



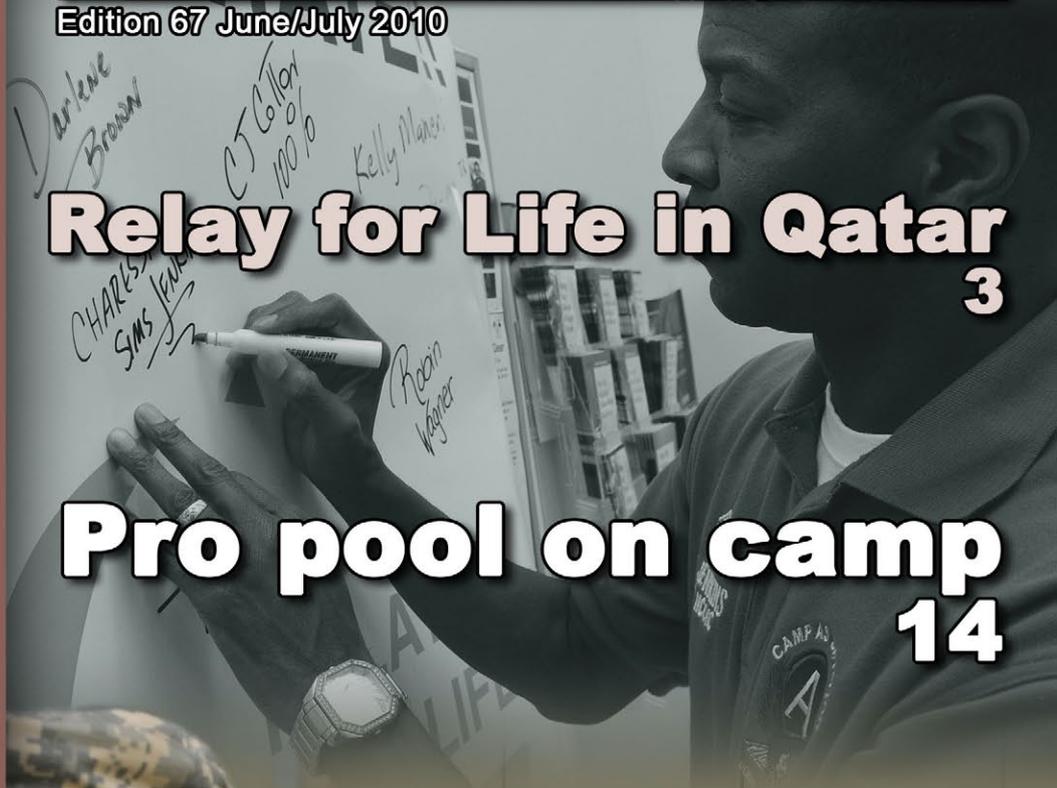
:::: The Official Publication of Camp As Sayliyah ::::

DESERTMESH MAGAZINE

Edition 67 June/July 2010

- ⚡ **Commander**
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- ⚡ **Command Sergeant Major**
CSM Charles A. Holliday, Sr.
- ⚡ **Deputy Commander**
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Your feedback is important to us.
See the back cover for details.



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Edition 67 – 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: U.S. Army Sgt. 1st Class Darryl Jenkins of Fayetteville, N.C., writes his sister-in-law’s name on a cancer survivor poster, June 8. Capt. Dewitt Revels of Jacksonville, Fla., discusses perimeter security with Lt. Gen. William G. Webster, Third Army/U.S. Army Central commanding general, July 2. (Cover Photo-Illustration/Dustin Senger)
CONTENTS: Lt. Gen. William G. Webster (center), Third Army/U.S. Army Central commanding general, discusses power plant capabilities with Maj. Anne Taylor of Conroe, Texas, and ITT contractor Robert Hanner of Colorado Springs, Colo., July 2. (Official Army Photo/Dustin Senger)

Cotton describes battle over cancer

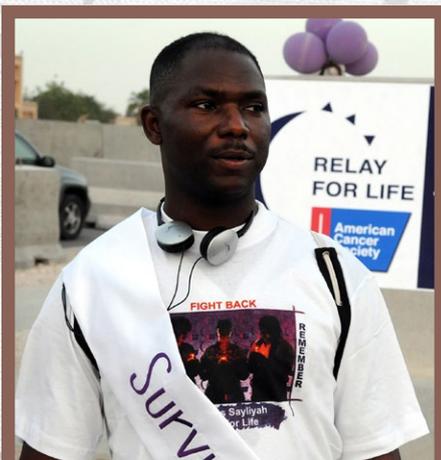
Qatar base Relay for Life raises cancer awareness

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

Hundreds of servicemembers participated in the first American Cancer Society Relay for Life at Camp As Sayliyah, Qatar, June 8, to honor countless lives impacted by cellular insurgents that transform a host's body into a battlefield.

Cancer survivors, caregivers and supporters at the military base, a prepositioning site for Third Army/U.S. Army Central, started the 12-hour relay on a running trail at 7 p.m., after a dusty sunset in Arabia. The event ended in a bright, morning sunlight.

"It's important to raise awareness all over the world," said breast cancer survivor Ellie LeBaron, wife of the U.S. ambassador to Qatar, prior to the relay. "It reminds people to get checked and check themselves. Many



Cancer survivor U.S. Army Sgt. 1st Class Christopher Cotton of McDonough, Ga., awaits the first American Cancer Society Relay for Life at Camp As Sayliyah, Qatar, June 8. Cotton was diagnosed with leukemia in June 2005, and then entered cancer remission in late 2007. (Official Army Photo/Dustin Senger)

cancers can be treated effectively if detected early. Cancer is not a death sentence – people do survive."

U.S. Army Sgt. 1st Class Christopher Cotton of McDonough, Ga., grabbed his iPod packed with rap and funk music, such as TI and Cameo, put on his running shoes and received his survivor sash. He was one of several individuals in cancer remission leading the overnight relay.

"When I made it through cancer," says Cotton, "I got a second wind on life."

After 26 years of military service, the soldier had acquired three occupation specialties, anticipated a college graduation and advanced toward a warrant officer promotion – when he fell down; tired, sore and dying.

Cotton enlisted in the Army as a high school student eager to discover opportunity outside Atlanta's southern suburbs. He attended basic training at Fort Leonard Wood, Mo., Aug. 30, 2004, a month after his 18th birthday. The combat engineer's first assignment moved him to Germany, more than 4,000 miles from home.

He transferred to the reserves after five years active duty. As a reservist, he completed training for a second military occupation in human resources. While activated with the Third Army headquarters at Fort McPherson, Ga., he deployed for a month to Kuwait in late 1990, ahead of Operation Desert Storm.

While in his mid twenties, Cotton enrolled in a Bachelor of Science in Business Administration program at Morris Brown College in Atlanta. He met Nicole Gibson of Hannibal, Mo., during an orientation course.

The classmates started dating, and then took jobs as mail clerks with the U.S. Postal Service. Cotton repeatedly escaped midnight shifts at the post

office by continuously volunteering for activation orders at Fort McPherson. Eventually, they withdrew from school to focus on saving money. In April 1995, they married on a beach in Cancun, Mexico.

"We've gone through some stuff," said Cotton. "I should have been more responsible in my 20s. There have been a couple situations that I didn't think I'd get through – Nicole has always been there for me."

Cotton remained in the reserves and attended career counselor training. He remained mobilized after 9/11, while working toward a warrant officer promotion and building up his retirement benefits.

In January 2003, Cotton reported for a one-year assignment at Fort Bragg, N.C. He supported a soldier movement center for overseas contingency operations in Iraq and Afghanistan. Nearing the end of his deployment, he started complaining of a crippling back soreness.

"I'd often lied down on the floor," he said. "I had to keep giving my back a rest. I also started running out of breath easily. One of my good friends told me 'you need to go get checked.'"

The troop medical clinic persistently prescribed him Motrin, but the pain reliever hardly helped.

"I was sending soldiers overseas to war," says Cotton, "while beginning my own battle."

He returned to Atlanta in January 2004. As a father of three children, the soldier became involved in the Boy Scouts of America. He mentored eight Cub Scouts, which included his seven-year-old son. Frustrations mounted over constant aches, illnesses and general feebleness.

» Cotton, **PG. 10**



**The installation
commander**



Maxine C. Girard

Colonel

Commander

Area Support Group Qatar

This *Desert Mesh*, edition 67, should reach you mid way through July. Summer temperatures are soaring and personnel changeovers at an all-time high on Camp As Sayliyah. We have many new leaders on base and expect several more during the upcoming months.

Summer transitions are full of personnel and work-related activities. Outgoing leaders explain operating procedures, field manuals and lessons learned throughout their tenures. Soldiers swap stories about cultural experiences in Qatar for hometown updates in the United States. Loved ones receive e-mails and phones calls from Camp As Sayliyah concerning upcoming departures or recent arrivals.

I appreciate and applaud the service of our teammates heading home this summer after a job well done, as well as the resiliency of their loved ones who managed and supported an extensive separation.

Welcome aboard to our new leaders! Camp As Sayliyah is a strategic base in the Central Command area of operations. We endeavor to provide exceptional support for our forward-deployed war fighters. Our comrades in arms depend on us. I encourage you to review the Third Army/U.S. Army Central team campaign plan and theater engagement strategy, as well as policies on the installation.

The USARCENT team will stay ready to conduct operations anytime, anywhere, as directed, in order to deter or defeat adversaries; while sustaining forces in theater to support combat and conduct shaping operations that continue to affect the operational environment in support of our allies and coalition partners.

