



!!! The Official Voice of Area Support Group Qatar !!!

# DESERT MESH

NEWSLETTER An ASG-QA Publication

Edition 49 June/July 2007

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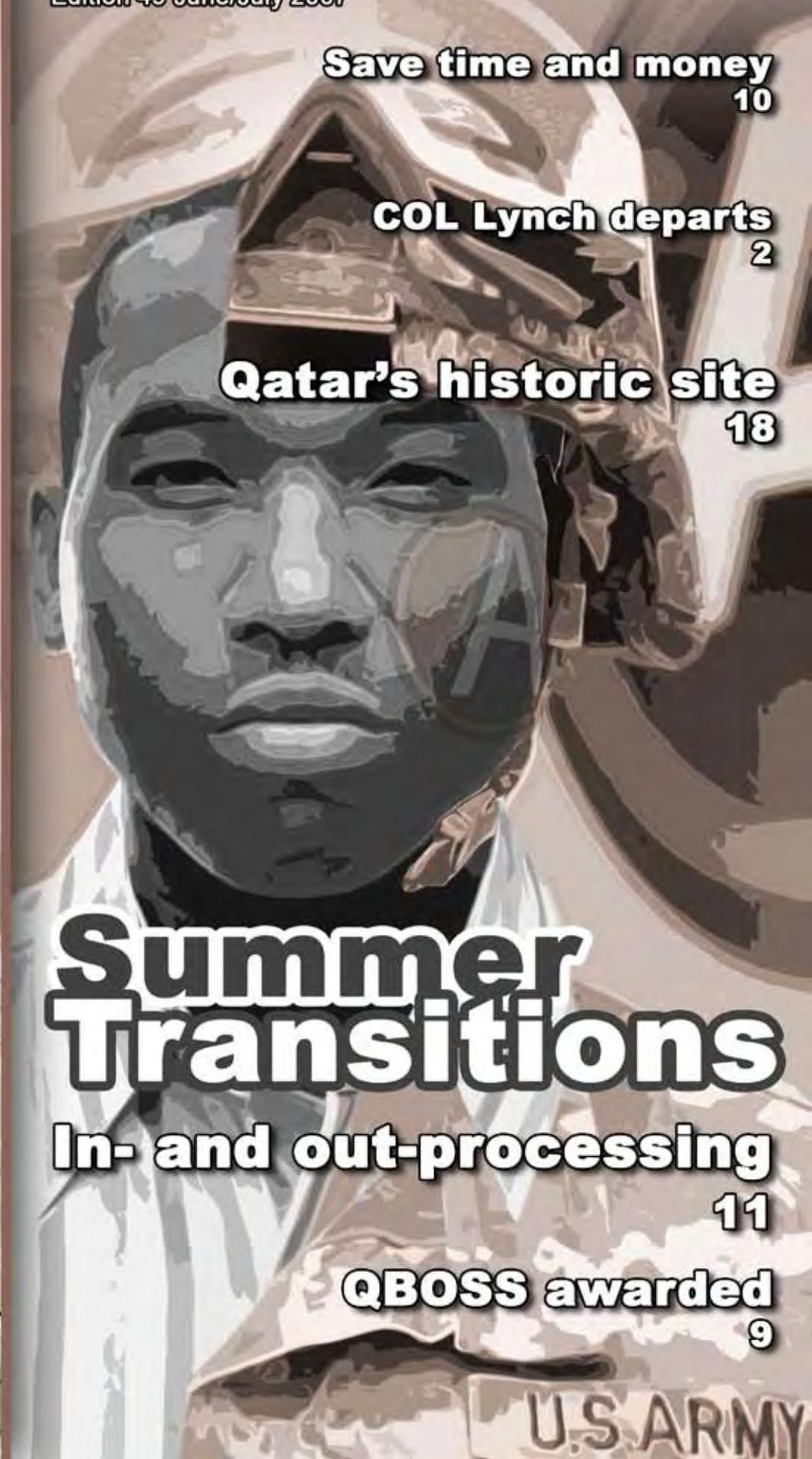
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*Desert Mesh* layout and design by Mr. Dustin Senger. Comments should be addressed to dustin.senger@qatar.army.mil or call DSN 318-432-2800.

**COVER PAGE:** (Insert) SPC Iraq Blackledge, from Philladelphia, Penn., is a recent addition during Area Support Qatar's summer personnel transitions. (Bottom-left) Capt. John Bond, from Silver Spring, Md., greets Blackledge after his reenlistment ceremony on June 7.

Bond assumed command of ASG-QA Headquarters-Headquarters Company on June 20. He transitioned to a command billet after completing a one-year tour as ASG-QA Assistant Operations Officer. (Cover photo-illustration by Mr. Dustin Senger)

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## Commander's farewell

**Mr. Dustin Senger**  
ASG-QA Public Affairs

– Camp As Sayliyah. The ASG-QA commander also serves as the senior U.S. Army officer and U.S. Army Central Command (USARCENT) representative in Qatar; with frequent engagement and representational duties among Qatari military and civilian authorities.

