in armored Humvee technology for war fighters in Iraq and Afghanistan. (Official Army Photos/Dustin Senger)



Ram Chhetri (bottom), a mechanic from Nepal, hands tools to Omanakuttan Vasu, a mechanic from India, inside the 1st Battalion, 401st Army Field Support Brigade vehicle maintenance facility at Camp As Sayliyah, Qatar, Oct. 10. The ITT-contracted mechanics helped finish retrofitting the Qatar facility’s first M1151 up-armored Humvee to Fragmentation Kit Seven configurations on Oct. 8, upgrading it from FRAG-5. They had started their second vehicle upgrade.

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 (63) was picked up by national and hometown media organizations, to include the following (source: DVIDS

360 distribution report, Nov. 2):

- ◆ American Cop Magazine; San Diego, CA
- ◆ American Motorcyclist; Pickerington, OH
- ◆ American Police Beat; Cambridge, MA
- ◆ American Rider Magazine; Maple Grove, MN
- ◆ American Road; Mount Clemens, MI
- ◆ Cycle News Magazine; Costa Mesa, CA
- ◆ Cycle World Magazine; Newport Beach, CA
- ◆ Inside The Army; Arlington, VA
- ◆ Journal Newspapers; Wayne, MI
- ◆ Law Officer; San Diego, CA
- ◆ Motorcyclist; Los Angeles, CA
- ◆ Observer & Eccentric Newspapers; Plymouth, MI
- ◆ Pentagongram; Fort Myer, VA
- ◆ Plymouth/Northville Journal; Wayne, MI
- ◆ Plymouth Observer; Livonia, MI
- ◆ Pro Vs GI Joe; Los Angeles, CA
- ◆ Raymond James Stadium; Tampa Bay, FL
- ◆ Stars & Stripes; Washington, D.C.
- ◆ Wayne Eagle; Wayne, MI

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

Holiday Mailing Deadlines

Don't miss the holiday mailing deadlines at the post office. To ensure Christmas presents make it home by Dec. 25, send them by:

- Nov. 20, for space-available mail parcel post (packages).
- Dec. 11, for Priority and First Class letters and cards.

Contact Sgt. Jennifer Jennings, ASG-QA postal services noncommissioned officer in charge, for more information.



THE WIRE

Battlefield coordination leader redeploys, liaison to Shaw

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

AI UDEID AIR BASE, Qatar – Lt. Gen. William G. Webster, Third Army/U.S. Army Central commanding general, transferred authority of air-ground tactical integration efforts, supporting Central Command military operations, during a ceremony at Al Udeid Air Base, Qatar, Sept. 27. The 1st Battlefield Coordination Detachment replaced 4th BCD inside the Coalition Air and Space Operations Center at the Qatar air base.

“Up front, I want to thank my team,” said Col. Kevin Felix, 4th BCD commander, during the ceremony. “Bottom line, your efforts helped destroy the enemy and saved American lives every day.” The BCD coordinates CAOC missions with CENTCOM land components. The Army detachment clarifies ground troop requirements, as well as educates land forces about air and space support capabilities.

“To my fellow joint peers within the CAOC,” said Felix, “I have enjoyed every minute of my service with all of you. That does not mean we didn’t disagree. We all know you cannot gain any traction without a little friction, but our discussions always remained professional and focused.”

Immediately after deploying in October 2008, Felix started



(From right) U.S. Army Col. Kevin Felix, 4th Battlefield Coordination Detachment commander, and Sgt. Maj. Paul L. Wyland, 4th BCD senior enlisted leader, arrive for a transfer of authority ceremony at Al Udeid Air Base, Qatar, Sept. 27. Following Felix and Wyland are Col. Gary R. Hisle, Jr., 1st BCD commander, and Sgt. Maj. Thomas C. Reitmeier, 1st BCD senior enlisted leader. The Third Army/U.S. Army Central commanding general transferred authority of air-ground tactical integration efforts, supporting Central Command military operations, from 4th BCD to the 1st BCD. (Official Army Photo/Dustin Senger)

discussing and implementing new integration ideas with the 1st Space Brigade commander from U.S. Army Space and Missile Command. The 4th BCD planned and executed numerous joint fire and effect missions for CENTCOM war fighters on the ground. With 1st BCD in place, the 4th BCD will return to Shaw Air Force Base, S.C.

In December, Felix will refocus his coordination leadership capabilities to meet a large-scale garrison need: relocate the Third Army/USARCENT headquarters' assets roughly 200 miles to the right, from Fort McPherson, Ga., to Shaw AFB.

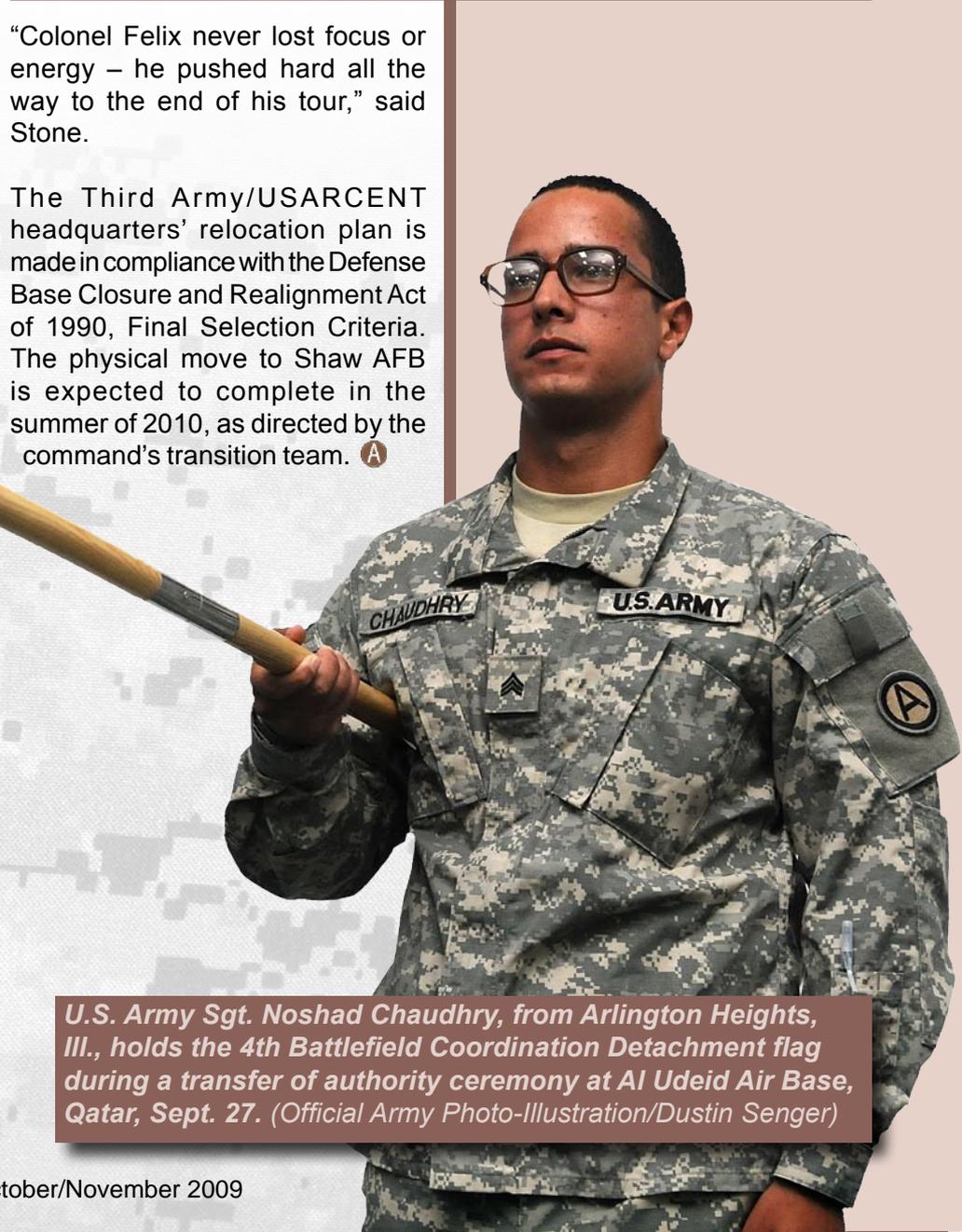
"He is a great organizer," said Air Force Col. Troy Stone, CAOC chief of combat plans, regarding Felix serving as a Third Army/USARCENT liaison officer for the headquarters' move. "He is an attention-to-detail kind of guy – exactly what they need."

"Colonel Felix never lost focus or energy – he pushed hard all the way to the end of his tour," said Stone.

The Third Army/USARCENT headquarters' relocation plan is made in compliance with the Defense Base Closure and Realignment Act of 1990, Final Selection Criteria. The physical move to Shaw AFB is expected to complete in the summer of 2010, as directed by the command's transition team. **A**



U.S. Air Force Col. Troy Stone, Coalition Air and Space Operations Center chief of combat plans, talks with Army Col. Kevin Felix, 4th Battlefield Coordination Detachment commander, following a transfer of authority ceremony at Al Udeid Air Base, Qatar, Sept. 27. "Col. Felix never lost focus or energy – he pushed hard all the way to the end of his tour," said Stone. (Official Army Photo/Dustin Senger)



U.S. Army Sgt. Noshad Chaudhry, from Arlington Heights, Ill., holds the 4th Battlefield Coordination Detachment flag during a transfer of authority ceremony at Al Udeid Air Base, Qatar, Sept. 27. (Official Army Photo-Illustration/Dustin Senger)

Education Center

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

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

Central Texas College

Police System & Practices (CJSA 1359)

- Nov. 16 to Dec. 21

Drug Recognition for Law Enforcement (CJSA 1173)

- Nov. 20 to Dec. 11

University of Maryland University College

Introduction to Writing (WRTG101)

- Nov. 6 to Dec. 20

Human Biology (BIOL 160)

- Nov. 3 to Dec. 17

Human Biology Lab (BIOL 161)

- Nov. 3 to Dec. 17

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

Rest and Recuperation Pass Program Sponsorship

Sponsor an R2P2 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 Darryl Jenkins, ASG-QA rest and recuperation pass program noncommissioned officer in charge, for more information.

THE WIRE

Base bike patrols increase officer presence in Qatar

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

CAMP AS SAYLIYAH, Qatar – U.S. Air Force Airman 1st Class Jared Ramsey, from Mandeville, La., is one of four Airmen participating in the first bike patrol policing program at Camp As Sayliyah, Qatar, Oct. 1. He had no previous bike patrol experience, but readily volunteered as an avid recreational rider stationed at Hickam Air Force Base, Hawaii.

“Qatar is hot, sandy and far less hilly than Hawaii,” said Ramsey,

after hopping off of a Smith & Wesson 24-speed mountain bike designed for law enforcement, during a mid-shift break. The 379th Expeditionary Security Forces Squadron is providing more personal interaction between security forces personnel and installation residents by imparted roving bike patrols at Camp As Sayliyah. “Our primary mission is professional community policing.”

According to Capt. Robert Lord, 379th ESFS deputy provost marshal at the Qatar base, security forces leadership interviewed interested personnel for physical fitness, professionalism and conduct. Bike patrol programs increase community patrolling and public interaction to help prevent criminal acts.

“We haven’t seen many problems here but why wait until there is one?”



U.S. Air Force Airman 1st Class Jared Ramsey, from Mandeville, La., and Airman 1st Class Trent James, from Sacramento, Calif., rest mid shift during a bicycle patrol at Camp As Sayliyah, Qatar, Oct. 1. Ramsey and James are two of four Airmen participating in the first bike patrol policing program at the Qatar base. The 379th Expeditionary Security Forces Squadron is providing more personal interaction between security forces personnel and installation residents by imparted roving bike patrols at Camp As Sayliyah. (Official Army Photo/Dustin Senger)

said Lord. "We like to remain on the offense. Any place with a lot of transient people and social activities breeds a potential for criminal activity." Camp As Sayliyah is a hub for personnel and equipment movement in the Central Command area of operations. CENTCOM war fighters continuously wander around the installation while enjoying a four-day pass from regional conflicts.

"I volunteered for the bike patrol for policing experience and exercise," said Airman 1st Class Trent James, from Sacramento, Calif., who partnered with Ramsey during the bike program's inception day. "This is something a lot of other installations aren't doing. We've already received a lot of great feedback. People are happy to see us start bike patrols since there is a lot of foot traffic here."

"Just being more mobile and visible provides a psychological deterrent for criminal activity," said Lord. "Bike patrols can get into all the nooks and crannies – off-road areas, in between barriers and buildings – places where patrol cars can't go. Plus, units have a narrower perspective while enclosed in a vehicle. On a bike, they have a much greater awareness of their surroundings."