Camp As Sayliyah's leaders ensure readiness by enforcing and exemplifying policies and standards that promote professional work environments. We strive to know our sol-

diers well enough to provide them with motivation and guidance, which is critical during intense operating tempos. Properly motivated soldiers feel appreciated and important; they are self-driven, disciplined warriors.

Our leaders provide world class support for an ongoing responsible drawdown of forces in Iraq and buildup in Afghanistan. We provide our soldiers with command guidance and appropriate training, but then allow our men and women to take ownership over their tasks. We recognize and reward commendable actions that embody our Army values – loyalty, duty, respect, honor, integrity, selfless service and personal courage.

We are shaping theater security cooperation by engaging in activities with our host nation military counterparts. We also seek out ways to increase efficient use of available resources, to avoid waste and lower operating costs.

This is our shared vision at Camp As Sayliyah, where cohesive, productive and diverse organizations are mission, people and team focused. There is zero tolerance for sexual harassment, discrimination and intolerance. Our priority of effort stays focused on sustaining our war fighters.

As we work through another hot, humid summer in Qatar, remember that a successful safety program requires every individual in the organization to remain attentive. Accidents happen when objects gain momentum, visibility is compromised or people become distracted – watch over your battle buddies. Timely decision-making promptly manages risks in your work and living areas.

Patton's Own – Support 6!

Charles A. Holliday, Sr.

Command Sergeant Major

Command Sergeant Major
Area Support Group Qatar

Some leaders, and their subordinates, believe taking care of soldiers involves tending to personal needs; such as pay problems, off-duty time and family advocacy. Those are highly important welfare issues, but taking care of soldiers requires diving far deeper.

I first drove to Drill Sergeant school in 1989, and then entered below the statement everyone talked about at Fort Sill, Okla. Above the doors to the academy, carved in thick, wooden letters, were the words "Prepare To Be Challenged!"

And then etched below that warning: "So You Want to Be a Drill Sergeant? Are You A Master Trainer? This Is How We Take Care Of Our Nation; We Train Her Sons And Daughters."

Effective leaders are master trainers, who teach based on standards, not time. They understand training is a duty, not a burden.

Master trainers discover methods that make training challenging and exciting. They never conduct poor, unplanned blocks of instruction. Master trainers understand soldiers are entitled to outstanding leadership through exceptional training.

As a first-line leader, you are responsible for your soldiers' physical fitness, occupational proficiency, basic skills and leadership capacity. Your evaluation is not entirely based on your own achievements – you're also judged by your soldiers' performance. Your soldiers represent your ability to lead.

Empowering soldiers to reach their greatest potential is the most fulfilling feeling.

While planning their professional development, consider who you're

training – soldiers, leaders, teams or units. What are your training objectives? What type of training suits your objectives? What are your available resources (time, location, equipment and funding)? What combination of exercises will meet your objectives, within the available resources?

Prepare to be challenged!

Effective leaders are master trainers, who teach based on standards, not time. They understand training is a duty, not a burden.

Remember, training must include risk assessments; disregarding safety is a sprint to failure. Master trainers protect their well-trained soldiers by encouraging safety awareness initiatives. An objective this summer is to prevent an assault by a lethal enemy: Mr. Heat.

Qatar's daytime temperatures are routinely surging past 110-degrees Fahrenheit. This is a bona fide threat to our community. Heat has three weapons: heat cramps, exhaustion and stroke.

Using the questions above, how can you best train soldiers, DOD civilians, contractors, supervisors or entire teams? What type of training will you conduct? How will you measure its effectiveness?

Remember to stay hydrated and minimizing sun exposure this summer. Also, avoid attempting fad diets and extreme exercise until temperatures drop. Review heat illness symptoms and watch over your battle buddies – never perform exhausting activities outdoors alone.

Thanks for what you do for our installation – God bless you all!

Patton's Own – Support 7!



Take care of soldiers, become a master trainer



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 (67) was picked up by international, national and hometown media organizations, to include the following (source: DVIDS 360 distribution report, July 14):

- ♦ ABC; New York, NY
- ♦ American Cancer Society Relay For Life; New York, NY
- ♦ AP-TV; NY
- ♦ Associated Press; New York, NY
- ♦ Arizona Republic; Phoenix, AZ
- ♦ Atlanta Journal Constitution; Atlanta, GA
- ♦ Baltimore Sun; Baltimore, MD
- ♦ BC Radio; New York, NY
- ♦ Billiards Digest; Chicago, IL
- ♦ Bloomberg News; New York, NY
- ♦ Bloomberg TV; New York, NY
- ♦ Boston Globe; Boston, MA
- ♦ Bouhammer.com; Amherst, NY
- ♦ Broadcast50.com; Honolulu, HI
- ♦ CBS; New York, NY
- ♦ Centralia University; Centralia, IL
- ♦ Chicago Sun-Times; Chicago, IL
- ♦ Chicago Tribune; Chicago, IL
- ♦ Cleveland Plain Dealer; Cleveland, OH
- ♦ CNN; Atlanta, GA
- ♦ C-SPAN; Washington, DC
- ♦ Cuba Free Press; Cuba, MO
- ♦ Dallas Morning News; Dallas, TX
- ♦ Detroit Free Press; Detroit, MI
- ♦ Erickson Tribune; Baltimore, MD
- ♦ Facebook; Palo Alto, CA
- ♦ Florida National Guard; Tampa, FL
- ♦ Fox News; Washington, DC
- ♦ Getty Images; New York, NY
- ♦ Gulf Times; Doha, Qatar
- ♦ Henry County Times; McDonough, GA
- ♦ Henry Daily Herald; McDonough, GA
- ♦ Houston Chronicle; Houston, TX
- ♦ Indianapolis Star; Indianapolis, IN
- ♦ KHQ.com; Spokane, WA
- ♦ Los Angeles Times; Los Angeles, CA
- ♦ MSNBC; New York, NY
- ♦ Navy Visual News; Washington, DC
- ♦ New York Times; New York, NY
- ♦ NBC; New York, NY
- ♦ NBC News; New York, NY

» DVIDS 360, **PG. 8**

THE WIRE

Third Army commander tours Qatar camp

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

Third Army/U.S. Army Central commanding general Lt. Gen. William G. Webster reviewed force sustainment operations at Camp As Sayliyah on July 2, a day after visiting the 31st Air Defense Artillery Brigade at Al Udeid Air Base.

Camp As Sayliyah is a hub for materiel organization, retrograde, repairs and distribution in Southwest Asia. Webster received an overview of personnel, tactical satellite support, power plant capabilities and base security procedures.

Third Army's top general met with Bravo Troop, 1st Squadron, 153rd Cavalry Regiment, 53rd Infantry Brigade Combat Team. Bravo Troop soldiers took over force protection at Camp As Sayliyah in March, ending a long-held reliance on security contractors. The 53rd IBCT is the largest National Guard unit in Florida.

Webster held an open discussion with Army officers at Camp As Sayliyah, while communicating his leadership philosophy and command expectations. He discussed Third Army's role in Afghanistan and Iraq, as well as the headquarters move from Fort McPherson, Ga., to Shaw Air Force Base, S.C. **A**



U.S. Army Spc. Derek McCarthy of Woodridge, Ill., stands beside Lt. Gen. William G. Webster, Third Army/U.S. Army Central commanding general, at Camp As Sayliyah, Qatar, July 2. McCarthy is a utilities equipment repairer, specializing in air conditioning units and generators. He is deployed with Special Troops Battalion, 1st Armored Division, which provides tactical satellite communications support at Camp As Sayliyah. (Official Army Photo/Dustin Senger)

Third Army general greets Florida guard

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

Third Army/U.S. Army Central deputy commanding general Maj. Gen. Randy Manner arrived in Qatar June 17, where he greeted the Florida National Guard at Camp As Sayliyah.

The 53rd Infantry Brigade Combat Team, the largest National Guard unit in Florida, deployed between late 2009 and early 2010 to take over base defense and route security in Iraq and Kuwait. Bravo Troop abruptly left Kuwait in March to dissolve a long-held reliance on security contractors at Camp As Sayliyah.

"I am very pleased to see how quickly the 53rd brigade reacted to replace civilian security forces," said Manner, referring to Camp As Sayliyah. "They did it with great professionalism and speed. Their mission is critical to our nation's efforts in this part of the world."

Camp As Sayliyah is a robust materiel organization and distribution hub located along the eastern coast of the Arabian Peninsula. The installation contains the only authorized Central Command rest and recuperation pass program, which affords a four-day respite from regional conflicts.

"Everyone in Florida should be extremely proud of these men and women" said Manner, who has served as a National Guardsman for 24 years, following 10 years in the regular Army. "They represent the very best of our country as citizen soldiers."

Spc. Nic Fox of Newport Richey, Fla., was approached by Manner while providing oversight at a vehicle entry-control point. The soldier snapped to attention – body erect, legs straight and hands clenched at his hips.

"I had never talked to anyone this high ranking before," said Fox, who joined the Florida National Guard in February 2007. "He was checking out our positions to see how we're doing."

Fox says Bravo Troop is "doing pretty good," considering temperatures in Qatar have routinely surpassed

110-degrees Fahrenheit, roughly 20 degrees hotter than current conditions in his hometown. "We have fans, enough water and we know how to stay properly hydrated."

"I am proud of them," said Manner, "and their families and their employers back home who support them." **A**



U.S. Army Capt. Dewitt Revels of Jacksonville, Fla., discusses perimeter security with Lt. Gen. William G. Webster, Third Army/U.S. Army Central commanding general, at Camp As Sayliyah, Qatar, July 2. Revels is the commander of Bravo Troop, 1st Squadron, 153rd Cavalry Regiment, 53rd Infantry Brigade Combat Team. (Official Army Photos/Dustin Senger)



Manner greets Spc. Nic Fox of Newport Richey, Fla., June 17.