**COL Thomas F. Lynch III, Commander Area Support Group Qatar (ASG-QA), will relinquish command to COL David G. Cotter on July 19.**

Lynch will complete two years commanding an Army brigade-level support command and the U.S. Army garrison in Qatar

"My family and I are sad to say...

**Continued on page 8**

## CAS celebrates with 232nd Army Birthday Ball



Soldiers march the colors during the 232nd Army Birthday Ball on June 14. The formal celebration was a success for Camp As Sayliyah's community. Over 300 people were in attendance; including service members on a rest and recuperation pass from contingency areas. (Photos by Mr. Dustin Senger)



A Soldier from 3-43 Air Artillery Defense is greeted by MG Dennis E. Hardy, Third Army Deputy Commanding General, during the 232nd Army Birthday ball on Camp As Sayliyah in Qatar. Beside the major general, COL Thomas F. Lynch III (center), Area Support Group Qatar Commander, greets guests with his wife, Jana.



MG Dennis E. Hardy, Third Army Deputy Commanding General, lifts his glass during a toast to service members by CSM Michael D. Howard, ASG-QA Command Sgt. Major, at Camp As Sayliyah's 232nd Army Birthday Ball on June 14.



1SG Richard Schuck, from Madison, Ohio, salutes as a tribute to Americans listed as POW/MIA. The memorial to fallen comrades ended the Army Birthday ball at Camp As Sayliyah on June 14.



SSG John P. Brushwood, from Anderson, S.C., carries a campaign ribbon during a battle streamers ceremony on June 14. Today, there are a total of 178 battle streamers. The last three additions came from: Afghanistan, Global War on Terrorism and Iraq. The streamer ceremony reminds today's Soldiers of the Army's past conflicts and how they shaped American history.



**Army birthday follows a tradition of service**



## R. Steven Whitcomb

**Lieutenant General**

Third Army/USARCENT  
Commanding General

In 1775, the Army began a rich tradition of fighting for freedom and democracy and for 232 years, American men and women have answered their nation's call to duty. The Continental Army was populated by patriots who risked everything for the prospect of freedom. This group set the standard for enduring, selfless service to one's country.

The men and women of Third Army/U.S. Army Central and their Families continue the Army's tradition of service. We are the keepers of a promise that says we will be ready when duty calls, a promise that has been answered by the active, Guard, and Reserve Soldiers deployed in support of Operations Iraqi Freedom and Enduring Freedom, and around the globe.

Regardless of the threat, the Army continues to meet the country's demand for safety and security wherever terrorism and intolerance exist.

As American Soldiers, we are guided by the Army values. Courage and sacrifice are the heart and soul of our Army. Our commitment to and performance of duty, as we go about our daily missions, speak volumes with respect to the character and spirit of our nation. We represent the spirit of our Army; our actions reaffirm the trust, faith and confidence placed in us.

Around the world, the presence of the United States is the face of an

American Soldier. The American Soldier is the cornerstone of our Army and is entrusted with the spirit of courage and a belief in freedom. We continue the tradition of selfless service, sacrifice and loyalty to our nation.

From the Battle of Bunker Hill to the streets of Fallujah, American Soldiers have proudly defended and protected our homeland as well as our way of life. It is under this wall of protection that American industry, ideas and values have prospered.

While our Army has adapted and evolved over the years, the strength and resilience of the American Soldier remained constant. I see this strength and resilience daily in Third Army Soldiers.

**“ From the Battle of Bunker Hill to the streets of Fallujah, American Soldiers have proudly defended and protected our homeland as well as our way of life.”**

We are not the first generation of American Soldiers to encounter long, arduous deployments, but we are the generation of Soldiers that today's Americans will know. We are carrying on a time-honored tradition that is the product of 232 years of service and sacrifice and we will not fail.

Each of our camps in Kuwait will commemorate this service with its own celebration June 14. As you join in the festivities, I invite you to think about all the Soldiers who came before us and the proud tradition of service of which you are apart. Happy Birthday Army!

Patton's Own!



**Third, Always First!** 

**Franklin G. Ashe**  
**Command Sergeant Major**  
Third Army/USARCENT  
Command Sergeant Major



**Uniform standards, not options**

Once you put on a uniform, you are one of us. As a Soldier or Department of the Army/Defense civilian, you represent values and traditions cemented by generations of sacrifice and service. Wear the uniform proudly and correctly. I get irritated whenever I see people wearing sloppy uniforms failing to meet the standard.

Drilled in basic and tested at employment, both Soldiers and civilians know the standards and where to find the documentation. For Soldiers, it's Army Regulation 670-1. For civilians, it's also in AR 670-1. Civilians are allowed to wear nametapes and insignia that mark them as government employees. But, civilians are not allowed to wear the American flag or unit patch on the upper arms of the utility uniform.