"Officer presence helps people feel more comfortable in their environment," said Tech Sgt. Gregory Taylor, from Oklahoma City, Okla., who helped establish the bike patrol program. A training day provides: weapon drills; apprehension techniques; confrontational management and tactical communication skills; equipment maintenance and handling instructions; soft and hard surface riding procedures; vehicle and pedestrian risk assessments; and awareness of heat exhaustion symptoms and treatment.

Even into October, Qatar air temperatures regularly reach, sometimes exceed, 100 degrees Fahrenheit. Each two-person bike patrol is instructed to routinely evaluate each other for signs of heat stress. Dressed in cargo shorts and a polo shirt, their duty uniform is lighter than the camouflaged airman battle uniform worn by vehicle-mounted patrols.

"There are some limitation factors with the weather here," said Lord. "Weather safety concerns will be announced by the desk sergeant. If temperatures get too high, units will park their bikes and seek shade, as often as required. Rest is always an available option."

"Honestly, the heat isn't as bad as I thought it would be," said Ramsey. "I'm eating healthier now and enjoying getting into better physical shape." 

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

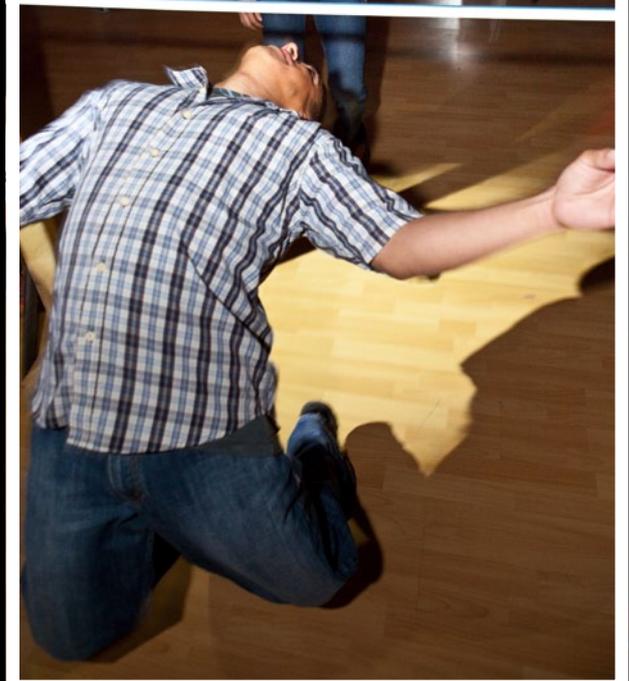
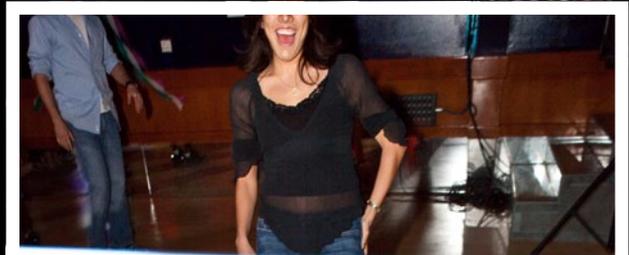
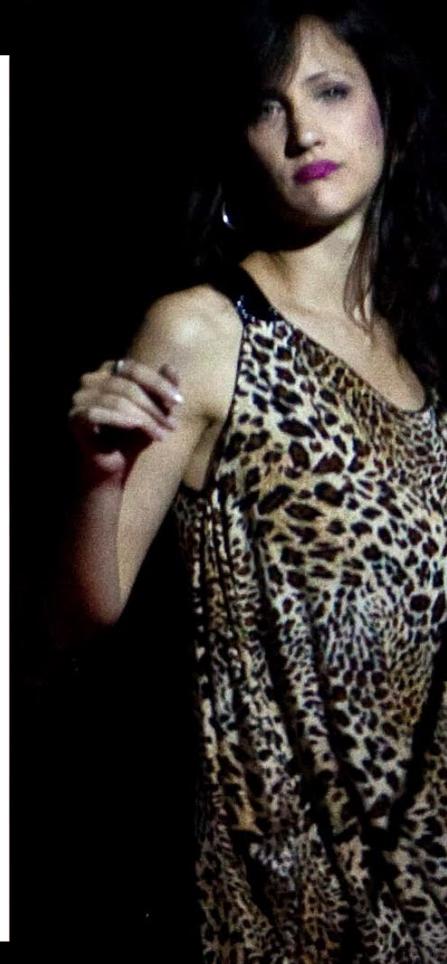
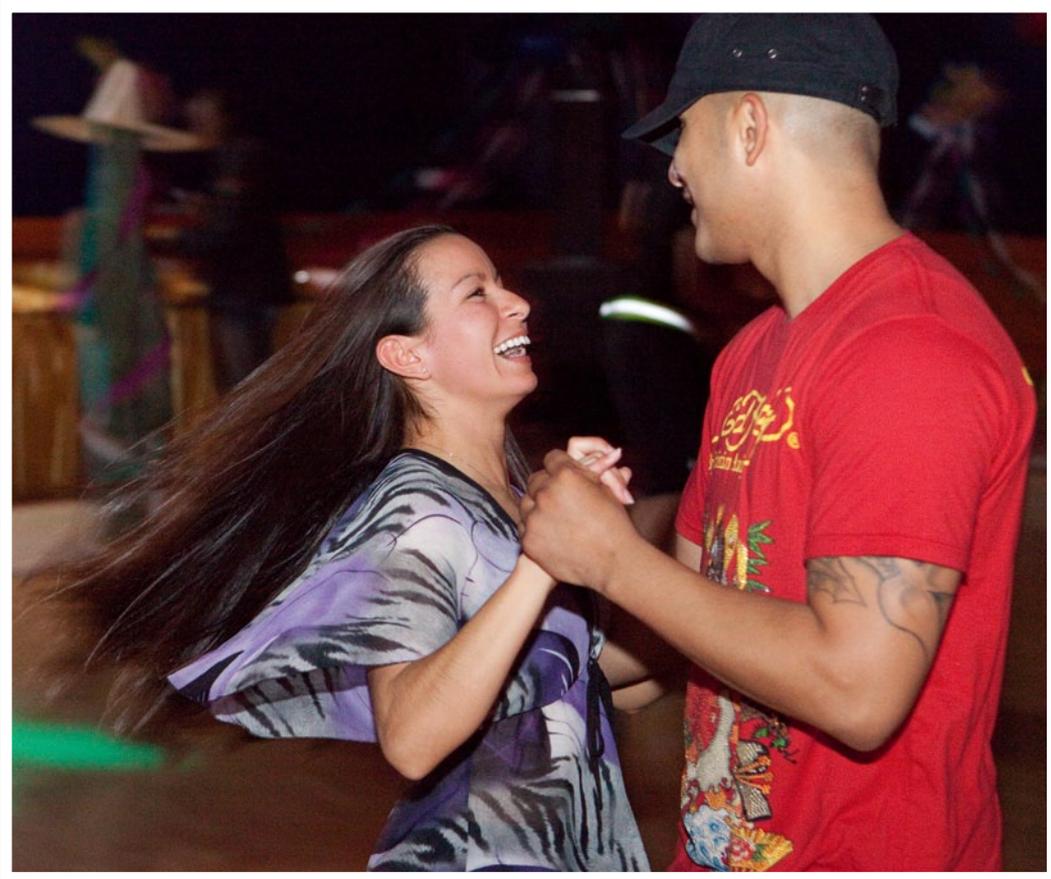
Contact Karen Beard, ASG-QA provost marshal, or Hani Abukishk, civil affairs officer, for more information.



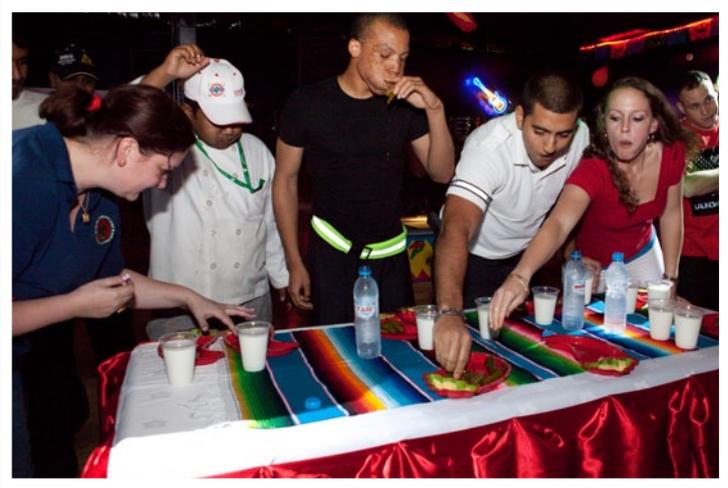
U.S. Air Force Tech Sgt. Gregory Taylor, from Oklahoma City, Okla., helps Airman 1st Class Jared Ramsey, from Mandeville, La., prepare bicycle equipment at Camp As Sayliyah, Qatar, Oct. 1. Ramsey is one of four Airmen participating in the first bike patrol policing program at the Qatar base, which Taylor helped establish. The 379th Expeditionary Security Forces Squadron is providing more personal interaction between security forces personnel and installation residents by imparting roving bike patrols at Camp As Sayliyah. (Official Army Photo/Dustin Senger)

FIESTA: HISPANIC

Oct. 15 – Official Army Photos/Devin Butler



HERITAGE MONTH



THE WIRE



Five members of the Purrfect Angelz, a team of professional models and dancers, pose for a photograph with U.S. Air Force Capt. Chris Drew (center), from Bartlesville, Okla., at Camp As Sayliyah, Qatar, Sept. 11. The five entertainers had just completed a seven-day troop support tour around Afghanistan: Lauren Kim, Samantha Werbow, Kenia Brown, Amber Strauser and Kelley Koski. "There are 46 Angelz altogether and they were the volunteers selected," said Jody Pucello from Pro Sports MVP, the company managing the tour. "They did 18-hour days and never complained about it. "They've handled it like troops." (Official Army Photo/Dustin Senger)

Rams cheerleaders complete tour of Afghanistan

By DUSTIN SENGER
ASG-QA public affairs

CAMP AS SAYLIYAH, Qatar – "We did a lot of stuff and met a lot of great people – it was amazing," said Megan, St. Louis Rams cheerleader line captain, at Camp As Sayliyah, Qatar, Sept. 16. Five Rams cheerleaders completed an eight-day tour of U.S. military installations in Afghanistan, where they met troops, signed autographs and provided evening shows. The Qatar base hosted the expeditionary entertainment

group's final performance in Southwest Asia.

"It's nice to come over here and see how it really is," said Megan, participating in her second military support trip to Afghanistan and Qatar. "It's very humbling to see how much Soldiers sacrifice to be over here." The cheerleaders were originally scheduled to visit seven military installations in Afghanistan, while based in Kandahar, but force protection issues resulted in three cancelled venues.

"It's very humbling to see how much Soldiers sacrifice to be over here," said Megan, St. Louis Rams cheerleader line captain.

"We got down to four stops because it became too dangerous but we never felt unsafe," said Megan.

"We saw a big red streak while at one forward-operating base, almost like a firework. It did get a little scary since we were just getting on a helicopter. It was eye-opening to

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 Staff Sgt. Jason Choate, 354th MLC optical lab specialist, for more information.



Megan, St. Louis Rams cheerleader line captain, watches a slideshow overview of operations at Camp As Sayliyah, Qatar, Sept. 16. Five Rams cheerleaders completed an eight-day tour of U.S. military installations in Afghanistan, where they met troops, signed autographs and provided evening shows. The Qatar base hosted the expeditionary entertainment group's final performance in Southwest Asia. (Official Army Photo/Dustin Senger)

CAS in the News!

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

see how immune the Soldiers were to enemy fire. We always knew we'd be okay."

"When you're in a war zone, you never know what to expect," said Cassidy Cleveland, Rams corporate communications coordinator and tour manager. "We had security everywhere we went. We felt safe the entire time."

According to Cleveland, the cheerleaders intend to visit servicemembers in Iraq later this year. **A**



U.S. Army 1st Lt. Natalie Cahill, (center), from Sault Ste. Marie, Mich., poses for a photograph with St. Louis Rams cheerleaders at Camp As Sayliyah, Qatar, Sept. 16. Five Rams cheerleaders completed an eight-day tour of U.S. military installations in Afghanistan, where they met troops, signed autographs and provided evening shows. The Qatar base hosted the expeditionary entertainment group's final performance in Southwest Asia. (Official Army Photo/Dustin Senger)

Celebrities show appreciation for deployed servicemembers

By LAKIA CLARKE-BROWN
ASG-QA public affairs

CAMP AS SAYLIYAH, Qatar – Five television and film stars completed a Pro Sports MVP Ambassadors of Hollywood support tour in Southwest Asia at Camp As Sayliyah, Qatar, Oct. 18. Vanessa Branch, Kelly Carlson, Greg Germann, D.W. Moffett and DeAnna Pappas traveled to military installations in the Middle East to show their appreciation for deployed servicemembers.