» DVIDS 360, **PG. 6**

- ◆ NBC London; London
- ◆ NBC Affiliates; Charlotte, NC
- ◆ NPR; Washington, DC
- ◆ OntheBreak.com; Three Forks Junction, MT
- ◆ Orange County Register; Orange County, CA
- ◆ Oregonian; Portland, OR
- ◆ Peninsula; Doha, Qatar
- ◆ Philadelphia Inquirer; Philadelphia, PA
- ◆ Pool & Billiard Magazine; Summerville, SC
- ◆ Qatar Tribune; Doha, Qatar
- ◆ Reuters; New York, NY
- ◆ Reuters TV; New York, NY
- ◆ San Francisco Examiner; San Francisco, CA
- ◆ Sentinel; Fort McPherson, GA
- ◆ Thomas Edison State College; Trenton, NJ
- ◆ Times Union; Albany, NY
- ◆ USA Today; McLean/Washington, D.C.
- ◆ Washington Post; Washington, DC

ASG-QA public affairs needs leads explaining U.S. military activities. Send your story idea to: pao@qatar.army.mil

Contact Dustin Senger, ASG-QA public affairs coordinator, for more information at dustin.senger@qatar.army.mil

Desert Mesh Online!

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

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.arcent.army.mil>

THE WIRE

AMC general tours Qatar facilities

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

U.S. Army Materiel Command deputy commanding general Lt. Gen. James Pillsbury was in Qatar, June 10, touring prepositioned stock facilities and materiel control operations at Camp As Sayliyah.

Pillsbury leads the Responsible Reset Task Force, a project meant to synchronize a responsible drawdown of forces in Iraq with a strategic reset of equipment. Army Prepositioned Stock Five is organized and distributed by 1st Battalion, 401st Army Field Support Brigade in Qatar.

During the tour, soldiers of the 1-401st AFSB explained robust vehicle and weapon repair and reset capabilities.

The Stryker battle damage repair facility has restored more than 200 vehicles to factory specifications since 2005.

Pillsbury ended his visit with an overview of operations at the U.S. Army Medical Materiel Center Southwest Asia, which supplies nearly 3,000 line items for more than 600 customers in Central Command. **A**



Lt. Gen. James Pillsbury, U.S. Army Materiel Command deputy commanding general, listens to an explanation of a remote weapons system repair station inside the Stryker battle damage repair facility at Camp As Sayliyah, Qatar, June 10. Pillsbury leads the Responsible Reset Task Force, a project meant to synchronize a responsible drawdown of forces in Iraq with a strategic reset of worn out equipment. (Official Army Photos/Dustin Senger)

Upcoming events

MWR events

- ♦ **Handball**
July 16 • 7 p.m. • Small Gym
- ♦ **4-on-4 Water Polo**
July 22 • 5 p.m. • Swimming Pool
- ♦ **Nascar Night**
July 24 • 6 p.m. • Top-Off Club
- ♦ **Bench Press Competition**
July 25 • 7 p.m. • Large Gym
- ♦ **R&B Singer Kéyali Mayaga**
July 30 • 9 p.m. • Oasis Club



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



Until Every One Comes Home.®

AAFES movie schedule

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

- July 12 • 7:30 p.m. • **Prince of Persia: The Sands of Time** (PG-13)
- July 13 • 7:30 p.m. • **Shrek Forever After** (PG)
- July 14 • 7:30 p.m. • **Macgruber** (R)
- July 15 • 7:30 p.m. • **Prince of Persia: The Sands of Time** (PG-13)
- July 16 • 5 p.m. • **Just Wright** (PG)
- July 16 • 7:30 p.m. • **Sex and the City 2** (R)
- July 17 • 5 p.m. • **Sex and the City 2** (R)
- July 17 • 7:30 p.m. • **Letters to Juliet** (PG)
- July 18 • 5 p.m. • **Macgruber** (R)
- July 18 • 7:30 p.m. • **Get Him to the Greek** (R)

- July 19 • 7:30 p.m. • **Robin Hood** (PG-13)
- July 20 • 7:30 p.m. • **Letters to Juliet** (PG)
- July 21 • 7:30 p.m. • **Get Him to the Greek** (R)
- July 22 • 7:30 p.m. • **Sex and the City 2** (R)
- July 23 • 5 p.m. • **Letters to Juliet** (PG)
- July 23 • 7:30 p.m. • **Marmaduke** (PG)
- July 24 • 5 p.m. • **Marmaduke** (PG)
- July 24 • 7:30 p.m. • **Get Him to the Greek** (R)
- July 25 • 5 p.m. • **Get Him to the Greek** (R)
- July 25 • 7:30 p.m. • **Robin Hood** (PG-13)

- July 26 • 7:30 p.m. • **Prince of Persia: The Sands of Time** (PG-13)
- July 27 • 7:30 p.m. • **Get Him to the Greek** (R)
- July 28 • 7:30 p.m. • **Just Wright** (PG)
- July 29 • 7:30 p.m. • **Marmaduke** (PG)
- July 30 • 5 p.m. • **Shrek Forever After** (PG)
- July 30 • 7:30 p.m. • **Karate Kid** (PG)
- July 31 • 5 p.m. • **Karate Kid** (PG)
- July 31 • 7:30 p.m. • **Prince of Persia: The Sands of Time** (PG-13)

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



Education Center

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

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

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

New Personnel Hours

The Area Support Group Qatar personnel office (S1) will change customer service hours on Monday, July 12. They will be closed in the mornings, but stay open longer.

- Personnel office hours: 1 to 6 p.m. every day.

Contact Sgt. 1st Class Valorie Cooper, ASG-QA personnel services noncommissioned officer, for more information.

Fitness Classes

Get in great shape while serving at Camp As Sayliyah.



Gina Gutzy

- Sundays and Saturdays: 6:30 to 7:30 a.m.
- Mondays thru Wednesday: 6 to 7 p.m.

Noel Basa

- Sundays and Saturdays: 6 to 7 p.m.
- Mondays thru Thursday: 5:15 to 6:15 a.m. and 11:30 a.m. to 12:30 p.m.

Contact Antoine Randall, ASG-QA MWR director, for more information.

THE WIRE

» Cotton, PG. 3

In late 2004, Cotton started working more at the post office. His usual strong stature became emaciated, as he lost nearly 20 pounds. Nicole expressed concern about her husband's constant shortness of breath, fatigue and depression.

"Someone once said I looked like I had cancer," said Cotton. "I had no idea what cancer looked like."

The troop medical clinic at Fort McPherson referred him to Eisenhower Army Medical Center at Fort Gordon, a more than two-hour drive outside Atlanta. However, Nicole urged him to visit their Kaiser Permanente family physician at Southwood Medical Center in nearby Jonesboro.

Their physician in Jonesboro requested laboratory and other diagnostic tests to explain more than a year of chronic discomforts. Blood tests and biopsies revealed the source of his ailments in June 2005: acute lymphoblastic leukemia, a cancer of the blood and bone marrow.

"My oncologist said the survival rate was low for someone in his late 30s," said Cotton, who was diagnosed with leukemia roughly a month before his 38th birthday. "The doctor wasn't sure what would work because the disease is usually treated in kids."

Acute lymphoblastic leukemia is the most common type of cancer found in children, according to the National Cancer Institute. The disease affects immature white blood cells. Cell mutations weaken the body's resistance to infectious diseases and foreign materials. Red blood cell counts plunge, which limits oxygen availability. Patients may look pale and feel weak. Platelet counts also drop, causing patients to bleed and bruise easily.

"When the doctor called me to start chemotherapy," said Cotton, "I told

him I can't. I'm going on vacation with my family to Florida tomorrow. I was tired of all the blood work. My kids needed a vacation – I needed one."

"Nicole called me up at the post office crying," he said. "She told me 'they found something in your blood, you could die.'" Heeding her plea, Cotton called his doctor to initiate a 72-hour observation period, a casual prelude to tough times ahead.

"The doctor tried all kinds of drugs and doses," said Cotton. "While I collected chemicals, my wife collected information. She always talked to the doctor."

He started receiving injections of chemotherapy and blood transfusions. Daily routines included a lineup of pills, some helped with nausea and discomfort while others countered protein degradation and a vitamin K deficiency.

Two weeks into chemotherapy, Cotton awoke in darkness, surrounded by the sounds of his children preparing for school. He couldn't see anything, and then a stabbing pain cramped his abdomen. Nicole called 911.

"The ride to Southwood typically takes 15 minutes but the pain that morning made it feel like an hour," said Cotton, commenting on his first ride in an ambulance. "I could feel every pebble. It was like four tires driving on their rims. The pain gave me a headache."

Emergency medical staff rushed him into the intensive care unit. Faint patches of light passed by, emitted from overhead fixtures, while they rolled him through corridors. He could hear his mother and aunt sobbing.

"The amount of chemo had caused temporary blindness and pancreatitis," said Cotton. "I could feel my wife's frustration in the ICU. She was telling people to stay positive or leave."

Cotton was confined to his home for

six months, besieged by an elevated risk for sickness and bleeding. He surrendered his Peachtree Road Race entry and Cub Scouts pack.

Unnerving side effects constantly reminded him of the seriousness of his disease. His hair disappeared and his bodyweight plummeted. The treatment that helped him fight for life had also crippled him.

“Memory loss was the worst part,” says Cotton, who had forgotten the names of several family members.

“I had to wear a helmet on my head for radiation. Just talking about it... I can smell it... like something burning in a microwave. I could feel my brain cells dying.”

“I dropped to around 120 pounds,” said Cotton. “That’s when I started to think I wasn’t going to survive.” He started reviewing his will, life insurance policy and wrote messages to his family. But the treatment evolved and indicators for optimism became evident.