There are a lot of DA and DOD civilians proudly serving overseas, facing many of the same dangers Soldiers deal with on a regular basis. I understand your sacrifices and commitment, and I also understand your desire to serve with standard next to your comrades in uniform.

Check out the regulations and make sure you're doing the right thing. I see similar issues with Soldiers. Make sure your unit patch and American flag are correctly centered on your Velcro pockets. Keep your hair within regulations – both male and female – and ensure your rank and last name are on your patrol caps.

Most of us appreciate the new uniforms, especially since they don't need to be pressed and the boots

don't need to be shined. But that's no excuse for going days without washing a uniform when laundry facilities are available.

I understand some of you want to prove how much you can endure, but that doesn't mean the rest of us need to smell you. Also, there are cleaning kits available for the desert boots. It doesn't take long to clean them, and you'll have more pride in your appearance.

Recently at Camp Arifjan, I saw a Soldier wearing a civilian shirt with Army physical training shorts. By relaxing the standards – especially in a combat zone – that Soldier paraded his ignorance for others to see. He should have been corrected by an NCO as soon as he stepped out of the barracks. Unfortunately, I had to be the one to correct him. That Soldier could only have made it worse by wearing headphones in uniform.

Get it right. Soldiers are not allowed to mix-and-match uniforms, wear headphones, talk on cell phones while walking or smoke cigarettes outside designated smoking areas.

I challenge all NCOs to keep up the standards and enforce the regulations at all times – both with military and DA/DOD personnel. Take pride in what you represent on a daily basis and recognize that you set the example. I realize that you're all in a combat zone – and that makes it even more critical not to accept failure.

Third, Always First!



**Third, Always First!**



**A message from the Installation Commander**



# Thomas F. Lynch III

**Colonel**

Area Support Group Qatar  
Commander

Please accept my continuing best wishes to each of you as this long Qatari summer season takes hold of 2007.

This edition of the *Desert Mesh* will reach you right around the time of our great national birthday – the 4th of July. I wish each of you a happy Independence Day. I hope you will be able to squeeze in some participation around your busy schedules for an MWR sporting event, or an indoor barbecue lunch at one of the camp dining facilities that day. See page 17 in this *Desert Mesh* for an event listing.

**“ You should remain proud of your important role in assuring our great nation wins the Global War on Terrorism; God’s speed to each of you.”**

Our past two months on the camp have been brisk and busy. We kicked off May with a super Commander’s Cup competition with MEDLOG reclaiming the title they lost to CENTCOM in the November 2006 competition. Congratulations to MEDLOG!

We were delighted that many of you participated in the Memorial Day Fun Run and Retreat Celebration on May 28; as well as the Army Birthday Fun Run and annual camp-wide Army Birthday Ball on June 14. Around these major events, the annual summer PCS cycles have begun. Please accept my best wishes and thanks to all of you who will PCS this summer. Thanks for a job well done.

The coming two months will feature 120 degrees Fahrenheit and growing humidity. All of us will need to limit daily activities as a result of this seasonal reality. ASG-QA MWR will host a 5-kilometer Fun Run at 0530 hours on the 4th of July holiday; we

will not conduct a similar run until September. Please take it easy during your outdoor activities in July and August. Camp leadership will return to outdoor ceremonies and activities for Labor Day and Patriots Day in September.

As you will see in this *Desert Mesh* edition, I too will PCS this summer after a late-July change of command. It has been a fast and busy two years in Qatar and at Camp As Sayliyah. I have been privileged to work with each and every one of you – and have been enormously proud of all that each of you accomplishes in daily support of our war fighters.

I hope that many of you will be able to attend the change of command that will take place between me and the incoming commander, COL David G. Cotter, on Thursday, July 19 at 1000 hours in the small gymnasium. Jana and I look forward to seeing you, and to extend our personal thanks for your stellar service and superb results.

For those of you who may not be able to attend this change of command on July 19, let me sign-off my last *Desert Mesh* column with a heart-felt thank you and continued best wishes. You should remain proud of your selfless service and your important role in assuring our great nation wins the Global War on Terrorism; God’s speed to each of you.

Patton’s Own!



# Michael D. Howard

## Command Sergeant Major

Area Support Group Qatar  
Command Sergeant Major

Camp As Sayliyah is in the midst of a lot of transitions, from increased outdoor temperatures to new Soldiers arriving – to various changes of command and transitions of authority. Area Support Group Qatar is no exception to the recent changes.

Change of command ceremonies, are time-honored traditions for the U.S. military. They pay respect to important transitions; from the highest ranking officers, down to the company-level commander. Every year or two, unit leaders dust off their protocol manuals and open their Drill and Ceremony books to perform an accurate and memorable change of command for their leadership and Soldiers.