"I feel proud coming here to support the people who put their lives on the line for us back home," said Pappas, finishing her third tour. The five celebrities met troops and signed autographs. Branch, a Hollywood actress and Wrigley's Orbit official spokesperson, distributed complimentary packs of chewing gum.

"I came to see Greg," said U.S. Army Spc. David Graves, from Traverse,

Mich. Germann is well known for his role as Larry Dennit Jr., in the movie "Talladega Nights," a 2006 comedy movie about NASCAR drivers. "I had to meet him – he's a great actor. I felt jealous when he starred with Molly Shannon in 'Talladega Nights.'"

"Compared to other places I've toured in the Middle East, Qatar is by far the best," said Pappas. "The amenities, facilities and food here are phenomenal." Camp As Sayliyah hosts the only authorized U.S. Central Command rest and recuperation pass program. Nearly 200,000 servicemembers have participated since its inception in 2004.

Carlson referred to Camp As Sayliyah as "five-star Qatar," comparing it to U.S. military installations in Afghanistan.

"My favorite drama is 'Nip/Tuck,'" said Pfc. David Bailey, from

Charleston, S.C., after meeting Carlson, who currently stars as "Kimber Henry" in the FX evening series. "Now I have bragging rights the next time I watch the show with my friends."

"This is my first support tour," said Carlson, "but definitely not my last. Coming out here to see the troops humbles me – I look forward to coming back." **A**



U.S. Army Pfc. David Bailey (center), from Charleston, S.C., poses for a photograph with television and film celebrities during a Pro Sports MVP Ambassadors of Hollywood support tour at Camp As Sayliyah, Qatar, Oct. 18. The tour included Vanessa Branch, Kelly Carlson, Greg Germann, D.W. Moffett and DeAnna Pappas. (Official Army Photo/Lakia Clarke-Brown)

Thanksgiving

Participate in the installation festivities and gatherings:

- Nov. 26: Turkey Trot 5K Fun Run at 6 a.m. in the Community Activity Center.
- Nov. 26: Thanksgiving Day celebration at 11:30 a.m. to 2 p.m. in the large dining facility.

Contact Lt. Col. Sheva , ASG-QA MWR director, or Sgt. 1st Class Eddie Young, installation food advisor.



With over 20 members from his unit, U.S. Army Lt. Col. Peter Butts, 1st Battalion, 401st Army Field Support Brigade commander, listens to Jason Hill, a General Dynamics Land Systems weld supervisor from Olympia, Wash., explain welding requirements inside the Stryker battle damage repair facility at Camp As Sayliyah, Qatar, Sept. 21. "We are able to take vehicles with the most extreme battle damage and turn them into a brand new truck," said Hill. (Official Army Photos/Dustin Senger)



Rick Hunt, General Dynamics Land Systems site manager from Newark, Ohio, explains the team-orientated attitude inside the Stryker battle damage repair facility at Camp As Sayliyah, Qatar, Sept. 21. GDLS contractors have been repairing battle-damaged Strykers at the U.S. military installation in Qatar since 2005.

THE WIRE

Soldiers explore Stryker facility at Qatar base

By DUSTIN SENGER
ASG-QA public affairs

CAMP AS SAYLIYAH, Qatar – “You’re here to see what this Stryker facility does each day for the war fighter,” said U.S. Army Lt. Col. Peter Butts, 1st Battalion, 401st Army Field Support Brigade commander, while addressing over 20 of his Soldiers and civilians inside the Stryker battle damage repair facility at Camp As Sayliyah, Sept. 21. “The teamwork going on within this organization is incredible,” said Butts, referring to the surrounding General Dynamics Land Systems’ workforce.

For over six years, Stryker armored combat vehicles have protected U.S. Central Command forces from enemy engagement. Strykers offer troops a mobile, versatile, heavily-equipped and adaptive personnel carrier. The vehicles are capable

of carrying troops through paved streets or rough off-road terrain. Most variants travel with well over 20 tons of armor, mechanical parts, weaponry systems and life-saving equipment.

GDLS contractors have been repairing battle-damaged Strykers at the U.S. military installation in Qatar since 2005. In December 2008, the facility started accepting vehicles desperately needing maintenance after suffering through numerous troop rotations. Typically a 10-day process, reset procedures return worn out vehicles to current configurations. The site recently extended its capabilities to meet urgent retrofitting requirements; critical adaptations intended to better protect occupants on today’s battlefield.

“Repairing battle damage is our primary mission,” said Rick Hunt, from Newark, Ohio, while welcoming the 1-401st AFSB Soldiers and civilians into the facility. Hunt is the GDLS site manager at the Qatar base. He is in charge of almost one hundred GDLS contractors, a consortium of individuals contributing various technical skills throughout 12-hour shifts, six days per week. The collection of talent offers the only site capable of repairing, resetting and retrofitting Strykers in Southwest Asia. Hunt’s team accepts all three vehicle tasks. The 1-401st AFSB provides the GDLS multi-national workforce with a well-designed warehouse, administrative and logistical assistance, as well as tight coordination with military units in Afghanistan and Iraq.

“Today, we’re going to walk you through each process inside this battle damage repair facility,” said Hunt. “We’ve got teams in six bays maintaining a seamless operation that allows a constant flow of vehicles.” The morning

tour began with an introduction to repair and overhaul management. Then a warehouse supervisor explained material stock and parts accountability.

"I believe we have the best of the best for welders," said Jason Hill, a GDLS weld supervisor from Olympia, Wash., after picking up the orientation. "We are able to take vehicles with the most extreme battle damage and turn them into a brand new truck. We have fixed every vehicle that has come through here."

"These guys are my Picassos," said Hunt about the GDLS welders. "I challenge anyone to find where they made repairs."

Mark Romero, a GDLS production assistant supervisor from Tucson, Ariz., stepped forward to explain the differences between reset and battle damage repairs, as well as new retrofit requirements.

"Everyone is proud of the work they do," said Romero in summary. "We give Soldiers the very best product we can."

After familiarization with facility management, vehicle teardown, cleaning procedures, component repair and quality control, everyone walked outside to review before-and-after results. Four of the Strykers sat ready to be driven after recently completed battle-damage repairs; a collection of medical evacuation, reconnaissance and infantry carrier variants. According to Hunt, "if you can drive a sports utility vehicle, you can drive one of these trucks."

After a safety brief, the 1-401stAFSB participants separated into four groups and entered each Stryker through the rear crew compartment hatch. GDLS vehicle commanders drove the Stryker passengers to a nearby 1,600-meter paved test track.

"It's definitely a smoother and quieter ride than the M113 Armored Personnel Carriers," said Sgt. 1st Class Carl Matthews, from Farmingdale, N.J., appreciating his first experience inside a Stryker, a medical evacuation variant. Matthews said he feels safer in a Stryker than in an APC. At the track, Matthews climbed outside the vehicle through an overhead opening and jumped into the driver seat.

While positioned at the controls, every driver learned how to open and close the rear hatch, adjust the seat, set the emergency brakes and turnover the engine, as well as accelerate, stop and steer the vehicle. The drivers reached speeds between 40 and 50 miles per hour.

"We hope you obtained a better sense of understanding for what you're supporting," said Hunt, after presenting certificates of appreciation to the 1-401st AFSB Soldiers and civilians. "Everyone can continue to work hard with a better sense of purpose. Now you really know what goes on in this facility." **A**



Soldiers of the 1st Battalion, 401st Army Field Support Brigade test drive a Stryker medical evacuation variant on a test track outside the Stryker battle damage repair facility at Camp As Sayliyah, Qatar, Sept. 21. (Official Army Photo-Illustration/Dustin Senger)

USO Qatar

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

USO Qatar is seeking volunteers

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

United Through Reading

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



Contact Beverly Mullis, USO Qatar center manager, for more information.

Rest and Recuperation Pass Program

Donations

Help R2P2 participants enjoy the program's opportunities by donating your new or used items.



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

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

THE WIRE

'Pro vs. GI Joe' is hit overseas and in Tampa

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

CAMP AS SAYLIYAH, Qatar – U.S. servicemembers gathered in the United Service Organization Qatar lounge to play networked games against the Tampa Bay Buccaneers at Camp As Sayliyah, Qatar, Sept. 29. In partnership with USO Qatar, the event was organized by Pro vs. GI Joe, a nonprofit organization that connects professional athletes and celebrities in heated real-time video game competitions with troops overseas.

Pro vs. GI Joe events, sponsored by USO Qatar, have been boosting troop morale at Camp As Sayliyah

since May. The impact is felt throughout the region, given that the USO lounge is located within the only authorized U.S. Central Command rest and recuperation pass program facility in Southwest Asia. Since 2004, almost 200,000 servicemembers have sought respite at the Qatar base.

Regina Wilhite, USO Qatar duty manager, facilitated the Tampa Bay Buccaneers Pro vs. GI Joe event at Camp As Sayliyah. Servicemembers played against professional football athletes using two Xbox games: "Guitar Hero Smash Hits," a rock band simulator that groups players into full stage performances; and "Call of Duty 4 Modern Warfare," a first-person shooter that mimics combat in global hot spots.

Wilhite applied network configurations passed on by Greg Zinone, Pro vs. GI Joe co-founder



U.S. Air Force Senior Airman Walter Simpson, from St. Louis, Mo., sings 1980s rock music while Navy Petty Officer 2nd Class Joseph Holcomb, from Marysville, Calif., beats the drums while playing "Guitar Hero Smash Hits" online against the Tampa Bay Buccaneers at Camp As Sayliyah, Qatar, Sept. 29. In partnership with the United Service Organization Qatar, the event was organized by Pro vs. GI Joe, a nonprofit organization that connects professional athletes and celebrities in heated real-time video game competitions with troops overseas. (Official Army Photo/Dustin Senger)

and president. Zinone set up the Buccaneers' team meeting room, across from Raymond James Stadium in Tampa, Fla. The team had just played the New York Giants on Sunday. Upon returning to Tampa, players were eager to start their second year interacting with troops overseas online, said a Pro vs. GI Joe official. Web cams at both venues streamed live broadcasts to make face-to-face interaction possible.

"Guitar Hero Smash Hits" initiated the competitions at 6 p.m., Qatar local time. One Xbox gaming station had four possible controllers: a lead guitar, bass guitar, drums and microphone. Wilhite displayed the software interface on a 42-inch LCD television, secured on the wall, a couple inches to the right of the live Tampa video feed.

"It's not every day you get to meet professional football players – and



U.S. Army Spc. Jake Livermon, from Powhatan, Va., plays "Call of Duty 4 Modern Warfare" online against the Tampa Bay Buccaneers at Camp As Sayliyah, Qatar, Sept. 29. (Official Army Photo/Dustin Senger)



Tampa Bay Bucs running back Clifton Smith plays "Rock Band Smash Hits" against servicemembers deployed to Qatar during a Pro vs. GI Joe online video game competition at One Buc Place in Tampa, Florida, Sept. 29. Pro vs. GI Joe is a non-profit organization that sets up real-time video game competitions between professional athletes, musicians, celebrities, high-ranking military officials. (Official Air Force Photo/Staff Sgt. Joseph Swafford)

talk trash!" said Navy Petty Officer 2nd Class Joseph Holcomb, from Marysville, Calif., enjoying a four-day pass from duty in Iraq. He beat the Buccaneers football players in two "Guitar Hero Smash Hits" game sessions while performing as a vocalist. Holcomb frequently hollered out to Buccaneers cornerback Elbert Mach, linebacker Adam Hayward and quarterback Josh Johnson.

Air Force Capt. Tony Puleo, from Chicago, Ill., supported Holcomb's vocal efforts by playing lead guitar. Puleo heard about the USO-sponsored event after arriving in Qatar, also on pass from Iraq. USO Qatar staff members were searching for servicemembers with family in Tampa. Addie Zinone, Pro vs. GI Joe co-founder and overseas coordinator, was eager to make the experience special for family members by arranging reunions with their deployed loved ones. Puleo's parents, Tampa retirees, participated.

"It's not every day you get to meet professional football players – and talk trash!" said **Navy Petty Officer 2nd Class Joseph Holcomb**, from Marysville, Calif.

"This is more for them than me," said Puleo, after greeting his mother and father live on the Web cam video feed. "They're worried about me – this helps them know I'm safe."