Cotton entered cancer remission in late 2007, when blood cell counts showed a drastic improvement. The probability of reoccurrence would diminish in five years, as long as plasma tests stayed consistent. He instantly revisited options for an undergraduate degree and professional development.

“I realized I could still die after making it through chemo,” he said. “I started going through the goals I had been putting off.”

Feeling full of energy, he requested an Advanced Noncommissioned Officer Course in January 2008. Between two-week ANCOC phases in California, he traveled to Mississippi for Observer Controller/Trainer classes at Camp Shelby. After returning to Georgia, he bought a home in McDonough.

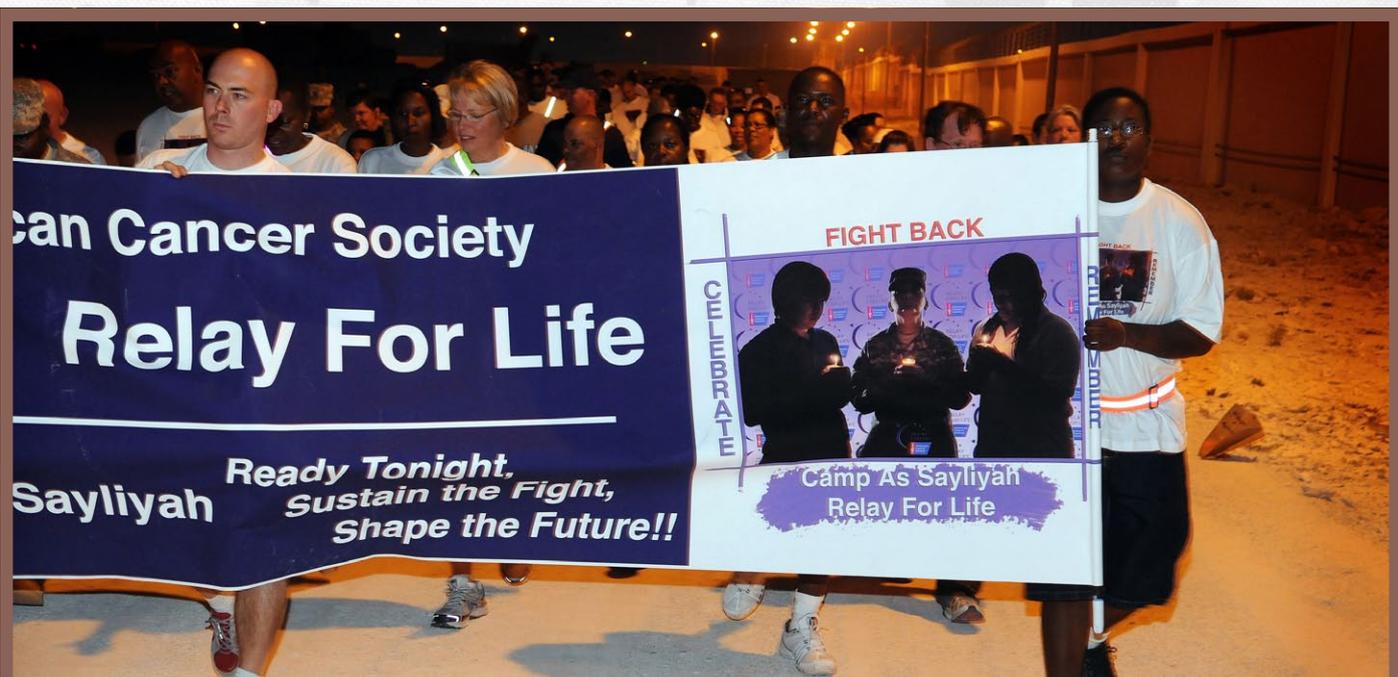
“I always wanted to do a Peachtree Road Race,” said Cotton, referring to an annual 10-kilometer race that attracts around 50,000 participants. “It’s like living in Atlanta and saying you’ve never been to a Braves game.

If you haven’t done the Road Race, you’re just taking up space – move on.” He finished the race July 4, 2008.

Cotton deployed to the Middle East in January 2010. He has served as a department of public works noncommissioned officer in Qatar, but will depart for Kuwait next month to finish his one-year assignment. The Gulf countries frequently exceed 100-degrees Fahrenheit – his wife sends e-mails that remind him to stay out of the sun.

“Marrying Nicole saved my life,” says Cotton. “I have a great spouse and partner. When I was going through cancer treatment, I couldn’t work for two years. My wife was my only support.”

“I appreciate the Army recognizing cancer survivors and their caregivers,” said Cotton, an hour before the relay at Camp As Sayliyah. He walked all night, until 7 a.m., taking occasional breaks to rest his feet and call home. Cotton says soldiers his age often keep up with those much younger, but his body has been through too much. **A**



Servicemembers walk with a banner during the first American Cancer Society Relay for Life at Camp As Sayliyah, Qatar, June 8. The 12-hour event began on a running trail at 7 p.m., after a dusty sunset in Arabia. A 42-person committee from the Army base and nearby Al Udeid Air Base organized the relay. (Official Army Photo/Dustin Senger)

Army Guard Continues Search for Those Eligible for Earned Pay

The Department of Defense developed Post Deployment Mobilization Respite Absence compensation for servicemembers who were deployed longer than established dwell ratios. For reserve component servicemembers that dwell ratio is one year deployed for every five years at home station.

More than 10,000 of the 14,000 eligible soldiers have submitted packets to the Defense Finance and Accounting Service, but "there's more work to do," said Army Maj. Gen. Raymond Carpenter, the acting director of the Army National Guard.

"If you have a tour ending today, you look back 72 months and if you were [mobilized] for more than 12 months out of that 72 months, you may be eligible for PDMRA days," said Army Col. Dennis Chapman, the chief of the Army Guard's Personnel Policy and Readiness Division.

Initially, PDMRA allowed soldiers to earn additional administrative leave days for the additional time spent deployed. However, soldiers must be in a Title 10 status to use those leave days. That meant that once Army Guard soldiers returned to Title 32 status, they were ineligible to use those days, said Chapman.

As a stop gap measure the policy was revised and allowed eligible soldiers to apply those leave days to their next deployment. But for those who left the service or don't deploy again, that effectively meant they couldn't take advantage of the benefit, said Chapman.

"Congress passed a law in the most recent National Defense Authorization Act, authorizing the services to pay soldiers at a rate of up to \$200 a day for any PDMRA days they earned ... but were not able to take," said Chapman.

For more information, the remaining 4,000 soldiers are also encouraged to contact ArmyNationalGuardPDMRA@ng.army.mil.

THE WIRE

Volunteers honored after first Relay for Life in Qatar

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

American Cancer Society volunteers were honored June 24, during an appreciation luncheon at Camp As Sayliyah. A 42-person committee from the Army base and nearby Al Udeid Air Base organized the first Relay for Life at U.S. military installations in Qatar.

The committee of U.S. servicemembers, Department of Defense civilians and contractors began the 12-hour cancer awareness activity at 7 p.m., June 8, using a running trail at Camp As Sayliyah. Overnight hours avoided the hot, humid daytime temperatures in Qatar, which were exceeding 100-degrees Fahrenheit.

More than 400 participants – cancer survivors, caregivers and supporters – from U.S. and coalition forces joined the relay, according to U.S. Army Lt.

Col. Flossie Lomax of Utica, N.Y., who coordinated the event in cooperation with the Relay for Life Florida Division.

"It was such a unique opportunity for us to partner with the military in Qatar," said Danielle Dodman, Relay for Life Florida Division director. "They're protecting our freedoms while making a difference in the lives of cancer patients. We're more than happy to keep supporting military installations."

Dodman hopes everyone involved in the Relay for Life in Qatar brings their involvement and awareness back to their hometown communities.

"It was a really special night," said Lomax, who remains outwardly excited more than two weeks later. "Even when people weren't walking anymore, they stayed at our campsite just to stick around." A community activity center offered a respite venue packed with pillows and



U.S. Army Lt. Col. Rodney Cosby of Birmingham, Ala., smiles while door prize winners are announced during an American Cancer Society Relay for Life volunteer appreciation luncheon at Camp As Sayliyah, Qatar, June 24. A 42-person committee organized the first Relay for Life at U.S. military installations in Qatar June 8-9. (Official Army Photo/Dustin Senger)

refreshments. "They were sleeping, playing cards and talking outside."

Lomax survived a diagnosis of cervical cancer in 1990 after chemotherapy and surgery. She participated in her first Relay for Life in 1991 with hundreds of students at Thomas R. Proctor High School in Utica. The hometown event changed her life, she says.

"This is how I celebrate my birthdays now," said Lomax, while standing in front of the volunteers during the luncheon at the Qatar base. "Say 'happy birthday' to all our survivors with us today – this is why we relay."

In January, Lomax reported for duty at Camp As Sayliyah, a materiel organization and distribution hub located along the eastern coast of the Arabian Peninsula. She had just completed a five-year assignment with Central Command at MacDill Air Force Base, Fla., where she attended a Relay for Life in Tampa each year.

"I talked to Tampa and said I wanted to do a relay here too," said Lomax, recalling an e-mail to the Relay for Life in March. "I just wanted to get a couple shirts." She received much more.

The Relay for Life Florida Division showered Lomax with hundreds of organizational shirts, as well as banners, posters, key chains, pens, tablets, bracelets and other memorabilia. They provided numerous community awareness ideas and kept in close contact.

"People from different units started to offer help," said Lomax. "I said 'this is going to be much bigger than we originally thought.'" The committee matured from less than 10 in April to more than 20 in May. By the time a luminaria ceremony initiated the relay, more than 40 volunteers were helping out.