I would first like to extend my appreciation to all the transitional officers as they depart, as well as offer a cordial welcome to new leadership. Camp As Sayliyah's tenant unit commanders have already started their summer transitions. The ASG-QA team welcomes their new leadership to Qatar, while they move into new responsibilities and experiences.

I would like to express appreciation to the ASG-QA Deputy Commander, LTC Noel P. Owen, for all that he has accomplished and all he continues to do behind the scenes for this command. He displays untiring support to the noncommissioned officer corps and we already miss him as he prepares to depart in late July.

To our commander – my battle buddy – COL Thomas F. Lynch III: thank you, sir. As an experienced infantry soldier, your teaching methods and hard lines toward mission accomplishment were clear and well understood. You never allowed ASG-QA, Third Army's forward element in Qatar, to fail during our support operations. Thank you for your support and movement of the Rest and Recuperation Pass Program's participants serving in Operation Iraqi Freedom and Operation Enduring Freedom throughout the U.S. Central

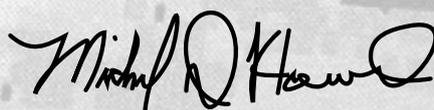
Command area of responsibility. COL Lynch kept everyone in the diverse Camp As Sayliyah community at the top of their game. He properly positioned service members, DOD civilians and contractors toward mission success. ASG-QA staff learned how to use the "three tell 'ems" to better inform tenant units on the installation. Information becomes exceedingly important when it relates to respecting our host nation's customs and traditions. I send sincere gratitude on behalf of everyone whom you have positively affected as Camp As Sayliyah's installation commander.

I extend an invitation to everyone: join the ASG-QA team as we bid a formal farewell to a remarkable commander on July 19 in the small gym. He will surely be missed. The same day, we will welcome the arrival and command of COL David G. Cotter.

A change of command does not mean a change in standards. Camp As Sayliyah Soldiers need to re-read the Wear of Uniform and Civilian Clothing installation policy letter (IPL 8), as it applies both on and off the camp. We are having entirely too many violations of this policy by both military and civilians. A Soldier's uniform-of-the-day is the Army Combat Uniform. As of June 15, the American flag positioned on the right sleeve must be colored. Proper training gear also needs reiteration; we do not mix-match our regulation physical training uniform with civilian clothes.

Running or conducting any other physical training between 0900 and 1800 hours is not recommended outdoors, due to the increasing heat. The summer is here and showing evidence that it will not be mild. Respect the elements and take proper cautions for yourself and your subordinates.

Patton's Own!



## CAS bids farewell to installation leaders



# THE WIRE



## HHC COC

CPT Terrie Shin, Headquarters-Headquarters Company Commander, with COL Thomas F. Lynch III, Area Support Group Qatar Commander, and CPT John Bond, ASG-QA Assistant Operations Officer on June 20. Shin was relieved by Bond after completing a successful tour at Camp As Sayliyah in Qatar. (Photos by Mr. Dustin Senger)



CPT John Bond (right), from Silver Spring, Md., assumes command of Headquarters-Headquarters Company on June 20. He completed a tour as an assistant operations officer before becoming the second officer to hold the HHC command position in Qatar.



## ASG-QA COC

Area Support  
Group Qatar  
Change of  
Command



ARMY STRONG.

- July 19: Small Gym at 10 a.m.

Contact Mr. Edmond Williams, ASG-QA Protocol Officer, for more details at DSN 432-2223.

## Commander's farewell

(Continued from page 2)

goodbye to the many friends we have made," said Lynch. "But we are excited to return to the Washington D.C. area. Jana and our three young sons look forward to new adventures in the United States, with rain and grass... and eventually, snow." The accompanied deployment allowed his family to gain a first-hand cultural experience on the Arabian Peninsula, while the colonel's daily work commitments focused on supporting the coalition war fighters across Southwest Asia.

"It has been an honor and privilege to command ASG-QA and Camp As Sayliyah for the past two years," he said. "This remains a premier war fighter support camp

for Operation Enduring Freedom and Operation Iraqi Freedom. In addition to dozens of other support requirements, Camp As Sayliyah has a unique mission to provide a Rest and Recuperation Pass Program (R2P2) for forward deployed troops from across the U.S. Central Command area of responsibility."

In 1992, Qatar signed an agreement allowing the United States to preposition military supplies and combat equipment on the Gulf Peninsula. ASG-QA and Area Support Group Kuwait (ASG-KU) are the two USARCENT forward-deployed support groups in Southwest Asia. ASG-QA has been present in Qatar since 1996.

"I have been proud to work closely with our Qatari military hosts, the U.S. Embassy and the leadership of Al Udiied Air

Force Base," said Lynch. "Each of these command facets have made the last 24 months special for me." The ASG-QA Commander must closely coordinate with the nearby Air Force Base and U.S. Embassy; as well as select Qatari military and civilian organizations.