Air Force Senior Airman Walter Simpson, from St. Louis, Mo., is stationed with his immediate family at MacDill Air Force Base in Tampa. He spoke to his wife and two-year-old daughter in between gaming sessions with the football players.

"It was cool playing with my favorite football team," said Army Spc. Jake Livermon, from Powhatan, Va., after struggling through a free-for-all rivalry in "Call of Duty 4 Modern Warfare." USO Qatar had four networked Xbox stations for the battle.

"It's a big relief to get away from Baghdad," said Livermon, on pass from Iraq. "This is the best USO I've ever seen – I've never seen so many coordinated activities. It's safe to say this is the most government-type fun I've ever had!" **A**

Troop Medical Clinic

Sick call supports acute injuries or illnesses requiring treatment or a disposition for duty status – E-6 and below must present DD form 689, signed by their first-line supervisor.

Mornings: 7 a.m. to 11 a.m.

After Hours: 7 p.m. to 11 p.m.

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

Call the troop medical clinic at DSN 432-3508

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

Desert Mesh Online!

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

Veterans Day

All are invited to attend the Camp As Sayliyah Veterans Day ceremony.

The evening's events will begin with the National Anthem followed by the a chaplain's invocation. An official wreath laying will honor veterans everywhere. A moment of silence will be observed with the playing of Taps, before the flag is lowered by a joint color guard.

• Nov. 11: ASG-QA headquarters at 4:30 p.m.

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



ARMY STRONG.

THE WIRE

Smith

(Continued from page 3)

"When the second plane hit, we were all speechless," said Smith. "We looked at each other in disbelief. It was obvious this was on purpose; an accident only happens once. We were hung on every word from the local news."

The reports eventually became redundant and the aides returned to their duties. Smith went downstairs to grab some yard gloves from her office. On her way back upstairs, she noticed the windows on the storm door shaking. Soon after, Mary Jo ran down to the kitchen, asking the aides what caused so much noise.

"At first, I wasn't sure what Mrs. Myers was talking about," said Smith. The outdoor noise was muffled due to being halfway underground, but she had noticed an odd tremor.

At 9:38 a.m., approximately 2,000 meters from the Meyer's residence, American Airlines flight 77 crashed into the west side of the Pentagon. The U.S. Department of Defense headquarters had been hit by 270,000 pounds of metal and jet fuel, accelerating at speeds over 400 miles an hour. The impact penetrated five floors and three rings, in and around corridors four and five.

"We heard a Fort Myer's Fire Department truck screaming past the house," said Smith, "followed by what seemed like every other emergency apparatus on base. All the aides ran outside to see what was going on."

Numerous fire and rescue units from around Arlington County

immediately self-dispatched. But at first, only one fire crew knew the exact location of the crash site: Fort Myer Fire Department's Foam 161. The crew was parked at the heliport just outside the Pentagon's western wall. The truck was on fire and two firefighters had been hit by flying debris. The crew's captain called the Fort Myer department, reporting the location of the crash for the first time.

"We saw this enormous smoke plume just over Arlington National Cemetery – it was at the Pentagon. I was frozen. My boss works there!"

"I ran back into the house and found Mrs. Myers in the kitchen," said Smith. "I told her there had been an explosion at the Pentagon. We locked eyes, in shock at what I just said. We held on to a fear that General Myers was inside. I said the first words: call him!" Mary Jo grabbed her phone. Myers wasn't there. His secretary said the general had been in a meeting outside the office.

The attack on the Pentagon took the lives of 189 people; 184 innocent victims and five terrorists. Overall, 106 patients received medical treatment by area hospitals, care centers and clinics. Patients mostly suffered from shock, burns, respiratory problems, head injuries and orthopedic trauma.

The Myers later learned their neighbor, three doors down, was a victim: Lt. Gen. Timothy Maude, Army deputy chief of staff. Maude's offices had recently moved to the newly renovated wing. He was the highest ranking officer killed in the Pentagon.

"Sept. 11, 2001, is the saddest and most profound moment of my life," said Smith. "But in a way, it opened

a new door for me.”

“After the attack, I realized it was time to get back to my career field in the services squadron. I wanted to join the Soldiers, Sailors, Airman and Marines deploying in pursuit of justice.”

After over 36 years of military service, Smith’s boss became Chairman of the Joint Chiefs of Staff on Oct. 1, 2001. During his first week, U.S. forces launched strikes on terrorist training camps in Afghanistan. By December, American troops and their allies had driven the Taliban from power and put the Al Qaeda on the run.

“I researched duty stations and found out a lot of people were deploying from Shaw Air Force Base in South Carolina,” said Smith. “I changed duty stations in October 2002, to Shaw, and then first deployed for Operation Enduring Freedom in July 2003.”

Since 9/11, Smith has deployed overseas five times in support of the Global War on Terrorism. As a Morale, Welfare and Recreation specialist at Camp As Sayliyah, Qatar, she supports the only authorized U.S. Central Command rest and recuperation pass program in Southwest Asia.

Eight years have elapsed since four hijacked commercial jet liners were steered toward targets along the eastern coastline of the United States, resulting in explosions that seized the lives of nearly 3,000 individuals.

“A lot of memories come to mind on Patriot Day,” said Smith. “I think about all those people who were killed. I think about their families. But the thing that hurts the most... is due to my work as a volunteer firefighter

at the Waldorf Fire Department.”

“After the towers fell in New York... my first thoughts were about the firefighters running upstairs to save lives.”

“Everybody who was anybody was helping others after the attacks,” said Smith. “Even the Secretary of Defense was assisting victims outside the Pentagon – ignoring requests for him to evacuate. Auxiliaries from all over were providing food and offering assistance.”

“There were no ranks, no prejudices, no male or female – just people in serious need. We all have our differences, but none of it mattered. Everyone’s hand was extended.” **A**



Air Force Gen. Richard B. Myers, Chairman of the Joint Chiefs of Staff, awards Staff Sgt. Julie Smith, from Plymouth, Mich., a Joint Commendation Medal for duties as his aide from April 2001 to October 2002, at the Pentagon, Washington, D.C., Sept. 15, 2002. Smith was one of four aides at the Myers’ residence when American Airlines Flight 77 crashed into the west side of the Pentagon. (Courtesy Photo)



U.S. Air Force Tech Sgt. Julie Smith, from Plymouth, Mich., sheds a tear during the playing of taps, at Camp As Sayliyah, Qatar, Sept. 11. Smith was one of four aides at the residence of Gen. Richard B. Myers at Fort Myer, Va., when American Airlines flight 77 crashed into the west side of the Pentagon on Sept. 11, 2001. “A lot of memories come to mind on Patriot Day,” said Smith. “I think about all those people who were killed. I think about their families. But the thing that hurts the most ... is due to my work as a volunteer firefighter at the Waldorf Fire Department. After the towers fell in New York... my first thoughts were about the firefighters running upstairs to save lives.” (Official Army Photo/Dustin Senger)

SOLDIERS ENTER

Sept. 18 – Official Army Photos/ Ding Alcayde

Sgt. Armond Alphabet
Sgt. Nathanael Buschmann
Sgt. Crystal Crenshaw
Sgt. Monika Cruz
Sgt. Timothy Hernandez

Sgt. Pablo Rodriguez
Sgt. Cole Salsman
Sgt. Jahdiel Santana
Sgt. Rebecca Vega
Sgt. Anthony D. Williams



<http://www.army.mil/yearofthenco>



ARMY NCO CORPS

No one is more professional than I. I am a Noncommissioned Officer, a leader of Soldiers. As a Noncommissioned Officer, I realize that I am a member of a time honored corps, which is known as "The Backbone of the Army". I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the Corps, the Military Service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind—accomplishment of my mission and the welfare of my Soldiers. I will strive to remain technically and tactically proficient. I am aware of my role as a Noncommissioned Officer. I will fulfill my responsibilities inherent in that role. All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own. I will communicate consistently with my Soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my Soldiers. I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, Noncommissioned Officers, leaders!



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.

Town Hall

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

- Nov. 2: Town hall meeting from noon to 1 p.m. in the large dining facility.

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

Equality Observance

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

Native American Heritage Month

- Nov. 12: Opening ceremony at noon in the large dining facility.
- Nov. 30: Observance from 11 a.m. to 1 p.m. in the post theater.

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

THE WIRE

LEADER ALWAYS

Professionalism
empowers
performance

By Lt. Col. DANA JOHNSON
ASG-QA

Unwavering professional conduct is a learned and constantly evolving behavior displayed by the greatest leaders. An organization strengthens when each member demonstrates awareness and appreciation for the competencies covering knowledge, appropriate skills and leadership capabilities at all levels. A team's professionalism must never be weakened by under-cutting the worthiness of any member.

A reverent attitude within all ranks builds mutual respect and trust.



Saluting is a time-honored military tradition that reminds men and women in uniform about the importance for respect and trust. It's a two-way gesture recognizing rank and service. Subordinates salute officers to thank them for their leadership. Officers return salutes in appreciation for continued loyalty. Maintaining professionalism in a unit requires an understanding and appreciation for this shared relationship, from junior Soldiers to high-ranking officers.

Today's Soldiers are bringing an unprecedented amount of knowledge to the war fight. Young



U.S. Army Soldiers assigned to Echo Company, 1st Battalion, 8th Cavalry, 2nd Brigade Combat Team, 1st Cavalry Division, instruct Iraqi police during a mission to conduct U.S. weapons familiarization training in Altun Kupri, Iraq, on 19 Oct., 2009. "The IP definitely are eager to learn and are known for their professionalism and organization," said U.S. Army 1st Lt. Bryan Riggs, a platoon leader with Echo Co. (Official Army Photo/Staff Sgt. Jason Douglas)

American Education Week

American Education Week has been celebrated across the United States every year since 1921. This year, the Army Continuing Education System joins forces with educators to strengthen their resolve in providing education for Soldiers under the theme: "The Year of the Noncommissioned Officer – Leading the Way Through Education," observed from Nov. 15 to 21.

- Nov. 18: Education fair from 11:30 a.m. to 1:30 p.m. in the large dining facility.
- Nov. 19: Basketball between University of Maryland University College and Central Texas students at 6 p.m. in the small gym.

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

professionals are remarkably proficient in technical skills. Expanding educational curriculums are equipping them with the technical skills previous generations never thought possible, by way of robust computer systems and various other products of the information age.

Leaders must remain open to new initiatives, while mentoring and exemplifying traits that build professional character and conduct. Soldiers readily follow leaders, without question, when they feel respected and trusted in return. They don't need aggressive action to weave them into a loyal framework. The days requiring loud, demanding orders in the military are over; replaced by less stressful, yet highly assertive, communication that commands loyalty through shared professionalism.

Professionalism encourages communication, enforces standards and minimizes risks while executing missions.

Displaying professionalism requires an organization to uphold reciprocal respect in all areas of the workplace, even day-to-day dialogue. Answering a senior officer with "yeah" or "nah" are responses that continue to grind against military standards. An attentive "yes, sir!" or "no, staff sergeant!" are retorts similar to the salute, they show appreciation for leadership and the individual's years of honorable service.

When everyone feels valued, unit cohesiveness is empowered by greater feedback, unrestrained brainstorming and more cultivated creativity. Professionalism encourages communication, enforces standards and minimizes risks while executing missions. Steadfast professionalism enhances performance at every level, which sets the foundation for a first-rate organization. **A**



U.S. Army Spc. Alex P. Vanderwilt, an infantryman with the 4th Squadron of the 2nd Stryker Cavalry Regiment based out of Vilseck, Germany, shows Romanian senior noncommissioned officers the inside of a Stryker at a static display as part of Joint Task Force-East's NCO Day at the Mihail Kogalniceanu Airfield, Romania, Oct. 8. JTF-East's annual NCO Day showcases the leadership and professionalism of the U.S. Armed Forces' enlisted ranks. (Official Army Photo/Sgt. Marla Keown)

RED RIBBON WEEK

Oct. 29 – Official Army Photos/Ding Alcayde



Photography Support

Photos are available on the ASG-QA Intranet Web site:

<http://www.arcentqa.mil>*

*ASG-QA domain access required.

DRUG PREVENTION



Suicide Risk Signs

A combination of the following actions, feelings, thoughts, and physical characteristics could indicate a suicidal tendencies.