"I appreciate the Army recognizing cancer survivors and their

caregivers," said Sgt. 1st Class Christopher Cotton of McDonough, Ga., who was one of several cancer survivors opening the relay. Cotton was celebrating nearly three years remission from acute lymphoblastic leukemia. He shared his story during a closing ceremony.

"It's important to raise awareness all over the world," said breast cancer survivor Ellie LeBaron, wife of the U.S. ambassador to Qatar, prior to the relay. "It reminds people to get checked and check themselves. Many cancers can be treated effectively if detected early. Cancer is not a death sentence – people do survive."

The Relay for Life is the world's largest movement to end cancer, according to the American Cancer Society. The society, headquartered in Atlanta, estimates more than 3.5 million people from thousands of communities gather for the global activity each year. **A**



Cancer survivor U.S. Army Lt. Col. Flossie Lomax of Utica, N.Y., and Air Force Staff Sgt. Ashley Guimond of St. Petersburg, Fla., organize an opening luminaria ceremony during the first American Cancer Society Relay for Life at Camp As Sayliyah, Qatar, June 8. Lomax was diagnosed with cervical cancer in 1990, which was effectively treated with chemotherapy and surgery. (Official Army Photo/Dustin Senger)

Rest and Recuperation Pass Program

Donations help R&R participants enjoy the program's off-post opportunities by donating your new or used items.

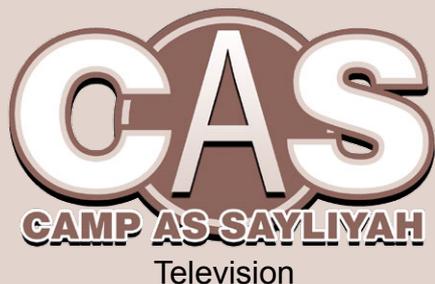


• Call the R&R front desk for more information.

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

CAS-TV

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



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

What's on your hands?

Hand washing is the best way to prevent illness from spreading throughout a community.

- Wet your hands with clean running water and apply soap.
- Use warm water when available.
- Rub your hands together to create lather.
- Scrub all surfaces for 15-20 seconds.
- Thoroughly rinse your hands under running water.
- Dry your hands using a paper towel or air dryer.
- If possible, use your paper towel to turn off the faucet.

Always wash with soap and water when your hands are visibly dirty.

Contact Sgt. 1st Class Gary G. Newman, ASG-QA preventive medicine specialist, for more information.

THE WIRE

Top-ranked pool players visit troops in Qatar

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

Top-ranked pool players Rodney "The Rocket" Morris and Charles "The Korean Dragon" Williams provided tips and tricks for U.S. servicemembers at Camp As Sayliyah, Qatar, June 28, a day before competing in the 2010 World 9-ball Championship in Doha.

Morris and Williams both arrived at Doha International Airport in Qatar, June 27, but on separate flights. Morris flew in from Spain, where he placed third at the Spanish Open 9-Ball Championship. Williams' plane skidded onto the runway late at night, completing a trip from his hometown in Orlando, Fla. The following day, they exercised at their hotel to help beat jet lag, and then visited troops at the Camp As Sayliyah.

After entering the Army base, the professional pool players walked into

a warehouse that seemed – on the exterior – much like any other desert tan facility. However, the building's contents revealed something far removed from the expected piles of materiel and modular office spaces. Between polished concrete floors and orange bay lighting, the competitors stepped into a club-like atmosphere.

Since 2004, the Top-Off Club has accommodated nearly 200,000 war fighters participating in the Central Command rest and recuperation pass program at Camp As Sayliyah. Third Army/U.S. Army Central Area Support Group Qatar executes the program, providing a four-day respite for troops serving in contingency operations across Southwest Asia.

Beyond the eight-lane bowling alley, adjacent to a set of sofa chairs, next to six digital tabletop touch games – before the four electronic dart boards and a pair of arcade driving simulators – are eight pool tables



Rodney "The Rocket" Morris and Charles "The Korean Dragon" Williams greet U.S. troops inside the Top-Off Club at Camp As Sayliyah, Qatar, June 28. Morris and Williams provided pool-playing tips and tricks for servicemembers, a day before competing in the 2010 World 9-ball Championship in Doha, Qatar. (Official Army Photo/Dustin Senger)

where off-duty servicemembers spend hours shooting 9- and 8-ball pocket billiards.

Army Spc. Jamie Scott of Oil City, Pa., took several opportunities to discover professional pointers, which included a massé shot that can produce amazing curves at various ball speeds. Scott coaxed his noncommissioned officer in charge, Army Sgt. Michael Moats of Virginia Beach, Va., to play Morris.

Moats had played regularly for 15 years. He grew up with a pool table in his parent's house, and then had another in his apartment before enlisting in the Army. Moats says he went against pool professional Jeanette "The Black Widow" Lee more than a dozen times during her appearance at an Army base in Darmstadt, Germany, several years ago.

His 8-ball game against Morris lasted a few minutes.

"It was fun to watch – that's all I can say," said Moats, shrugging off a rapid win by The Rocket.

"The better you get," says Morris, "the funner it is." He recalls playing pool consistently at 16 years old. He'd practice 14-16 hours a day at Hawaiian Brian's Billiards on Kapiolani Boulevard in Honolulu. Patrons often discovered young

Morris sleeping under the tables.

"I didn't know when I first picked up the stick that I was going to be a professional pool player," says Morris. "I was actually going to join the Air Force, like my grandfather. I really wanted to fly F-16s."

» 9-Ball, **PG. 24**



Charles "The Korean Dragon" Williams helps U.S. Air Force Senior Airman Keith Deshaies of San Antonio improve his pool-playing techniques inside the Top-Off Club at Camp As Sayliyah.



U.S. Army Sgt. Michael Moats of Virginia Beach, Va., poses for a photograph with Rodney "The Rocket" Morris after shooting pool inside the Top-Off Club at Camp As Sayliyah, Qatar, June 28. Morris and Charles "The Korean Dragon" Williams provided pool-playing tips and tricks for U.S. servicemembers, a day before competing in the 2010 World 9-ball Championship in Doha, Qatar. (Official Army Photos/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 needs volunteers

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

United Through Reading

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



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

MWR Fitness Challenges

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

Bench Press Competition

- July 25: Weigh-in is 3:30 to 6:30 p.m., followed by a review of the rules. The competition starts at 7 p.m.

Contact Antoine Randall, ASG-QA MWR director, for more information.

THE WIRE

Hines completes year as top CENTCOM medical logistician

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

Lt. Col. Thomas Hines of Albany, N.Y., relinquished command of U.S. Army Medical Materiel Center Southwest Asia during a ceremony at Camp As Sayliyah, July 9, thereby completing a challenging one-year assignment as the top medical logistician in Central Command.

Hines returned the USAMMC-SWA flag to Col. Mary Link, commander of 3rd Medical Deployment Support Command, who then handed the unit colors to Lt. Col. Kevin Cooper of Titusville, Fla., symbolizing responsibility for a 69,000 square-foot warehouse – larger than a football field – stocked with 2,700 line items, a biomedical equipment maintenance shop and an optical fabrication facility.

USAMMC-SWA operates as the lead agent for medical materiel storage and

distribution in the Central Command area of responsibility, which covers 20 countries across Southwest Asia. Servicemembers, DOD civilians and contractors process orders from 630 medical units in several countries. Hines oversaw the completion of \$190 million in sales during his command.

“Today we celebrate the accomplishments of one great commander,” said Link of Ravenna, Neb., “and anticipate the achievements of another.” Link mentioned that Hines’ leadership increased productivity, which was measured by accommodating demand and decreasing excess. She said his improvements in inventory accuracy saved \$6 million.

Hines approached the podium following Link’s remarks. He adjusted the microphone for his towering stature, and then smiled toward a formation of individuals who had served under his



U.S. Army Lt. Col. Kevin Cooper of Titusville, Fla., receives the U.S. Army Medical Materiel Center Southwest Asia flag from Col. Mary Link, commander of 3rd Medical Deployment Support Command, during a change of command ceremony at Camp As Sayliyah, Qatar, July 9. Cooper took over as the top medical logistician in Central Command. Lt. Col. Thomas Hines of Albany, N.Y., had relinquished command of USAMMC-SWA. (Official Army Photo/Dustin Senger)

command at Camp As Sayliyah.

"It has been a year of challenges and a year of extraordinary achievements," said Hines.

"We performed very well as a collective group," he said, and then explained several unit achievements. He started with the implementation of the Theater Enterprise Wide Logistics System, which replaced the Theater Army Medical Management Information System in March.

"We transitioned operating systems – from TAMMIS to TWELS – without any disruption in the theater medical supply chain. This was a major undertaking that took months of planning and preparation."

USAMMC-SWA constantly answered the needs of their customers operating in austere environments. Hines deployed a 20-person medical logistics team to Kandahar Airfield from April to December 2009. They established a second supply support activity for forward-operating bases in Afghanistan.

In January, he sent 11 logisticians to Germany, where they helped process a \$2.4-million backlog in sales at the U.S. Army Medical Materiel Center Europe.

Hines praised tight product control efforts during an urgent split-shipment of 300,000 H1N1 influenza vaccines in November 2009. Within a week, two waves of vaccines were received, repackaged and dispersed from Camp As Sayliyah – authorization for high-priority shipments prevented a CENTCOM pandemic.

CENTCOM medical supply volume wasn't affected by the buildup of forces in Afghanistan, according to Hines, due to a concurrent drawdown in Iraq. Troops in Afghanistan started receiving most of the critical items carried by frontline medics, such as gauze pads, bandages, tourniquets and medicines.