"Camp As Sayliyah has now spent over four years as a mid- to high-intensity war fighting support camp," said Lynch. "Its first six years of existence, it was a low-intensity, pre-positioned equipment location." The installation is maintaining its current posture for at least another year but ultimately will return to its original intent. "I depart this important command, knowing that a great staff master planner, director of public works team and incoming

**"It has been an honor and a privilege to command ASG-QA and Camp As Sayliyah for the past two years."**  
COL Thomas F. Lynch III

ASG-QA staff will finalize plans produced over the last two years – assuring that the forecasted transition of the camp back to its original purpose occurs smoothly."

ASG-QA showed marked improvement during Lynch's command. Third Army, the unit's parent command, conducts Organizational Inspection Programs to measure a subordinate unit's performance. During a 2006 inspection, ASG-QA received 21 commendable ratings, the highest evaluation a staff section can receive, but Lynch and his staff continued to



COL Thomas F. Lynch III, Area Support Group Qatar Commander, with CSM Michael D. Howard, ASG-QA Command Sgt. Major, at the Camp As Sayliyah 232nd Army Birthday Ball on June 14. (Photo by Mr. Dustin Senger)

evolve into their unique missions. In 2007, ASG-QA proudly collected 48 commendable ratings – tremendous progress for 12 months.

“COL Lynch is very articulate and smart,” said Mr. Edmond Williams, ASG-QA Protocol Officer. “When he makes a decision – he sticks to it. He also understands Protocol. That’s what I liked about him.” Williams, a DOD civilian and retired Air Force senior master sergeant, has seen three ASG-QA commander’s since arriving to Qatar in February 2001. “When you come to his meetings, you must be prepared. If you aren’t prepared, you’ll know it.”

“I’ll fondly remember the chance to command this camp and ASG-QA for a number of reasons,” said Lynch. “I will remember it for the flexible, creative and excellent mission support team of U.S. military, DOD civilians and contractors. Those who serve in Qatar directly affect the lives and well being of the thousands of service members in OEF, OIF and the horn of Africa – brave men and women fighting against those who would deprive

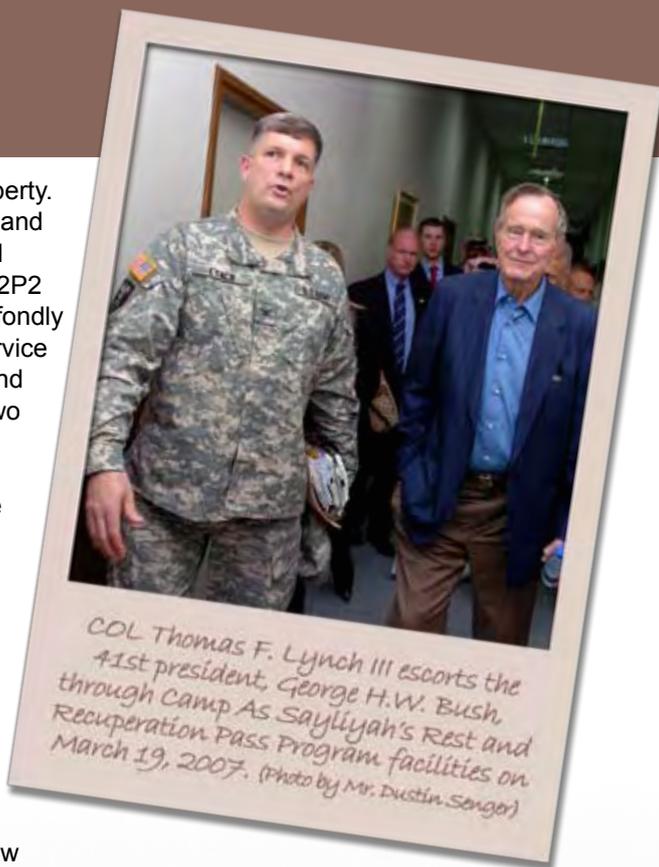
**“ When you come to his meetings, you must be prepared. If you aren’t prepared, you’ll know it.”**  
Mr. Edmond Williams

millions of freedom and liberty. I will remember the command for its record of safety and service to thousands of R2P2 participants. Finally, I will fondly remember the selfless service by all who have worked and lived here over the past two years.”

“After Qatar, I will become the U.S. Army Senior Fellow at the Brookings Institute, an international and political affairs think tank in Washington D.C.” The Brookings Institute, a nonprofit organization, has devoted more than 90 years analyzing current and emerging issues while producing new ideas for the nation and the world. Brookings scholars provide quality research to policy-makers and media.