Actions

- Giving away possessions
- Withdrawal (family, friends, school, work)
- Loss of interest in hobbies
- Abuse of alcohol, drugs
- Reckless behavior
- Extreme behavior changes
- Impulsivity
- Self-mutilation

Feelings

- Desperate
- Angry
- Guilty
- Worthless
- Lonely
- Sad
- Hopeless
- Helpless

Thoughts

- "All of my problems will end soon"
- "No one can do anything to help me now"
- "Now I know what they were going through"
- "I just can't take it any more"
- "I wish I were dead"
- "Everyone will be better off without me"
- "I won't be needing these things anymore"
- "I can't do anything right"
- "I just can't keep my thoughts straight anymore"

Physical

- Lack of interest in appearance
- Change/loss in sex interest
- Disturbed sleep
- Change/loss of appetite, weight
- Physical health complaints

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

THE WIRE

Season to care and give

By Lt. Col. JEFFERY BRUNS
Installation ministry team

We are entering the holiday season! The power lineup of Thanksgiving, Christmas and Hanukkah – closing with New Year's Day – is hard to beat. All four exude an attitude of joy and celebration that seems to take over everything we do. We find ourselves more frequently surrounded by friends, family, food and in many cases, football.

In general this season tends to perk people up. People seem to be happier and more outgoing during the holiday season, more than any other time of the year. Many people readily take on the mission of making others happy by finding that special gift for a friend, loved one or family member. Soldiers, wherever they are in the world, find a way to carry on the holiday cheer. They often have their own unique ways of celebrating the holidays, such as hand-crafted ornaments or trees lighted with Chemsticks.

Two of my most memorable Christmases were shared with Soldiers during deployments. The greatest of these involved simple things such as a Christmas Eve service followed by a night of playing Pinochle and sharing the Christmas goodies loved ones sent us. It did not replace family, but it sure carried us through the holiday season.

Through the years, I have also learned that, for some, holiday

joy is overwhelmed by worries, concerns and fears that they just cannot put aside. The feelings might just be "holiday blues," but for some, they could be indicators of a downward spiral that ends with an attempt to take their own life.

I believe each holiday season provides us a unique opportunity to reach out and help those who may be overwhelmed by situations for which they see no means of resolution, short of suicide. With increased interaction during holiday festivities, it's more obvious who is standing back from the crowd.

When you see the signs or indicators that suggest a person is struggling or overwhelmed, take the time to ask about what's going on in their life.

When you see the signs or indicators that suggest a person is struggling or overwhelmed, take the time to ask about what's going on in their life. Let them know you sense an internal struggle. Try

to open a door for them to share. As you listen to their story, you are providing a base level of care for that individual. You may never know it, but your simple act of care may change their path from despair to hope. Encourage distraught individuals to talk to a chaplain (DSN: 432-2198 or 432-4308) or the installation psychologist (DSN: 432-2158).

For the Christian, a central theme to the celebration of Christmas is God's love. The scripture's direct us to "serve one another in love" (Galatians 5:13b). We share love when we care for the needs and hurts of others. May this holiday season be a season of giving – giving our time and attention to those around us, as well as giving our care and concern to those who need encouragement. **A**

MWR and USO events

- ♦ Commander's Cup
Nov. 6-7 • All Day • Various venues
- ♦ Hip Kitty Band
Nov. 8 • 7 p.m. • Top-Off Club
- ♦ Veteran's Day 5k Fun Run
Nov. 11 • 6 a.m. • Community Activity Center
- ♦ Red, White & Blue Comedy Tour
Nov. 14 • 7 p.m. • Top-Off Club
- ♦ Evelyn Rose Band
Nov. 20 • 7 p.m. • Top-Off Club
- ♦ Pool-side Luau
Nov. 21 • 6 p.m. • ASG-QA pool
- ♦ Holiday Door Display
Nov. TBD • All day • Various venues
- ♦ Turkey Trot 5k Fun Run
Nov. 26 • 6 a.m. • Community Activity Center
- ♦ Thanksgiving Day Celebration
Nov. 26 • 11:30 a.m. to 2 p.m. • Large dining facility
- ♦ Christmas Tree Lighting Ceremony
Dec. 10 • 6 p.m. to 7 p.m. • ASG-QA headquarters
- ♦ E-pictures with Santa
Dec. TBD • USO
- ♦ Christmas Eve 5k Fun Run
Dec. 24 • 6 a.m. • Community Activity Center
- ♦ Christmas Day Celebration
Dec. 25 • 11:30 a.m. to 2 p.m. • Large dining facility
- ♦ New Year's Eve 5K Fun Run
Dec. 31 • 6 a.m. • Community Activity Center
- ♦ New Year's Eve Celebration
Dec. 31 • 9 p.m. • Top-Off Club

All events are subject to last-minute changes. Contact Lt. Col. Sheva Allen, MWR director, for current information.

AAFES movie schedule

- Nov. 2 • 7:30 p.m. • **Inglourious Basterds** (R)
- Nov. 3 • 7:30 p.m. • **Jennifer's Body** (R)
- Nov. 4 • 7:30 p.m. • **The Goods: Live Hard. Sell Hard.** (R)
- Nov. 5 • 7:30 p.m. • **Surrogates** (PG-13)
- Nov. 6 • 5 p.m. • **Extract** (R)
- Nov. 6 • 7:30 p.m. • **Zombieland** (R)
- Nov. 7 • 5 p.m. • **Shorts** (PG)
- Nov. 7 • 7:30 p.m. • **Zombieland** (R)
- Nov. 8 • 5 p.m. • **Julie And Julia** (PG-13)
- Nov. 8 • 7:30 p.m. • **Sorority Row** (R)
- Nov. 9 • 7:30 p.m. • **Gamer** (R)
- Nov. 10 • 7:30 p.m. • **I Can Do Bad All By Myself** (PG-13)
- Nov. 11 • 7:30 p.m. • **Surrogates** (PG-13)
- Nov. 12 • 7:30 p.m. • **Zombieland** (R)
- Nov. 13 • 5 p.m. • **Sorority Row** (R)
- Nov. 13 • 7:30 p.m. • **Where The Wild Things Are** (PG)
- Nov. 14 • 5 p.m. • **I Can Do Bad All By Myself** (PG-13)
- Nov. 14 • 7:30 p.m. • **Where The Wild Thing Are** (PG)
- Nov. 15 • 5 p.m. • **Surrogates** (PG-13)
- Nov. 15 • 7:30 p.m. • **The Informant** (R)

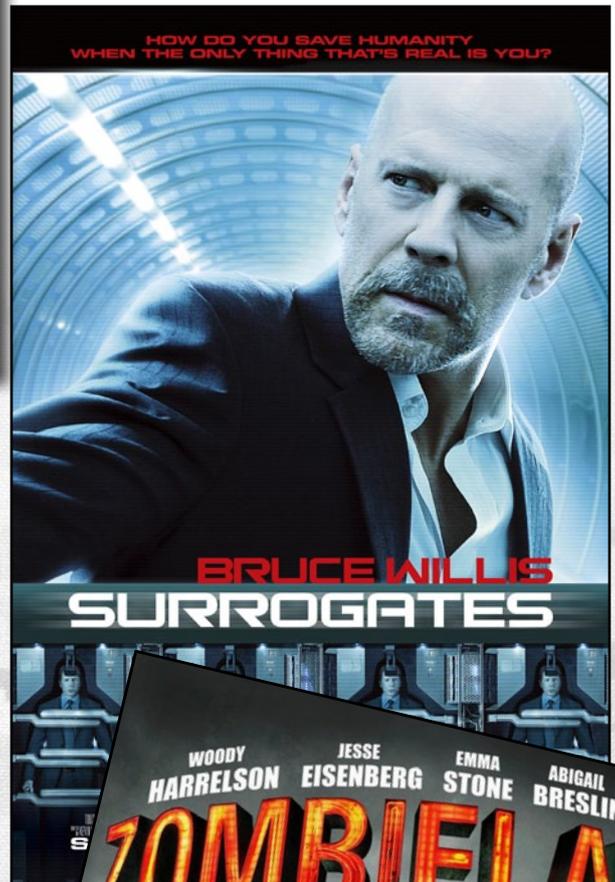
Army & Air Force Exchange Service

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

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



November 6 and 7
Does your unit have what it takes to beat the best during the installation's premier fitness challenge?



FITNESS MANIA!

U.S. Army Lt. Col. Antonio Oquendo, Area Support Group Qatar, scored 3,820 points to win the September fitness challenge at Camp As Sayliyah! His score is 1,200 points higher than the previous competition's first-place overall finisher. In second place is Yvette Dockery, Medical Logistics, with a score of 2,310 points which earned her first place for the females.

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



MWR Fitness challenge

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

Elliptical Challenge

• Nov. 15 to Dec. 15. Sign up in the large gym.

Contact Lt. Col. Sheva Allen, ASG-QA MWR director, for more information.

Chaplain Services

Attend the installation ministry team's spiritual support services.

Spiritual Fitness Luncheon

- Nov. 25: Luncheon at noon in the large dining facility.
- Dec. 30: Luncheon at noon in the large dining facility.

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

FITNESS

SOLDIER STRONG



Fitness Q&A

By DUSTIN SENGER
ASG-QA public affairs

Q. I recently heard about rotating carbohydrate intake for fat loss. Is this another diet fad?

A. Cyclic ketogenic diets have been used for decades by endurance athletes and bodybuilders, but for different reasons. Endurance athletes use CKD programs to super compensate glycogen levels for increased stamina. Bodybuilders, athletes depending on defined muscle presentation, employ carbohydrate cycles to maintain musculature while losing fat mass. Carbohydrate cycling can improve physical endurance or muscle exhibition. It's important to fully understand the stages – and the numerous numbers involved – to obtain a desirable effect.

Energy is needed by the body to stay alive, warm and active. Loosely defined, energy is the power used to do work, produce heat or emit light. It cannot be created or destroyed – only changed from one form to another. When the human body's core temperature increases, energy is being converted to heat. We obtain energy contained within food and drinks; such as carbohydrates, proteins and fats. We oxidize dietary macro nutrients to produce energy for automatic and voluntary bodily functions and movements. Energy is also used to build new tissues for growth and repair.

To maintain bodyweight, input must

match output. To lose bodyweight, a person must consume less energy (food calories) than he or she expends (activity plus basal metabolic rate). Different people require different amounts of energy. Some activities and physical environments require more energy than others.

The body never burns pure fat, and stored glycogen and proteins are routinely used to feed the metabolic furnace. Manipulations in diet (input) and physical activities (output) can lead the body toward a preference, but a combination of substrates will always recharge the human battery. No matter the dietary structure, weight-loss programs must be slow processes in order to maximize fat loss and preserve muscle mass.

Successful CKD programs push periods of heightened fat mobilization to their breaking point, when a state of alarm triggers the body's thermostat to cool down and hoard fat to prevent death. Just when significant protein (muscle) loss becomes inevitable, a surge in calories from carbohydrate-rich sources stokes the heat of the human furnace, so fats can once again be pushed back into the proverbial fire. CKD programs provide this effect using two dietary stages: glycogen depletion and carbohydrate loading.

Glycogen depletion

Primarily stored in liver and muscle tissue, glycogen is the main form of carbohydrate storage in the human body. On average, muscle and liver glycogen stores remain elevated with the consumption of a typical mixed diet. The muscles are capable of storing nine to 16 grams of glycogen per kilogram but an average person will generally store less, in the region of 350 grams. A low-carbohydrate, high-fat diet combined with an energy deficit quickly depletes these deposits, leaving fats and proteins as the only fuel sources for survival.

Depleting body glycogen stores leads to a state of ketosis, brought about by a surge of ketones in the blood. Ketone levels rise as the liver increases conversion of fat into ketone bodies, an alternative to glucose for metabolic fuel. This condition may occur during intermittent periods of fasting, or while consuming a ketogenic weight-loss diet restricting carbohydrate intake.

To properly alter body composition, daily caloric deficits while depleting should stay around 20 to 30 percent, to accelerate fat loss and minimize protein wasting. Resistance training routines based on supersets and short rest intervals help liberate fats from storage. As previously mentioned, protein loss eventually becomes harder to avoid, resulting in decrements in limit strength and endurance capabilities. That's when it's time to shift gears and rev up the body's metabolism.

Carbohydrate loading

Calorie loading helps retain and rebuild muscle after phases of energy restriction. To prevent muscle and strength loss, CKD programs in bodybuilding often limit periods of glycogen depletion to around seven



U.S. Army Staff Sgt. Dereck Souder, from College Park, Ga., trains his biceps at the Camp As Sayliyah gym, Qatar, Oct. 29. Cyclic ketogenic diets have been used for decades by bodybuilders to maintain musculature while losing fat mass. (Official Army Photo/Dustin Senger)

to 14 days, where carbohydrate loading is frequently referred to as “carb loading,” “carb-ups” or “re-feeds.” In which, the body is flooded with carbohydrates to trigger a rebound in cellular hydration and anabolic (tissue-building) processes.

Depleting glycogen before a carbohydrate load sets the stage for glycogen over compensation to occur; resulting in maximized energy storage and cellular hydration, or volume. Amid a brief interruption in physical training, high-carbohydrate intakes can double stored glycogen levels from baseline conditions.