"We used our data from Fallujah to

prepare for the buildup in Afghanistan," says Hines, referring to the troop surge in Iraq during 2007. "We looked at the top 200 items and then increased our numbers there."

Despite unchanged volume, dollar figures associated with patient movement items doubled in February. Requests for further high-value urgent care equipment increased, such as defibrillators, ventilators, infusion systems, patient monitors and vacuum-assisted closures. The lifesaving devices travel with casualties wounded in contingency areas, while a USAMMC-SWA tri-service component tracks their whereabouts.

USAMMC-SWA assisted humanitarian aid and disaster relief missions. Nineteen thousand pounds of medical supplies shipped in February for avalanche rescue efforts in Salang Pass, Afghanistan, where more than 1,500 people had been trapped in snow, high winds and sub-zero temperatures.

Another 16,000 pounds arrived at Transit Center at Manas, Kyrgyzstan, in April, after civil unrest left hundreds of Kyrgyz citizens with serious injuries, mostly gunshot wounds. Four Bishkek hospitals were helped with the supplies, which included bandages,

sutures, antibiotics and antiseptics.

Tajikistan received 7,000 pounds of medical supplies in May, following deadly flash floods and mudslides. Harsh heavy rains had destroyed schools, bridges, highways and hospitals.

"I was blessed to have a great team," said Hines in closing. "I had a dream team. I had a technically proficient team. I had a team of self-starters and go-getters. I had a team I trusted. I had a team I truly enjoyed being around and I will truly miss."

"Lieutenant Colonel Cooper," said Hines, "you are taking over a great organization."

"Colonel Link," said Cooper, "I am honored to accept this responsibility and appreciate the opportunity to command a unit with such a proven record of excellence. I promise to remain focused on supporting the needs of our customers and focused on maintaining the welfare of my assigned soldiers."

"We will continue to provide unparalleled medical logistics support across the full spectrum of operations throughout the CENTCOM area of responsibility." 



"It has been a year of challenges and a year of extraordinary achievements," said U.S. Army Lt. Col. Thomas Hines of Albany, N.Y., during a U.S. Army Medical Materiel Center Southwest Asia change of command ceremony at Camp As Sayliyah, Qatar, July 9. (Official Army Photo/Dustin Senger)

Troop Medical Clinic

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

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

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

Routine appointments

are for evaluation or re-evaluation of chronic medical conditions, medication refills and post-deployment health assessments.

Everyday: 1 p.m. to 6 p.m.

Call the troop medical clinic at DSN 432-3508.

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

CAS in the News!

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

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.

THE WIRE

Biomedical repair specialists talk shop

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

The U.S. Army Medical Materiel Center Southwest Asia maintenance division discussed training and career opportunities, May 27, at Camp As Sayliyah, Qatar, during a national biomedical engineering appreciation week sponsored by the Association for the Advancement of Medical Instrumentation.

USAMMC-SWA provides medical logistics support and equipment maintenance for Central Command combat-support hospitals and clinics in Southwest Asia. Troops perform technical inspections and preventive maintenance checks and services on laboratory, veterinary, dentistry and patient-movement items.

“We’re basically mechanics who don’t get dirty,” says Army Spc. Devon Woodard of Augusta, Ga., one of 25 biomedical equipment technicians serving at USAMMC-SWA. He volunteered for orders to the Middle East while assigned to the William Beaumont Army Medical Center in El Paso, Texas.

Woodard explained the new Medical Education and Training Campus at Fort Sam Houston, Texas. The \$940-million facility is centralizing Army, Navy and Air Force medical training.

The Army has almost 1,100 biomedical equipment specialists, according to Staff Sgt. Cherish Long of Las Vegas, who is the noncommissioned officer in charge of the USAMMC-SWA maintenance division. She coordinated the biomedical awareness week at Camp As Sayliyah.

“Biomed is a small field,” said Spc. John Carter of Martinsburg, W. Va., while replacing a valve and gauge on an anesthesia unit. “That makes it easy to find and get a hold of people. We are connected in a way that I can always call someone I know.”

The 424th Medical Logistics Company took over USAMMC-SWA medical maintenance in February. Many soldiers found a familiar face inside USAMMC-SWA.

“I was surprised to see so many



Spc. John Carter of Martinsburg, W. Va., replaces a valve on an anesthesia unit inside the U.S. Army Medical Materiel Center Southwest Asia at Camp As Sayliyah, May 26. (Official Army Photo/Dustin Senger)

people from the school house,” said Carter, who specializes in anesthesia equipment with Spc. Andrew Sergeant of Milwaukee, Wis. The two soldiers first met in early 2008, while attending 44 weeks of biomedical equipment technician training at Sheppard Air Force Base, Texas.

Carter and Sergeant hustle through a steady stream of work inside a trailer littered with parts, tools and manufacturer literature. Adjacent trailers fix surgical instrument sterilizers, portable oxygen generating systems and medical imaging equipment.

Soldiers and Airmen inside a large workshop, located at the heart of the USAMMC-SWA warehouse, toil through ventilators, infusion pumps, defibrillators and vital signs monitors. They accept any item related to combat casualty care.

During a deployment in Qatar, most medical technicians take their skills to hospitals and clinics across Southwest Asia. Carter traveled in March to Kirkuk, Iraq, where an anesthesia

system quickly needed calibration. Sergeant is preparing for a 45-day trip in June to explain new equipment at various areas in Afghanistan.

Sergeant is serving a second one-year deployment at USAMMC-SWA. The reservist says he volunteered for orders with the 424th MEDLOG to accumulate three years of active duty service – the time needed to maximize post-9/11 G.I. Bill educational benefits.

The Labor Department estimates a 27-percent increase in medical equipment repair employment opportunities between 2008 and 2018, a rate much faster than the national average for all occupations. The outlook suggests obtaining a bachelor’s degree for advancement.

Recent graduates of biomedical equipment training at Sheppard AFB have received more than 70 credits from the Community College of the Air Force. Technicians have been earning an escalating amount of college credits for their military training.

The coursework covers equipment used for medical support, physiological monitoring, diagnostic imaging, surgery, and dentistry, sterilizing and field systems. Credits are also earned in computer-based medical systems; AC and DC circuits; logic circuit analysis and design; and basic solid-state theory.

Spc. Damian Bernardez of New York has helped several soldiers transfer their credits to a distance-learning program at Thomas Edison State College in Trenton, N.J., for a Bachelor of Science in Applied Science and Technology with a concentration in biomedical electronics.

“Thomas Edison accepts the most credits toward a degree in our field,” says Bernardez, who earned 73 credits from his military biomedical equipment training.

“We are a tight group of people who take care of their own,” says Woodard. “The military is a way to get great training, earn a steady paycheck and make connections.” **A**



Spc. Andrew Sergeant of Milwaukee, Wis., and Spc. John Carter of Martinsburg, W. Va., review a stock anesthesia machines inside the U.S. Army Medical Materiel Center Southwest Asia at Camp As Sayliyah, May 26. (Official Army Photo/Dustin Senger)

Rest and Recuperation Pass Program Sponsorship

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

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

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

Camp Policies

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

*ASG-QA domain access required.

Education Center

In accordance with the Defense Base Closure and Realignment Commission, the Army Human Resource Command Education Division is relocating to Fort Knox, Ky., from current locations at Alexandria, Va.; Fort Leavenworth, Kan.; and St. Louis, Mo. Services provided by the finance team will move to Fort Knox on Jul 19. Expect delays in processing invoices, reimbursements, refunds and recoupments from July 12-23. Finance-related operations return to normal by Monday, Jul 26.

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

Summer Outdoor Running Restriction

As of May 1, running outdoors is not permitted between 8 a.m. and 7 p.m., or whenever red- or black-flag heat conditions are declared by colored flags flown

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



THE WIRE

Chaplain in Qatar reflects on service, sacrifice

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

“**M**ay we as a nation never take for granted the price paid for our defense and the protection of our way of life,” said U.S. Army Lt. Col. Jeff Bruns of Cuba, Mo., during an evening Memorial Day ceremony, May 31, at Camp As Sayliyah, Qatar.

Servicemembers gathered for a moment of remembrance and prayer in tribute to those who gave their lives serving their nation. Bruns, installation chaplain, gave an invocation after a thunderous rendition of “The Star-Spangled Banner” brought everyone to attention.

“Each of these men and women we remember and honor today represents a priceless gift,” said Bruns, who provides the deployed military community spiritual support through prayers and scriptures. “Lord, we give you thanks for their devotion and their sacrifice.”

“Now in the quiet of this moment

let their names surround us and may their lives of action inspire our continued service to our nation,” said Bruns. “Lord, guard and protect every member of our military forces serving today.”

Camp As Sayliyah supports overseas contingency operations in Southwest Asia. Department of Defense reports reveal that 5,480 servicemembers and DOD civilians have died supporting Operation Enduring Freedom and Operation Iraqi Freedom, as of May 28.

“No greater love describes the actions of the servicemembers who have died serving and protecting our nation,” said Bruns, preceding his Memorial Day prayer. “Today we give thanks for the depth of their love and its impact on our way of life.”

“We’re also here to offer a prayer for their families,” said Bruns, “who endure the loss of their son or daughter, their father or mother, their husband or wife.” **A**



U.S. Army Lt. Col. Jeff Bruns, of Cuba, Mo., listens to opening remarks during an evening Memorial Day ceremony at Camp As Sayliyah, Qatar, May 31. (Official Army Photo/Dustin Senger)

SPIRITUAL FITNESS

“That’s my people”

By Capt. **KELVIN W. FRANCIS**
Installation ministry team

I get excited and energized by meeting and learning about people who are different than me. Inevitably at the end of spending time with people I will look at my wife and say, “that’s my people.” She looks at me as though I’ve lost my mind and laughs. Now I say it in a joking way to make her laugh; however, I am actually quite serious about it.