“After 25 years as an Army officer, I have learned that promotions are a blessing and each chance to command is a rare and privileged treat. I’ve already risen to a rank

that I thought I’d never see, but I look forward to serving in the Army for several more years. If a surprise offer to become a general officer comes along, my family and I would seriously consider it. However, I would be pleased if my culminating experience as a career Army officer was to command the excellent people in ASG-QA and at Camp As Sayliyah, Qatar” **A**



*COL Thomas F. Lynch III escorts the 41st president, George H.W. Bush, through Camp As Sayliyah's Rest and Recuperation Pass Program facilities on March 19, 2007. (Photo by Mr. Dustin Senger)*

## QBOSS contract awarded

**Mr. Dustin Senger**  
ASG-QA Public Affairs

CAMP AS SAYLIYAH, Qatar – On June 11, Camp As Sayliyah’s Qatar Base Operations and Security Services contract, or QBOSS, was awarded to ITT Federal Services International Corporation of Colorado Springs, Colo.

“It is important to recognize that this award is based on proposals submitted for this program,” said LTC Jeff Morris, Army Contracting Command, Southwest Asia Qatar Commanding Officer. ACA awarded the Cost Plus Award Fee contract with a one-year

service agreement followed by four one-year option periods. A phase-in period begins on Oct. 1. The existing Base Operation Services and Base Security contracts will expire on Dec. 1; all services will then be QBOSS.

“Thank you for what you do each and every day,” said Jim Eken, ITT Qatar Base Operation Services Program Manager. Eken was quick to address his growing staff with the good news. “Continue your efforts as we work toward the phase-out and phase-in periods.”



“The Army looks forward to continuing successful partnerships as we complete the current contracts and move to a transition,” said Morris. “The Army is pleased to have multiple

contractors on this base successfully meeting – often exceeding – requirements.”

Several steps follow a contract award announcement. Every company bidding on the contract has three days to request a debriefing – most ask for it. The contracting officer then has five days to honor the request. If an unsuccessful contractor decides to protest, they must submit within 10 days from the debriefing.

A decision for a protest filed with the Government Accountability Office is usually rendered within 100 days of filing. While a protest is considered, contractors continue to perform under terms and conditions of the current contract. **A**

# THE WIRE

## Eagle Cash

**Mrs. Lisa Martin**  
ASG-QA Finance Technician

CAMP AS SAYLIYAH, Qatar – The Eagle Cash card may soon replace all monetary transactions on U.S. military installations in Southwest Asia. The wallet-size cards are supporting the global war on terrorism by allowing overseas service members, DOD civilians, contractors and foreign nationals to better handle on-post currency transactions with less paper and coin dispersion.

Introduced in 1997, the Eagle Cash card was originally called “Easy Pay,” a convenient way for the Army’s entry-level Soldiers to pay for items during an initial nine-week training period. The success of Easy Pay later evolved into the debit card used today: Eagle Cash.

It is effortless to obtain an Eagle Cash card. First, fill out the request form provided by the finance office. Then head over to the adjacent disbursing window to receive the card. It’s that easy. Furthermore, providing a stateside bank account with a voided check allows you to transfer money from one of the four Eagle Cash kiosk on Camp As Sayliyah. Up to \$350 per day can be credited, but a cumulative amount of \$10,000 or more will not be accepted.

Eagle Cash is a convenient way to make payments on Camp As Sayliyah. It can be used like a debit card all over the installation; including Morale, Welfare and Recreation venues. Qatari Riyals left over from off-post shopping can be credited at the finance office. Eagle Cash users avoid costly foreign ATM fees, as well as general hassles; such as waiting for currency to be refilled or periodic maintenance work. Pockets full of coins can also be avoided, in addition to their infamous paper-pog substitutes.

Card balances are easy to retrieve before departing the installation. If checking account information was provided, transfer funds back to the stateside account at any Eagle Cash kiosk; otherwise, cash it out at the finance disbursing window.

Remember to keep your Eagle Cash card in a secure location to avoid misplacing it. A lost Eagle Cash

card should be reported to the finance office as soon as possible; so a technician can recover your money.

Camp As Sayliyah uses

Eagle Cash in many locations. It may become required for dining facility payments. Contact the finance office for information about how to obtain this important and handy item at DSN 432-2826. 



## 4th of July 5K Fun Run

July 4 • 5:30 a.m. • CAC

More Independence Day events on page 17

Contact Mr. Tony Randall, ASG-QA Community Services Manager, for more information at DSN 432-2197.



*MSG Earl Andrews, from Aberdeen, Wash., credits his Eagle Cash card at a Camp As Sayliyah kiosk on June 26. Using Eagle Cash, he avoid's foreign ATM fees while taking part in the installation's Rest and Recuperation Pass Program venues. (Photo by Mr. Dustin Senger)*

## CAS policies and procedures

### Mrs. Lokia Clarke-Brown ASG-QA Public Affairs

Arrival to Qatar can seem a bit awkward at first, but it does not take long for newcomers to feel the positive spirit of Camp As Sayliyah. The installation easily shrinks with a quick tour of the facilities. The community is a unique blend of service members, DOD civilians, contractors and foreign nationals – all working together to support the global war on terrorism from a forward operating base.