Carbohydrate loading consists of consuming an increased amount of starches and sugars; in conjunction with a low-fat, moderate-protein diet. From a depleted condition, replenishing glycogen can take fit individuals two or three days but most storage occurs within the first 24 hours of high-carbohydrate intake. Suddenly loading carbohydrates after an extended depletion period will cause gastrointestinal distress and weight gain.

It's important to drink plenty of water while carbohydrate loading. At least

three grams of water per gram of carbohydrate are required for optimal glycogen replenishment. Basically, an athlete should drink as much water as possible to ensure proper hydration. Dry carbohydrate loading is likely to create painful muscle cramps and spasms.

Early weight fluctuations are mostly due to hydration and glycogen uptake, not fat. In fact, it's difficult to regain fat within the first 24 hours of a carbohydrate load after properly depleting. The body focuses on replenishment long before considering storage. As loads last more than 24 hours, low-fat food choices become mandatory. Once glycogen stores fill up, fat storage becomes more likely. An exceedingly smoother appearance is an indicator of excessive intake, termed “spilling over” by many sports nutritionists.

The heightened physiological state immediately following a carbohydrate load is a great time to reintroduce intense power training. A hard workout can create an adequate stimulus for muscle preservation, or possibly growth, right before returning to another depletion phase.

(Carbohydrates, continued on page 34)

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

Free Bowling Tuesdays Evenings

Contact Lt. Col. Sheva Allen, ASG-QA
MWR director, for more information.

Personnel Claims Army Information Management System (PCLAIMS) Launched

On October 1, 2009, the United States Army Claims Service (USARCS) launched the Personnel Claims Army Information Management System (PCLAIMS). PCLAIMS allows Soldiers and Army civilian employees to file claims, under the Personnel Claims Act online rather than having to physically visit or mail documents to a military claims office.

PCLAIMS is accessed via the Judge Advocate General's Corps Internet site at <http://www.jagcnet.army.mil>.

Click on the "U.S. Army Claims Service" link located on the JAGCNET homepage and then click on the "PCLAIMS" link. You must have an Army Knowledge Online account to use PCLAIMS; claimants without such accounts should contact their nearest military claims office to file.

The new program makes it more convenient to file claims for property loss from any location with an internet connection.

Contact Maj. John Venskus, ASG-QA command judge advocate, for more information.

FITNESS

Carbohydrates

(Continued from page 33)

Estimating fat loss

CKD programs make it challenging to find an easy method to gauge body fat loss due to constant weight fluctuations. One way is to monitor bodyweight changes during the same stage, wearing the same clothes, under the same conditions. For instance: recording morning weights during the final days of depletion phases in the same gym clothes.

Hidden carbohydrates make estimating fat loss even more difficult by causing unexpected weight fluctuations. Be sure to read food labels and online nutritional databases for anything questionable. Some common misconceptions about low-carbohydrate food choices are: milk, carrots, imitation crab meats, some deli meats, hot dogs, smoked sausages and a few products using artificial sweeteners. When eaten in abundance, those foods can disrupt adequate glycogen depletion – causing a carbohydrate load to quickly result in fat gains.

Aside from reading food labels, you must decrease food consumption as you lose weight. As you lose total body mass, caloric output drops – caloric intake or expenditure must adjust. Otherwise, depletion periods will keep revealing the same bodyweight, or even increase.

A weekly weight loss of one to two pounds is an acceptable rate for burning fat while sparing muscle. This tempo may sound slow at first, but the overall picture is what's most important. At that rate, a trainee could shed 12 to 24 pounds of fat during a 12-week program. Carving off 24 pounds of excess fat, while maintaining hard-earned muscle, definitely decreases the waistline and improves muscular definition.

Losing body fat isn't easy – your body fights back. It doesn't care about looking good. It cares about continued existence and will easily interpret weight loss as a deadly position. Rotating caloric intake helps athletes maintain proper metabolism and hormonal balance. Aside from performance gains and fat loss, an athlete can learn a lot about macronutrient effects within their system by applying CKD principles. **A**



U.S. Army Staff Sgt. Dereck Souder, from College Park, Ga., trains his shoulders at the Camp As Sayliyah gym, Qatar, Oct. 29. Depleting glycogen before a carbohydrate load sets the stage for maximized energy storage and cellular hydration. (Official Army Photo/Dustin Senger)

Exercise prescription for improving immune function

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

A common perception by elite athletes is that frequent and intense exercise leaves the body predisposed to infections. However, an inconsistency exists when health care professionals suggest that regular exercise is beneficial to the immune system by providing some resistance to infections. So, who's right?

The human body is a complex physical structure of organic tissue, where an isolated event can affect tissues in several other locations. The immune system, essential for maintaining good health, is an adequate ambassador of our complexities. Dysfunction can lead to a wide variety of diseases.

Sports immunology is a relatively new field of study; focusing on physical, psychological and environmental stress on immune function. Over the last 100 years, medical journals have published over 600 articles on the subject; the majority since 1990. Most recently, medical professionals and scientists have begun to understand the interaction between exercise and immune function, as well as the problems associated with subjective symptoms. A large collection of scientific, clinical and epidemiological data supports the concept of positive and negative impacts of exercise on the immune system, to include the American College of Sports Medicine position papers and the Surgeons General's report on physical activity and health.

The relationship between exercise and susceptibility to infection takes on a 'J'-shaped curve, where exercise can have both positive and negative effects on immune function and susceptibility to minor illnesses.

Fairly convincing evidence suggests moderate and regular physical activity is associated with decreased incidences of infection. More specifically, it has been reported that around two hours of moderate exercise per day is associated with a 29-percent risk reduction for picking up an upper respiratory tract (URT) infection, compared to a sedentary lifestyle.

On the other hand, research using elite and aggressively-trained athletes suggests a discord in exercise and health. Reports following a competitive ultra-endurance running event indicate a 100- to 500-percent increase in risk of infection for several weeks. This is a concern for elite athletes since even minor infections can result in a drop in performance and the ability to sustain a heavy workload. Severe infections can cause persistent fatigue.

Periods of intense training do suppress several aspects of immunity but athletes do not become clinically immune deficient. Moreover, many reported symptoms of respiratory tract infections (sore throat, runny nose, congestion, fever) are subjective, and as such, easily over-exaggerated. URT symptoms are easily confused with allergies, inhalation of air pollutants and airway inflammation.

Many nutritionists suggest dietary supplementation for enhancing the body's immune system; such as vitamin C, vitamin E and zinc. Several studies have shown 500-600mg of vitamin C per day minimizes occurrence of URT infections

following ultra marathons. While vitamin E at doses around 400IU support immune function, excessive amounts appear detrimental by increasing oxidative stress on cells. Consumption of carbohydrate during exercise supports energy levels, proper immune function and lowers circulating levels of cortisol, the main adrenal stress hormone that acts as an anti-inflammatory agent.

However, once again, another contradiction exists: it's possible that antioxidant supplementation and carbohydrate ingestion during exercise could limit adaptations to exercise, as well as negating fat burning affects from an increase in blood glucose levels. Some adaptations depend on inflammation and a suppressed immune system. It can also be argued that carbohydrate intake during exercise allows the athlete to train harder and longer.

Extreme exercise may impair immune function, but this may not be entirely harmful to an otherwise healthy host, partially due to how these events also lead to reduced whole-body inflammation – events also benefiting long-term health. More research regarding immune system responses to sports and exercise is being conducted in clinical and scientific settings. Today, it's a lot of this-for-that information, but it's likely some innovative and interesting conclusions will follow in the future. **A**

EDITOR'S NOTE: Dustin Senger has spent nearly 15 years researching theories in human performance. To properly introduce new concepts, his knowledge stems from reviewing the research of many authorities, personal application and coaching others. Consult your primary care provider before beginning a new exercise routine or changing your diet.

Things to know about Eid Al Adha in Qatar

- ❑ Eid Al Adha is expected to begin on or around Nov. 27.
- ❑ Muslims will begin a four-day celebration with family and friends.
- ❑ An official announcement by the Qatar Ministry of Civil Service will close all government agencies for several days.
- ❑ Most malls and stores will be open during the holiday.
- ❑ U.S. citizens should practice extra caution in Qatar; be especially vigilant around large gatherings.

Eid Al Adha is a time to remember your Muslim friends. Congratulate them for the arrival of this special time of year. "Eid Mubarak," an Arabic phrase meaning "blessed Eid," is an appropriate phrase to express well wishes to any Muslim in Qatar.

Contact Hani Abukishk, ASG-QA civil affairs officer, for more information regarding cultural awareness and sensitivity in Qatar.



Qatar's Fort Zubara stands as a reminder of Qatar's history and the royal family's rise to power. In 1938, Abdullah bin Jassim Al Thani ordered construction of the fort in the long disputed Al Zubara district. Qatar's Coast Guard remained stationed at the fort until 1980. (Official Army Photo/Dustin Senger)

CULTURE

Rise of Qatar's royal family

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

Qatar, an Islamic nation situated on the eastern coast of the Arabian Peninsula, is a constitutional monarchy ruled and administered by an emir. Hamad Bin Khalifa Al Thani holds absolute power over one of the richest countries in the world. Today, Qatar exhibits a glamorous and prosperous exterior; however, it wasn't always this way. The Al Thani royal family understands success is a product of struggle.

Qatar has sustained human existence for thousands of years. Recent archeological excavations have unearthed evidence of human existence during the Stone Age and Neolithic periods. In the 7th century, Islam swept across Arabia. Many early settlers were simply passing through or hiding from regional conflicts. By the 17th century, the Khalifa family occupied much of northern Qatar. They established an important seaport at Zubara, which they later used to later conquer Bahrain.

In the 19th century, Thani bin Mohamed became the first to rule the peninsula after Khalifa control dissolved. The sheikh's home was in the eastern city of Bida, known today as Doha, Qatar's capital city. His son, Mohammad bin Al Thani, would gain control in 1847 and migrate with his family to Doha.

In 1867, Bahrain's Khalifa family attacked Qatar. They stormed through homes in Doha and neighboring Wakra. The British, primarily interested in keeping a safe and open trade route through the Persian Gulf, negotiated removal of Khalifa presence in 1868. This initiated the Al Thani family's

increased power and influence in Qatar.

In 1872, the emir allowed a controversial occupation by the Ottoman Turks, which finally led to total separation of Khalifa control. Accepting the Turkish flag eventually caused turmoil within Qatar's ruling family and its people. Due to his father's old age, control was passed on to Jassim bin Mohammad bin Al Thani in 1876.

In March 1893, Turkish attempts to increase their power led to war at Wajbah, west of Doha. Qatari victories in battle led to the rise of national heroes, as well as the ascendancy of the Al Thani royal family and Qatar as a nation. Once again, British intervention would put an end to another violent period and restore peace on the peninsula. The Turks completely separated themselves from Qatar in 1915. However, Khalifa territorial claims remained a dispute until 2001, when Qatar agreed to give the Hawar Islands to Bahrain in exchange for territorial compromises.

British attention continued to stem from Qatar's strategic location to their colonial holds in India. Discovery of oil and other hydrocarbons would further spike their interest. British negotiations declared a promise to help protect the Al Thani royal family against forceful opposition. A 1916 treaty with the British officially recognized Abdullah bin Jassim Al Thani as his father's successor. In 1934, another treaty provided further British protection. In August 1948, Ali bin Abdullah Al Thani succeeded his father as ruler of Qatar.

In December 1949, the first shipment of onshore oil was sent from Mesaieed. The next several years would lead to the discovery of high-quality oil at Dukhan, in western Qatar. Qatar flourished with expanding immigration and social progress as resources

became plentiful and oil became a major export. Pressure from the Arab emirates led to Britain officially announcing their political disengagement in 1968. On Sept. 3, 1971, Qatar became an independent and sovereign state.

Khalifa bin Hamad Al Thani assumed power on Feb. 22, 1972, after overthrowing his cousin's heir to the throne in a nonviolent opposition supported by key members of the Al Thani family. He became known as the first modern ruler of Qatar. The U.S. embassy was opened in March 1973 and the first resident ambassador arrived in July 1974.

The emir took a strong interest and supervisory role over all aspects of the government and the growth of the country. The Al Thani royal family promptly gained admittance to the United Nations and the Arab League. They later joined the Organization of Petroleum Exporting Countries and were a founding member of the Gulf Cooperation Council.

Hamad bin Khalifa Al Thani, born in 1950, would later depose his father on June 26, 1995 after a bloodless coup. Rivalries and factions are not uncommon in large royal families. The emir and his father reconciled in 1996.