At a young age, I was taught well-defined lines, barriers and dividers between people, their belief systems and nationality. However, I had an increasingly difficult time finding those dividing lines. I started asking questions about my own ethnicity, and I found out that my ancestors were German, Jew, French, British and Irish.

As for my wife, her ancestors were African, Irish, Native American, French, and Pacific Islanders. Now our children carry all of that ancestry and more that has been obscured by time. They will have an even more difficult time finding those elusive dividing lines between people.

We are a blended and complex community, but also a community who loves order, definition and clarity. We love to define, identify and divide things into neat categories, but when it comes to our ancestry, it is not so easy to define and identify our origins.

The theory of race has attempted to do that, but no one seems to agree on how many races there are and what defines a race of people. Based on categories of size, shape and color, some anthropologists came up with more than a thousand different races, while many others settle with four. It was hoped that genetic science would

end the debate over how many races exist, but that has not been the case.

Instead, genetic scientists have found that we are more related than most want to believe. The March 2006 issue of National Geographic featured an article titled “The Greatest Journey” that describes how genetic scientists have traced the genetic codes of all humanity to a single location, and tells a story of how humans migrated from there to the rest of the world.

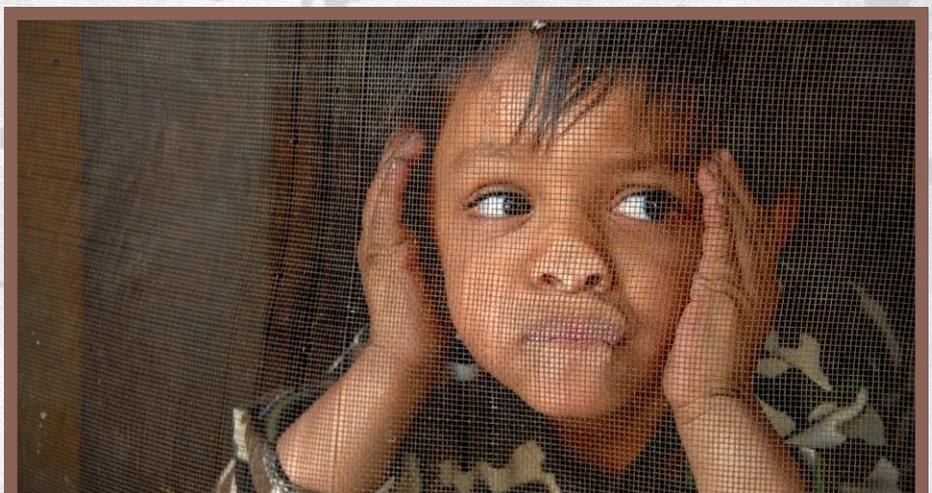
The story of the genetic scientists sounds very familiar to another story I’ve heard. It is the story of a man and woman with a mission to fill the earth. When the first mission of humanity was complete, God handed us another mission: to be one, to be united, to make room at the table for each other (John 17:20-23).

The Air Force and Army have also given us a mission similar to this. The U.S. Air Force Plan for Integrating Diversity 2004-2006 strives to achieve our core value of excellence in all that we do, mission excellence. It is an effort to “renew” our strength with our various talents, “develop” strong leaders who possess the capacity to lead our diverse organization and

“sustain” a culture that embraces, welcomes and makes room for all the people who make up our total force.

The 2008 Army Posture Statement’s information paper on diversity recognized the same need. “Our nation’s strength stems from its diversity... our Army reflects the diversity of America. It is an Army that represents the hopes and ideas that have historically been associated with our core values.” The 2010 Posture Statement on Diversity says, the Army’s vision for the future “involves embracing the strengths of diverse people in an inclusive environment by investing and managing talent, valuing individuals, and developing culturally astute soldiers and civilians who enhance our communities.”

For me, it goes beyond embracing the strengths of diverse people. For me it is embracing others as family created by God and related to each other. That is why I proudly say, “that’s my people.” The more we realize our connection to each other and our need for each other, the more we will begin to accept each other and erase those imaginary dividing lines in our minds. Then we will effectively be able to embrace our diversity and make room at the table for each other. As a result, we will be stronger, brighter, and more capable of achieving mission excellence. **A**



A young boy jovially poses against a screen window in Jalalabad, Afghanistan, Nov. 1, 2009. (Official Army Photo/Sgt. Jennifer Cohen)

Doha Events

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

- July 15: The Red Carpet/ Doha's Hip-Hop & R'n'B Ball at the Sheraton hotel.
- July 22: Qatar Philharmonic Orchestra at the Aspire Hall.
- July 26: Shehrazad Quiz Night at the Ramada Plaza hotel.

Contact Antoine Randall, ASG-QA MWR director, for more information.

Drove a Little Fast?

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

Vehicle Accidents

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

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



Put these phone numbers in your mobile phone:

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

Contact Lt. Col. Darius Gallegos, ASG-QA provost marshal, or Hani Abukishk, civil affairs officer, for more information.

DOHA LIFE

Soldiers celebrate Army birthday at Qatar hotel

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

Al Thani during an investment forum in March.

More than 300 U.S. servicemembers and civilians celebrated the 235th U.S. Army birthday in Qatar during a ceremony, June 17, inside a ballroom at a prominent local hotel.

U.S. soldiers in Qatar have consistently observed their organization's birthday at Camp As Sayliyah. The U.S. Army base is located a few miles outside Doha, the Gulf country's capital and most populated city. A committee expends tremendous efforts, year after year, to transform a recreational warehouse with concrete floors and bay lighting into an elegant ballroom – but planning for the 235th birthday led to something special.

For the first time ever, the Army birthday celebration moved from on-post temporary structures to a luxury hotel in Doha, one of the world's fastest growing cities. Qatari leaders expect an astonishing 16-percent growth in gross domestic product in 2010-2011, as predicted by Prime Minister Sheikh Hamad bin Jassim

Army ball ticket prices doubled this year with the change in venue, despite a modest fundraising effort in March, when several senior officers allowed junior soldiers to slap them with whip cream pies. However, the cost of admission dropped significantly for Central Command rest and recuperation pass program participants.

The selected hotel is nestled in the



Sgt. 1st Class Gregory Reid (far right) of Riverdale, Ga., leads soldiers to retrieve posted colors following a 235th U.S. Army birthday celebration at a prominent hotel in Doha, Qatar, June 17. (Official Army Photos/Dustin Senger)

exclusive West Bay Lagoon, where Gulf waters brush up against a 235-slip marina. A warm Arabic theme was arranged inside a 12,000-square-foot ballroom with multicolored carpeting and textured walls. Eight crystal chandeliers glistened from a 21-foot high ceiling; numerous spotlights supplemented their radiance.

“This is the most expensive hotel I’ve ever been inside,” said Spc. Caitlin Butterfield of Bothell, Wash., who was excited about forgoing the combat uniform in favor of formal attire. “It’s a good variety... it’s better than being on post all the time.”

Guests at 49 tables stood as color guard soldiers marched with flags of the United States, Qatar, U.S. Army and Third Army/U.S. Army Central Area Support Group Qatar. A loud rendition of “The Star Spangled Banner” broadcasted from the ballroom’s built-in sound system. A chaplain’s invocation preceded audience toasts, and then a narrator’s description of the Army’s flag and campaign steamers.

Maj. Gen. Randy Manner, Third Army deputy commanding general, was the evening’s featured speaker. Manner thanked soldiers for their commitment and their family’s support. He said “you rock,” while explaining that military service is a respected career choice. Lastly, the general said “strive to become a better man or woman,” and “return home a stronger soldier – physically, spiritually and mentally.”

Hotel food servers provided a buffet-style meal from the ballroom’s adjacent foyer. A pasta station complemented an assortment of cuisines, such as poached chicken served on bulgur salad; blackened hammour fish filets with fruit salad; and crab cakes with remoulade sauce.

“A lot of us would have never

celebrated an Army birthday like this – especially in the Middle East,” said Chief Warrant Officer 2 Wayne Niehus of Reading, Pa. He had retired after 21 years of service in 1991, but returned to Army active duty earlier this year. Niehus, 58, cut the birthday cake with 19-year-old Butterfield, in recognition of

the oldest and youngest soldiers in attendance.

Closing remarks converted the front stage into a dance floor. The lights dimmed for a disc jockey and live band. The soldiers mingled until midnight, before completing their 235th birthday ball in Qatar. **A**



Soldiers of Third Army/U.S. Army Central Area Support Group Qatar cut the cake during a 235th U.S. Army birthday celebration at a prominent hotel in Doha, Qatar, June 17. From left: Chief Warrant Officer 2 Wayne Niehus of Reading, Pa.; Col. Maxine C. Girard, ASG-QA commander; Spc. Caitlin Butterfield of Bothell, Wash., and Command Sgt. Maj. Charles “Doc” Holliday, ASG-QA senior enlisted leader. (Official Army Photos/Dustin Senger)



Capt. Sean Dublin of Garland, Texas, stands in line for dinner during a 235th U.S. Army birthday celebration at a prominent hotel in Doha, Qatar, June 17. Hotel food servers provided a buffet-style dinner from the ballroom’s adjacent foyer.

Qatar Museum of Islamic Art

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

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

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

Culture Seminar

Do you want to learn more about Islamic culture and Ramadan? A guest speaker from the Qatar Islamic Culture Center will cover Islamic culture and the holy month of Ramadan.

- July 27: Cultural Awareness Seminar at 10 a.m. in the community activity center.