COL Thomas F. Lynch III, ASG-QA Commander, requires service members present a positive image while in Qatar. The U.S. military continues to nurture the partnership between Qatar and the United States by respecting the host nation while on and off Camp As Sayliyah.

Thirty installation policy letters are posted to help everyone safely meet mission requirements. They are easily accessible on the ASG-QA non-secure (<http://arcentqa.mil>; requires domain permission) and secure installation network Web pages. The policies apply to all military and civilian personnel assigned, attached, on temporary duty or serving in support of Camp As Sayliyah. Tenant unit commanders, officers in charge and supervisors are responsible for ensuring all personnel are briefed about installation policy letters upon arrival.

In addition to reading policy letters, new service members and DOD civilians must complete administrative tasks to successfully

in-process. There are currently 11 staff sections on the installation for new personnel to visit during in-processing.

#### In-processing:

Personnel (S-1): All new personnel are required to report to the personnel office to obtain a Common Access Card.

Security (S-2): All new personnel will receive a threat brief, country orientation brief, security brief and a security clearance screening. A security screening will be completed as indicated for duty positions.

All personnel will also be registered in the CAS Defense Biometric Identification System. A local privilege

*(Continued on page 12)*

## 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 further information at DSN 432-4337

Contact CW2 Patrick Earl, ASG-QA R2P2 Officer in Charge, for more information at DSN 432-4331.

## Camp Policies

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

*\*ASG-QA domain access required.*

There are **12 key installation policy letters** from the installation commander:

- IPL 5** ▶ Sexual Misconduct and Assault
- IPL 7** ▶ Fraternization
- IPL 8** ▶ Wear of Uniform and Civilian Clothes Policy (v-2)
- IPL 9** ▶ Prohibited Activities and Items on Post
- IPL 12** ▶ Secure to Secure Pass Program (v-2)
- IPL 15** ▶ Alcohol Use (v-3)
- IPL 19** ▶ Billeting Policy On-Base
- IPL 21** ▶ Visiting Personnel Billeting Policy
- IPL 25** ▶ Swimming Pool and Sports Complex Policy and Utilization
- IPL 27** ▶ Third Country National Verification and Escort Policy (v-2)
- IPL 28** ▶ Force Protection Conditions
- IPL 29** ▶ Suspension of Recreational Privileges for Reported Misconduct



## Photography Support

Photos are available on the ASG-QA Intranet Web site:  
<http://www.arcentqa.mil>\*

*\*ASG-QA domain access required.*

# THE WIRE



1<sup>st</sup> Lt. Hassan Al Sheeb, Qatar Army military police, receives recognition from COL Thomas F. Lynch III, Area Support Group Qatar Commander, at Camp As Sayliyah on June 26.



Sheeb spent over 4 years stationed on the installation as a Qatar military police liaison for the U.S. military. (Photos by Mr. Dustin Senger)

## Chaplain Services

Attend the installation chaplain spiritual support services:

## Leadership Training

• July 14: John Maxwell's 21 Laws of Leadership training seminar from 9 a.m. to noon in the CAC

Contact Capt. Joel Kornegay, ASG-QA Installation Chaplain, for more details at DSN 432-4338.

## Equality Observance

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

## Woman's Equality Day

• Aug. 27: Luncheon at noon in Big DFAC.

Contact MSG Kimberly Milam, ASG-QA EO, for more information at DSN 432-2817.

## PX/BX

Effective July 5, the hours of your main exchange will change.

**NEW HOURS:** 9 a.m. to 10 p.m.

Contact Mr. Chad Brazil, AAFES Store Manager for more information.

(Continued from page 11)

card may be issued for escorting or off-post privileges.

**Operations (S-3):** All new personnel will be briefed the following procedures: Giant Voice System, operational security, duress passwords, nuclear biological and chemical, force protection and alert.

**Department of Logistics (S-4):** S-4 will issue required organizational clothing and individual equipment to include uniform patches. S-4 installation transportation office will coordinate a delivery date of unaccompanied baggage and household goods if authorized. All new personnel will receive a vehicle brief, driver test and non-tactical vehicle license from the S-4 transportation motor pool. Classes for driver test and NTV licenses are conducted every Monday at 10:00 a.m. in the Community Activity Center.

**Civil Affairs (S-5):** S-5 will issue statement badges to identify new personnel as service members or DOD civilians. Immigration, driver's licenses and other host nation services are available.

**Public Affairs Office (PAO):** PAO will provide local media engagement guidance and an offer to create a hometown news release.

**Provost Marshall Office (PMO):** All new personnel will be briefed on force protection, law and order, camp access control, and camp vehicle pass procedures.

**Finance:** New personnel will complete pay entitlement forms. An Eagle Cash card can be issued.

**Department of Public Works (DPW):** All new personnel will receive room assignments and keys no later than 48 hours of arrival.