With a grant from the emir, the Al Jazeera news and current affairs satellite television channel launched in 2006. Qatar's news station gained worldwide attention after the attacks in the United States on Sept. 11, 2001. Al Jazeera provided live coverage of the conflicts in Afghanistan. The station remains a leading controversial English and Arabic news source.

The Gulf state's oil and natural gas revenues quickly earned it the highest per capita income in Arabia – the nation is second in the world, according to October 2009 estimates from the U.S.

Central Intelligence Agency World Factbook. The nation is expected to climb to the world's top position as they increase refinement and exportation of natural resources. U.S. companies are major partners in the development of the nation's oil and gas sector and petrochemicals.

The small Arabian nation has made enormous strides in business, investment opportunities and international athletic competitions. The Pearl, a \$2.5-billion investment project on a reclaimed island, is expected to accommodate 30,000 residents by late 2009. Its 7,600 luxurious properties, within 10 themed districts, will offer the first freehold residential rights to international investors in the Gulf state. After successfully hosting the 15th Asian Games Doha in 2006, Qatar submitted a proposal to host the 2016 Olympic Games. According to the Doha 2016 official Web site, the bid exemplified how the nation "embraces the modern world," by providing a venue for "first-class business, technological and sports facilities."

Qatar also focuses hosting a world-class educational system. Education City, a 2500-acre campus, hosts some of the world's leading universities and aims to become the center of educational excellence in the Gulf. Several U.S. universities have positioned branch campuses in Qatar, to include Texas A&M University, Weil Cornell Medical College, Carnegie Mellon University, Virginia Commonwealth University School

of the Arts, Georgetown University School of Foreign Service and Northwestern University.

Qatar's current emir is popular among the nation's people. It's common to see demonstrations of loyalty to his ruling, and pride in the nation's present posture. The emir has announced intentions to move toward democracy while introducing numerous economic and social reforms. In April 2003, the country's constitution was approved by a democratic referendum, which came into full force in June 2005. The same year Qatari citizens approved the new constitution, the first woman was appointed to the cabinet as minister of education.

Today, members of the Al Thani royal family are known as generous rulers and innovative thinkers in Qatar. Their leadership has allowed the Gulf state to gain worldwide recognition and international acceptance. The Al Thanis continue to hold absolute power in Qatar, with no serious challenges to their authority. **A**



Deputy Secretary of Defense Paul Wolfowitz meets with Hamad bin Khalifa Al Thani, emir of Qatar, in Washington, on Oct. 5, 2001. The emir presented a \$1-million check to Wolfowitz to be used to assist families of victims of the 9/11 terrorist attack on the Pentagon. (Official DOD Photo/Helene C. Stikkel)

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>.

The meaning of Eid Al Adha for Muslims

Eid Al Adha, the Festival of the Sacrifice, takes place on the tenth day of the last month on the Islamic calendar, Dhul-Hijjah. Each year, millions of Muslims from around the world make an annual pilgrimage to Mecca to worship Allah. The pilgrims re-enact a significant scene from Muslim history by slaughtering sheep.

The annual celebration of Eid Al Adha commemorates the prophet Ibrahim's willingness to sacrifice his son, Ishmael, in response to a command from Allah. Ibrahim and Ishmael completed a journey to Mina, Saudi Arabia to complete the sacrifice. Satisfied with Ibrahim's devotion, Allah replaced Ishmael with a sheep at the last second. The sheep was slaughtered instead.

The first day of Eid Al Adha is the primary holiday. Muslims are expected to dress in their best attire and perform prayer in a large congregation. Muslims around the world participate in the sacrificial rite; they offer sheep and other livestock. The meat is distributed to ensure no impoverished Muslim is left without. One part is given to the poor, another to neighbors and the remaining kept for the family of the person who provided the sacrifice.

Contact Hani Abukishk, ASG-QA civil affairs officer, for more information regarding cultural awareness and sensitivity in Qatar.

DOHA LIFE

Troops attend opening of Doha Tribeca Film Festival

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

DOHA, Qatar – U.S. servicemembers experienced the first annual Doha Tribeca Film Festival at the Museum of Islamic Art in Doha, Qatar, Oct. 29. Qatar Museums Authority, in conjunction with the Tribeca Film Festival, is showcasing the most innovative Arabic and international films during a four-day celebration of community, education and culture.

"I'm beside myself right now – I love it that I came here," said U.S. Army Staff Sgt. Priscilla Sanchez, from Paterson, N.J. "I've been to the Tribeca Film Festival in New York City. It's a big event and they're not always easy to get in to." Robert De Niro, Jane Rosenthal and Craig Hatkoff founded the Tribeca Film Festival in 2001 to spur economic



The first annual Doha Tribeca Film Festival begins at the Museum of Islamic Art in Doha, Qatar, Oct. 29. (Official Army Photo/Dustin Senger)

and cultural revitalization of lower Manhattan after the terrorist attacks on the World Trade Center. Part of the festival's mission statement focuses on reaching out to the international film community. On behalf of the founders, Rosenthal and Hatkoff greeted the Qatar audience to share their appreciation for the newfound partnership.

"Qatar picked the perfect setting," said Sanchez. "The lighting around the museum is so beautiful." The Qatar Museum of Islamic Art is a structural masterpiece designed by acclaimed architect I. M. Pei. Situated along the Gulf waters,



Qatari actors and actresses perform short theatrical episodes based on Arabic traditions during the first annual Doha Tribeca Film Festival at the Museum of Islamic Art in Doha, Qatar, Oct. 29. (Official Army Photo/Dustin Senger)

the museum's massive and elegant geometric shapes glistened with bright blue lights during the twilight grand opening of the Doha Tribeca Film Festival.

Movie makers and celebrities from around the world walked down a digital red carpet as the evening events began. The Qatar Philharmonic Orchestra performed 100 years of cinema classics from the museum's spacious waterfront property, as thousands of beach chairs filled with festival supporters. Qatari actors and actresses performed short theatrical episodes based on Arabic traditions.

After video presentations explaining the inception of the Doha Tribeca Film Festival and remarks by officials, a cinematic screen, 24 meters wide and 10 meters tall, advanced for an open-air screening of "Amelia," by director Mira Nair. The movie illustrates the life of aviation pioneer Amelia Earhart, starring Hilary Swank and Richard Gere. Nair introduced her movie and told the audience: "In cinema, we annihilate distances in culture."



U.S. Army Staff Sgt. Priscilla Sanchez, from Paterson, N.J., Navy Petty Officer 3rd Class Matthew Bisson, from Potrero, Calif., and Army Private David Varnum, from Bath, Maine, look through a film guide after the first annual Doha Tribeca Film Festival at the Museum of Islamic Art in Doha, Qatar, Oct. 29. (Official Army Photo/Dustin Senger)

"Qatar captured the same spirit and atmosphere as New York City," said Sanchez, while watching fireworks launch from behind the museum after the film ended. "Everyone was watching an American movie, about our history, and they were really into it. Just like the Tribeca Film Festival back home, where we watch foreign movies with great interest."

"That was amazing – the museum, the palm trees, the lighting," said Private David Varnum, from Bath, Maine, who was enjoying a brief pass from Iraq by participating in the U.S. Central Command rest and recuperation pass program at Camp As Sayliyah, Qatar. "Everyone was laid back and having a good time. It was history in the making and it's cool to be a part of that." **A**



An audience fills thousands of beach chairs while the Qatar Philharmonic Orchestra performs 100 years of cinema classics during the first annual Doha Tribeca Film Festival at the Museum of Islamic Art in Doha, Qatar, Oct. 29. After video presentations explaining the inception of the Doha Tribeca Film Festival and remarks by officials, a cinematic screen, 24 meters wide and 10 meters tall, advanced for an open-air screening of "Amelia," by director Mira Nair. (Official Army Photo/Dustin Senger)

Motorcycle Safety Situations when crashes are most likely to occur:

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



Ways to increase awareness for riders on the roadways:

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

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

Drove a Little Fast?

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

Qatar Ministry Traffic Citations

- Driving Through a Red Light 6000 QR
- Driving While Using a Phone 500 QR
- Not Using Seat Belts/Front Seats 500 QR
- Children Under 10 in Front Seats 500 QR
- Driving Without a License 500 QR
- Overtaking on the Right 300 QR
- Unnecessary Use of Horn 300 QR

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

SAFETY

Motorcycle safety coaches certified at Qatar base

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

CAMP AS SAYLIYAH, Qatar – Al Hydeman, Motorcycle Safety Foundation managing director, certified U.S. servicemembers and contractors as MSF Honda Safe Motorcyclist Awareness and Recognition Trainer coaches at Camp As Sayliyah, Qatar, Sept. 29. The nine experienced riders are the only MSF-certified coaches in Southwest Asia, each committed to combating motorcycle fatalities in the military community by teaching safe riding practices in a deployed environment.

Hydeman supplied four days of concentrated instruction at Camp

As Sayliyah, a hefty support and sustainment hub for the Central Command area of operations. Six months earlier, he certified the first three MSF SMARTrainer coaches in the Middle East while delivering the device to the Qatar base. According to Hydeman, the Honda systems are effective at teaching safe motorcycle riding habits, providing an experienced rider is capable of properly guiding the user experience and interpreting results.

Founded in 1973, the MSF encourages safer and more enjoyable motorcycle riding by ensuring access to education and training for current and prospective riders. The MSF is an internationally recognized organization that provides leadership to the motorcycle safety community through its expertise, tools and partnerships.

Hydeman remained flexible with individual mission requirements



The Honda Safe Motorcyclist Awareness and Recognition Trainer (SMARTrainer) plays back a previous scenario during an Motorcycle Safety Foundation SMARTrainer class at Camp As Sayliyah, Qatar, Sept. 29. Nine experienced riders were certified as MSF SMARTrainer coaches, each committed to combating motorcycle fatalities in the military community by teaching safe riding practices in a deployed environment. (Official Army Photo/Dustin Senger)

while offering three blocks of instruction at the Qatar base: a motorcycling classroom discussion and exam; a SMARTrainer hardware and software operation overview; and an applied coaching techniques session. Everyone had to pass all three stages to become an MSF-certified SMARTrainer coach.

SMARTrainer systems integrate a computer, monitor and printer with a noise suppression headset and realistic motorcycle controls. The handlebars are equipped with all the features of an actual motorcycle, to include a unique Vehicle Identification Number. Hydeman said having a good speaker system is a must. A loud speaker capable of reproducing low bass frequencies helps riders feel changes in the simulated engine's transmission, vibrations similar to real-world riding.

Powerful software provides four possible driving courses: practice, city, suburban and touring. Each scenario is further broken down into several different routes, as well as options to navigate through daylight, nighttime or foggy conditions. Coaches can pick situations that students are most likely to encounter.

MSF instruction uses the "SEE" strategy – search, evaluate, execute – which centers on staying aware of hazards, planning escape routes and implementing safe maneuvers.

"All crashes are caused by an interaction of contributing factors – it's never one event," said Hydeman, while reviewing a completed SMARTrainer course. "If we zoom out the playback, we can see all the challenges that made an upcoming accident likely in this scenario: obscured vision from the roadside wall, a car quickly



AI Hydeman, Motorcycle Safety Foundation managing director, role plays as a student for U.S. Air Force Tech Sgt. David Shaw, from Tulsa, Okla., during an MSF Honda Safe Motorcyclist Awareness and Recognition Trainer (SMARTrainer) class at Camp As Sayliyah, Qatar, Sept. 29. Nine experienced riders were certified as MSF SMARTrainer coaches, each committed to combating motorcycle fatalities in the military community by teaching safe riding practices in a deployed environment. (Official Army Photo/Dustin Senger)

pulling into traffic ... and one, two, three, four cars approaching from the opposing lane."

"Instead of lecturing, he taught us how to use learner-centered coaching principles," said U.S. Air Force Tech Sgt. David Shaw, from Tulsa, Okla. "He taught us to teach riders to make their own decisions and never force concepts on them. We don't want to discourage people, but rather build them up while remaining firm enough to get the message across."

"I'm going to practice as much as I can," said Shaw, who has ridden sport bikes for around ten years. "The controls are second nature to me, but I need to get to know different maps and hazards better to best help my students. I want to become a subject matter expert on the SMARTrainer."

According to Hydeman, each coach receives an MSF SMARTrainer identification number. They are also subscribed to monthly MSF news via e-mail, which contains information meant for coaches and state motorcycle safety administrators. Coaches must continue to teach safe riding practices with the Honda system or their certification may be terminated by MSF officials.

"Instead of lecturing, he taught us how to use learner-centered coaching principles," said U.S. Air Force Tech Sgt. David Shaw, from Tulsa, Okla.