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

Off-Limit Areas

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

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

Contact Lt. Col. Darius Gallegos, ASG-QA provost marshal, or Hani Abukishk, civil affairs officer, for more information.

DOHA LIFE

» 9-Ball, PG. 15

Morris started to rack in big earnings on professional tables while Williams became a top amateur player. They first competed against each other during the 1996 Ocean State 9-Ball Championship in Providence, R.I. Williams, then 19, had been following Morris' career.

"Rodney had just won a big tournament in Puerto Rico," said Williams. "Rocket was young and fast – I wanted to be just like him." Morris, then 25 and building his prestige, defeated Williams 9-5.

"I didn't expect to do that well," says Williams. "I was the only one who came close to having a match with him... nobody came that close."

The Ocean State served as a warm up for Morris. Three days after winning, he began the U.S. Open 9-Ball Championship in Chesapeake, Va. Celebrating another first-place win, which awarded him \$25,000, he bought everyone dinner, and then later met Williams at the restaurant.

Since then, the pool players have competed together across the United States and in Spain, Portugal, Germany, Holland, South Korea, Japan and the Philippines. Qatar represents their first visit to the Middle East.

“They have a lot of fans supporting them and they’re showing support for what we do,” said Navy Petty Officer 2nd Class Reuben Brown of Los Angeles

Morris is currently number two, behind Johnny Archer, in the 2010 Billiard Congress of America points list published in June. Williams is ranked number seven.

"They have a lot of fans supporting them and they're showing support for what we do," said

Navy Petty Officer 2nd Class Reuben Brown of Los Angeles, who met Morris and Williams during his first day on pass at the Army base in Qatar. "They took time out of their day to show they care about their troops."

Brown eagerly challenged Morris to an 8-ball pool game. Morris sank two solid-colored balls with the first break – his other five quickly followed. Brown hit in two before Morris won the game with a swift strike of the eight ball. Morris provided some tips



Charles "The Korean Dragon" Williams surveys the table during the 2010 World 9-Ball Championship at the Qatar Billiard and Snooker Federation in Doha, Qatar, July 1. Rodney "The Rocket" Morris played at the table behind Williams. Morris started to rack in big earnings on professional tables while Williams became a top amateur player. They first competed against each other during the 1996 Ocean State 9-Ball Championship in Providence, R.I. (Official Army Photo/Dustin Senger)

to help him improve.

"I learned how to spin the ball and hit a jump shot – legally – by hitting the ball on top," said Army Staff Sgt. Priscilla Sanchez of Paterson, N.J., after some instruction from Morris. "It was so cool how, in a matter of minutes, he showed me the imaginary ball theory," a tactic that requires players to aim at a "ghost ball" for angled shots.

"They were so patient," said Sanchez. "They took the time to look at the table and then led me where to take a shot, and then I made them in the pocket."

"It all boils down to mechanics," says Morris. "The game is easy when you know the right bridge, stance and grip." He says it's important to learn the right techniques and then practice them repeatedly.

"We appreciate everything they do for us," said Morris, after departing the Army base. "We wouldn't be able to do the things we're doing, if they weren't doing the things they do."

The 2010 World 9-Ball Championship began June 29, at the Qatar Billiard and Snooker Federation with 128 players divided into 16 groups. A total pot prize of \$250,000 is up for grabs, with the champion winning

\$36,000 after the finals on July 5. The tournament is sponsored by the Qatar Olympic Committee, and sanctioned by World Pool-Billiard Association and Asian Pocket Billiard Union. **A**



Efren "The Magician" Reyes of the Philippines surveys a pool table during the 2010 World 9-Ball Championship at the Qatar Billiard and Snooker Federation in Doha, Qatar, June 29, 2010. Reyes, 56, was inducted into the Billiard Congress of America Hall of Fame in 2003. He started playing at 8 years old in Manila. Today, Reyes is considered one of the greatest 9-ball pool players of all time.



Christian Reimering of Germany (bottom-right) hits a cue ball during the 2010 World 9-Ball Championship at the Qatar Billiard and Snooker Federation in Doha, Qatar, June 29, 2010. The tournament began with 128 of the world's best players divided into 16 groups of eight competitors. A total pot prize of \$250,000 is up for grabs, with the champion winning \$36,000 after the finals on July 5. The World 9-Ball Championship is sponsored by the Qatar Olympic Committee, and sanctioned by World Pool-Billiard Association and Asian Pocket Billiard Union. (Official Army Photos/Dustin Senger)

Editor's note: Francisco "Django" Bustamante of the Philippines won the 2010 World 9-Ball Championship in Doha, Qatar, defeating Kuo "The Little Monster" Po-cheng of Taiwan, 13-7, in the final on July 5.

WEARING OF REFLECTIVE BELT/GEAR

(Ref: USARCENT Policy Memo OPL PROT 04)

- ✓ Wear a reflective belt or vest at all times, regardless of uniform, during hours of darkness, or periods of limited visibility. Wear belt either around the waist or diagonally over the shoulder. When wearing physical fitness uniforms, reflective belts are worn at all times.
- ✓ When bicycling in the installation, during hours of darkness, or periods of reduced visibility, bicycles will be equipped with an operable headlight and tail light.
- ✓ Bicyclists will wear a reflective upper outer garment at all times. Riders must wear an approved (Consumer Product Safety Commission Certified) helmet.
- ✓ Never use earphones or headphones while in physical training gear, at any time while walking, jogging or running. Headphones are only authorized inside gymnasiums, or enclosed workout facilities. Such listening devices are not authorized while operating a vehicle (including bicycles). The wear of earphones or headphones is only authorized in civilian attire on the trail/track or morale, welfare and recreation facilities.

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

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

SAFETY

Stay strong in the heat

By U.S. Army Combat Readiness/Safety Center

For many soldiers, the extended daylight of spring and summer means additional opportunities to meet physical training requirements or catch up on outside work and fun. The heat and humidity that accompanies these long days, however, increase the probability of heat injuries and other physical problems.

In much of the United States and within overseas theaters, heat injuries remain a persistent, significant threat to the health and operational effectiveness of soldiers and other Army personnel. During the past two years, at least 250 soldiers have been treated for clinically severe heat injuries, including heat stroke and heat exhaustion. Sadly, these conditions can be fatal—in late summer 2009, a young soldier died after suffering a heat injury during a road march.

Given these overwhelming statistics, it is especially important for soldiers to protect themselves, their battle buddies and their families from heat injuries. Early recognition of potential illness is critical to preventing progression to a more serious condition or death, said Col. Manuel Valentin, U.S. Army Combat Readiness/Safety Center command surgeon.

Minor illnesses such as heat cramps are typically the first sign of heat injury, but without medical intervention, these conditions can progress to heat exhaustion and heat stroke. Persons with any of the following symptoms should seek immediate medical attention.

Heat cramps are painful muscle spasms that occur in the abdomen, arms or legs. Individuals who sweat profusely in the heat and drink large quantities of water but fail to adequately replace the body's salt loss are most at risk of heat cramps.

Heat exhaustion is the most common heat injury. A person suffering from heat exhaustion still sweats but experiences extreme weakness or fatigue, nausea or headache. Other primary symptoms include clammy and moist skin, a pale or flushed complexion and a normal or slightly elevated body temperature. Additional warning signs include heavy sweating, an unsteady walk, dizziness, giddiness, rapid pulse and shortness of breath.

Heat stroke is the most serious heat injury. It occurs when the body's temperature regulation system fails and sweating becomes inadequate to cool the body. A heat stroke victim's skin is hot, usually dry with no sweating, red or spotted and their body temperature typically reaches 104-degrees Fahrenheit or higher. Other warning signs include a rapid, strong pulse, mental confusion, throbbing headache, dizziness and nausea. Symptoms can quickly progress to loss of consciousness, coma or seizure. Heat stroke is a medical emergency and can lead to death.

There are several things soldiers can do to mitigate their risk of heat injury. The National Institute for Safety and Occupational Health recommends scheduling outdoor jobs during the cooler parts of the day, taking frequent rest and water breaks in cool, shaded areas, and avoiding sugary, caffeinated and alcoholic drinks when working or playing outside.

Additional information and valuable heat injury prevention resources such as posters, videos and pocket guides are available on the USACR/Safety Center website at <https://safety.army.mil>, the U.S. Army Center for Health Promotion and Preventive Medicine Web site at <http://chppm-www.apgea.army.mil/> and the NIOSH Web site at <http://www.cdc.gov/niosh/>.

Safe physical training

While generally far less critical than heat injuries, physical training and sports injuries can seriously hinder even the most focused of fitness enthusiasts. According to the U.S. Army Center for Health Promotion and Preventive Medicine, Army survey data shows that more than 50,000 sports injuries requiring medical care occur every year. It is also important to remember that soldiers performing physical training

or playing sports in the hot summer months are susceptible to heat injury.

To mitigate the risks associated with sports and physical training, USACHPPM recommends structuring exercise programs around individual fitness levels. For example, soldiers just beginning or restarting a running program should follow a systematic progression of difficulty, concentrating on low mileage and intensity at first while gradually adding miles and speed.

Soldiers involved in group sports such as basketball, soccer or ultimate Frisbee are especially susceptible to facial or ankle injuries. USACHPPM recommends that soldiers participating in these activities wear two key pieces of equipment: mouth guards, which have been shown to significantly reduce the incidence of dental injuries in contact sports, and semi-rigid ankle braces, especially when an individual has a history of previous ankle injuries. ^A

Work/Rest and Water Consumption Table

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

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

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

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

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



Engineered for life

What did you think of Desert Mesh edition 67?

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: _____

DESERTMESH

MAGAZINE 

Edition 67

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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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