"Remember, you're not important here – the rider is the most important," said Hydeman to a group that just completed their final certification class. "You're here to discover rider weaknesses and

where there is room for them to improve. You've been given a handful of knowledge; now you need to master it. You can save lives with the SMARTrainer. You'll never know it, but I guarantee you will." **A**

Fire prevention

If a fire breaks out, call the installation fire department (911). Do not waste time – if possible, fight the flames with a fire extinguisher.

To fight a fire with an extinguisher, remember the acronym: **PASS**

Pull the pin (or other motion) to unlock the extinguisher.

Aim at the base (bottom) of the fire and stand 6-10 feet away.

Squeeze the lever to discharge the agent.

Sweep the agent from left to right until the flames are completely extinguished.

Other points to remember:

- Smoke and deadly gases rise during a fire. Crawl below the smoke, where the air is cleaner.
- Check smoke detectors at least once per month.
- Change smoke detector batteries if the device starts chirping.

Contact Joel Patillo, installation safety manager, or Daniel Guzman, installation fire chief, for more information.

Permanent Off-Limit Areas in Doha for Camp As Sayliyah Military 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 Karen Beard, ASG-QA provost marshal, or Hani Abukishk, civil affairs officer, for more information.

SAFETY

Fire Prevention Week focuses on electrical safety

By **ROBERT A. BALDRATE**
Installation fire department

“Stay Fire Smart, Don’t Get Burned,” is the 2009 National Fire Protection Association theme for Fire Prevention Week, the longest running safety education campaign announced by presidential proclamation. President Calvin Coolidge announced the inaugural week on Oct. 4, 1925. For over 80 years, the nonprofit NFPA has officially sponsored the national commemoration by selecting a theme for safety professionals to support.

The greatest fire threats on Camp As Sayliyah are faulty appliances, non-approved extensions, adapters and power strips.

Camp As Sayliyah activities kicked off with the beginning of this year’s campaign on Oct. 4. Installation events included a fire muster, safety demonstrations, evacuation drills, extinguisher training, a fire station open house and a

kid’s safety day. Fire Prevention Week training focused on the proper use of electrical appliances. Firefighters taught participants how to identify safety risks and hazards “beyond the plug,” where every recorded electrical fire on camp has occurred.

The greatest fire threats on Camp As Sayliyah are faulty appliances, non-approved extensions, adapters and power strips. When conducting inspections, common discrepancies are: proper use of electrical devices (extension cords, adapters and surge protectors), as well as suitable housekeeping, flammable items storage, operational smoke detectors and routine monthly inspections of fire extinguishers and alarm panels. Everyone

must help address these concerns to noticeably reduce the risks of tragedy on the installation.

Before plugging in an electrical appliance, be sure it displays a certification by Underwriters Laboratories, a product-safety testing organization, or “Conformité Européene,” a French phrase meaning “European Conformity.” With a genuine UL or CE marking, some approved items are multi-plug adapters, grounded 12- to 14-gauge extension cords, as well as power strips with integrated circuit breakers or fuses.

Fused adapters must have either a British Standard 1362 or BS 1363 inspection seal that ensures compliance with electrical standards. Installation Fire Prevention Policy 157 provides further information



about electrical safety regulations.

Keeping personnel and facilities safe are the utmost priorities for installation firefighters and emergency services. Routine visits, inspections and safety campaigns help guarantee a shared concern throughout the Camp As Sayliyah community. Dedicated efforts will continue to produce and support fire safety during work and everyday living. If you would like additional information, contact the installation fire department at DSN 432-2758. **A**



Servicemembers learn emergency response drills during Fire Prevention Week at Camp As Sayliyah, Qatar, Oct. 4. "Stay Fire Smart, Don't Get Burned," is the 2009 National Fire Protection Association theme for fire prevention week, the longest running safety education campaign announced by presidential proclamation. (Official Army Photo/Ding Alcayde)

Chemical safety

By JOEL PATTILLO
Installation safety

The Occupational Health and Safety Administration attempts to ensure chemical safety in the workplace. OSHA's Hazard Communication Standard requires the development and dissemination of the following:

- ✓ Chemical manufacturers and importers are required to evaluate the hazards of the chemicals they produce or import.
- ✓ Prepare labels and material safety data sheets to convey the hazard information to their downstream customers.
- ✓ All employers with hazardous chemicals in their workplaces must have labels and an MSDS available for their exposed workers, as well as train them to handle the chemicals appropriately.

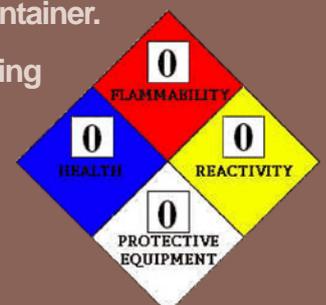
In summary, the HCS says employees have "the right to know" about potential chemical hazards within the workplace.

Everyone also has the right to understand proper personal protective equipment associated with a chemical, because many can cause injury, illness or even death – if handled improperly. Before using any chemical, it is important to read the container's warning labels and review the

item's MSDS. This information serves to inform handlers of potential hazards. It is important to store, carry and use chemicals correctly, wear appropriate personal protective clothing and equipment, and know what first aid measures should be taken in the event of exposure. **A**

Workplace chemical safety tips:

- 📄 Know where your employer keeps your work area's MSDS book.
- 📄 Make sure every chemical container you use has a label (only exception: portable containers for immediate use).
- 📄 Report missing or illegible labels to your supervisor.
- 📄 If you don't understand what a label means, ask your supervisor before proceeding.
- 📄 Follow the label precautions for safe handling.
- 📄 Use the correct personal protective equipment and clothing.
- 📄 Learn emergency procedures and basic first aid.
- 📄 Never use a chemical in an unlabeled container.
- 📄 Know, in advance, what to do if something goes wrong.
- 📄 Attend your employer's training classes about the Hazard Communication Standard.



TROOPS GATHER

Oct. 4 – Official Army Photos/Devin Butler



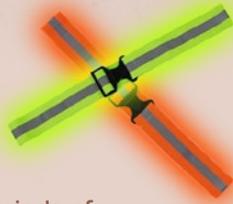
FOR FIRE MUSTER



WEARING OF REFLECTIVE BELT/ GEAR

(Ref: USARCENT Policy Memo OPL PROT 04)

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



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

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

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

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

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

SAFETY

Seasonal protection from influenza

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

Camp As Sayliyah troop medical clinic staff have been administering the seasonal influenza vaccines since September. H1N1 vaccinations are expected in early November. Flu vaccinations are required for servicemembers and DOD civilians, while U.S. and foreign national contractors are highly encouraged to obtain them from off-post clinics. According to the Centers for Disease Control and Prevention official Web site, a vaccine is the single best way to protect against an influenza illness.

"Until an H1N1 vaccine is available," said U.S. Army Maj. Sameer Khatri, troop medical clinic director, "practicing good hygiene, social distancing and staying fit are the

best ways to keep from getting any communicable disease."

Flu preparations are updated each year, since circulating viruses are always changing. This year, the H1N1 virus is accompanying seasonal flu inoculations – two vaccinations are required for protection from both strains. Flu symptoms include fever, sore throat, chills, fatigue, cough, headache and muscle aches. These symptoms can become dangerous for individuals with heart disease or breathing problems, such as asthma.

Camp As Sayliyah seasonal flu vaccines contain an inactivated virus that is injected intramuscularly; usually in the arm. Flu shots are approved for healthy individuals six months of age and older, including people with chronic medical conditions and pregnant women. Around two weeks after vaccination, antibodies begin providing protection from the flu, an effect that lingers for up to one year. It's unclear if the H1N1 vaccine will be administered intramuscularly or intranasally at Camp As Sayliyah, said Khatri.

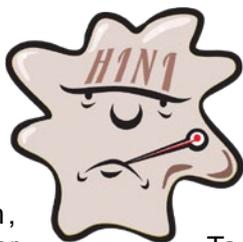


U.S. Army Maj. (Dr.) Sameer Khatri, Third Army/U.S. Army Central Area Support Group Qatar medical and health services director explains an H1N1 influenza isolated personnel responsibilities contract at Camp As Sayliyah, Qatar, Oct. 28. Sgt. 1st Class Paul Holley, USARCENT assistant inspector general, reviewed the program's procedures. (Official Army Photo/Dustin Senger)

No shortage of either vaccination is anticipated, but quantities of H1N1 vaccines at local clinics may be unpredictable. According to the CDC, initial target groups for the 2009 H1N1 vaccination are pregnant women, people who provide infant care, health care and emergency medical services personnel, people six months through 24 years of age, as well as anyone considered a high risk for influenza-related health complications.

Camp As Sayliyah medical officials confirmed the installation's first H1N1 infection on Oct. 19. The affected individual, a male U.S. Army Soldier, was immediately isolated after reporting to the troop medical clinic with influenza-like symptoms on Sept. 28. A medical assessment at the troop medical clinic declared the patient free of symptoms for

more than 24 hours on Oct. 2. The Soldier had not traveled outside Qatar since a vacation to the United States in July.



in the community. Trips to the troop medical clinic are always allowed, but a hospital mask must be worn to cover the mouth and nose.

At Camp As Sayliyah, individuals are isolated after demonstrating a combination of influenza-like symptoms with an elevated body temperature of 100.4 degrees Fahrenheit or higher. They are restricted to quarters while under close medical supervision to minimize possible H1N1 exposure

To help minimize the impact contagious sicknesses have on a community, obtain appropriate vaccinations as they become available. More information about primary and H1N1 influenza can be found at <http://www.cdc.gov/flu> or <http://www.cdc.gov/h1n1flu>, respectively. **A**

Qatar rain on the horizon

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

Eventually, brief showers will wash off the foregoing summer stickiness, while reminding everyone: it does rain in Qatar.

Isolated rain showers may occur as early as September, but heavier downpours aren't expected to emerge until December and remain likely until March. During the country's inclement weather season, heavy fog frequently arises during early morning commutes – be prepared for unexpected delays.

Qatar's annual average rainfall is a mere three inches, according to the World Meteorological Organization. Showers tend to occur in short bursts throughout the cool months. In December 2006, Qatar residents witnessed record-breaking downpours – the wettest season in over 40 years. Heavy rain accompanied by strong winds left major roads and highways completely submerged in water.

It's impossible to determine exactly

how much will fall, but downpours are sure to introduce extra roadway safety concerns. Existing hazards, such as potholes and reckless driving, are amplified during periods of heavy rain and fog. Accidents are often caused by unprepared drivers – individuals unfamiliar with driving during poor weather conditions.

The majority of Qatar's intersections and roundabouts are beveled in a way that allows water to run off the shoulders. However, the nation's infrastructure often lacks sufficient irrigation systems to properly displace substantial amounts of water. Steer clear of deep puddles to lessen your chance of losing control.

Plan to drive slowly when roads are wet. Brake earlier than usual and allow greater stopping margins. At the sight of rain, switch on your headlights to help you see the road and, most importantly, pedestrians.

Take extra caution when visibility is limited and roads are slick. Precautionary driving habits will help you prevent an accident and arrive to your destination safely. So far, we haven't seen any showers, but it's likely that a couple downpours will occur soon. **A**

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.

Safety/Fire Training

Attend installation safety training.

Confined Space Training

- Nov. 18: 9 a.m. to noon
Unit Safety/Fire Warden Training

- Nov. 19: 9 a.m. to 5 p.m.

Fire Extinguisher Training

- Nov. 24: 9 a.m. to 10 a.m.

First Aid Training

- Nov. 29: 9 a.m. to 3 p.m.

CPR Training

- Nov. 30: 9 a.m. to 4 p.m.

HAZWOPER General/Site Specific

- Dec. 2 (Day 1): 9 a.m. to 4 p.m.

- Dec. 3 (Day 2): 9 a.m. to 4 p.m.

- Dec. 6 (Day 3): 9 a.m. to 4 p.m.

- Dec. 7 (Day 4): 9 a.m. to 4 p.m.

- Dec. 10 (Day 5): 9 a.m. to 4 p.m.

Confined Space Training

- Dec. 16: 9 a.m. to noon

Unit Safety/Fire Warden Training

- Dec. 17: 9 a.m. to 5 p.m.

First Aid Training

- Dec. 19: 9 a.m. to 3 p.m.

CPR Training

- Dec. 20: 9 a.m. to 4 p.m.

Fire Extinguisher Training

- Dec. 22: 9 a.m. to 10 a.m.

Contact Joel Pattillo, installation safety manager, or Daniel Guzman, installation fire chief, for more information.



Engineered for life

What did you think of Desert Mesh edition 63?

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

How would you rate this edition? _____

What is your opinion of the content? _____

Was the layout and design appropriate? _____

Do you find it easy to obtain a copy? _____

Additional Comments: _____



Edition 63

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

We need your feedback!

Fill out the form above, call or e-mail the Third Army/U.S. Army Central ASG-QA public affairs office.

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