**Communications (S-6):** All new

personnel will be issued a cellular phone if required. All new personnel are required to report to the Directors of Information Management Office to create a network account for email and Internet access.

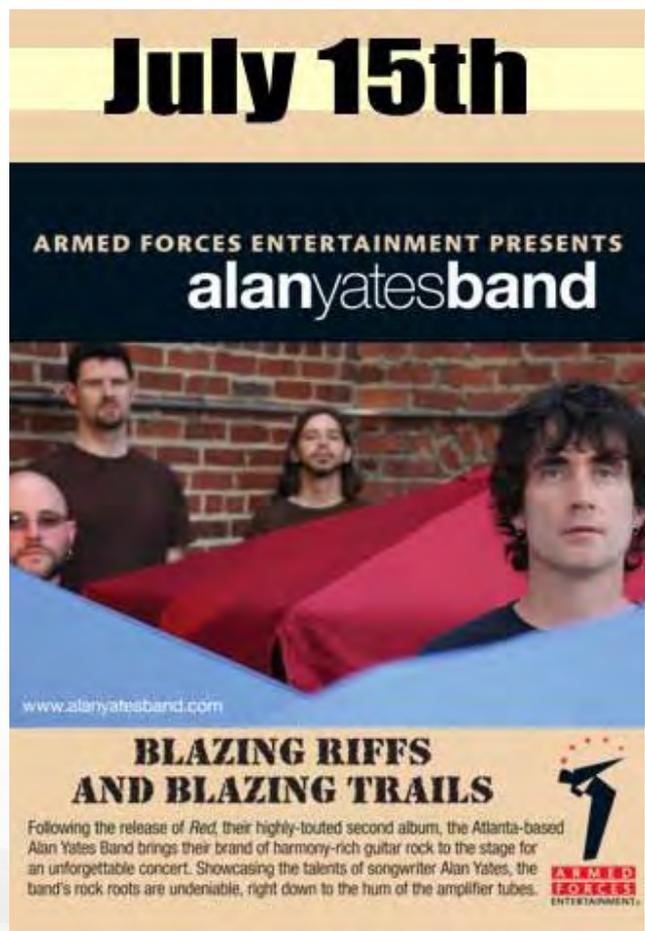
**Troop Medical Clinic:** TMC will review all new personnel's medical and dental records.

## Out-processing:

Service members and DOD civilians will be issued five working days to out process prior to their departure. An Installation Clearance Record (Department of the Army Form 137) must be completed, and signed by the corresponding unit commander or unit representative, to verify proper out-processing procedures. These five days are not used for shipping unaccompanied baggage or household goods. Sending personal items can be accomplished during off-duty hours. **A**



The ASG-QA Intranet Web site list of installation policies. The domain requires access rights to view the address: <http://arcentqa.mil>.



### CAS Events Schedule

- ♦ **Five Star Iris**  
July 2 • 8:30 p.m. • Top-Off Club
- ♦ **4th of July 5K Fun Run**  
July 4 • 5:30 a.m. • CAC
- ♦ **4th of July Fitness Events**  
July 4 • All-Day • (see page 17)
- ♦ **Alan Yates**  
July 15 • 8:30 p.m. • Top-Off Club
- ♦ **UFC Tour**  
July 17 • 11:30 p.m. to 1 p.m. • Big DFAC
- ♦ **Washington Redskin's Cheerleaders**  
July 29 • TBD • TBD

Contact Mr. Tony Randall, ASG-QA Community Services Manager, for more information at DSN 432-2197.

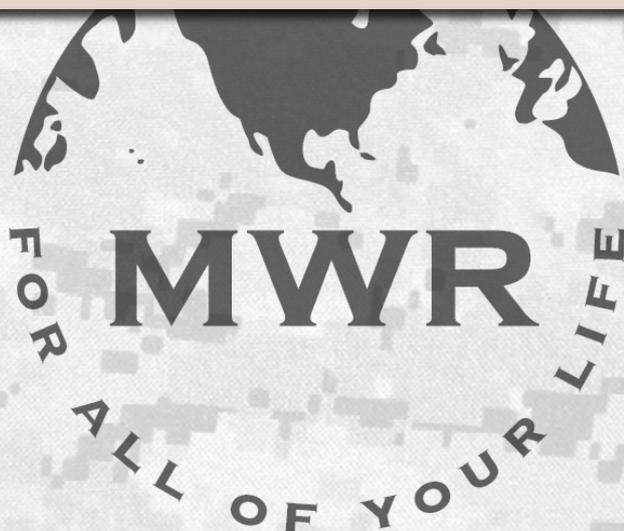


Illustration by Mr. Dustin Senger. Submit ideas for future CAS-toons to [dustin.senger@qatar.army.mil](mailto:dustin.senger@qatar.army.mil)

## MWR Fitness Events

Participate in the MWR-sponsored installation activities.

### 4-on-4 Volleyball



#### 4-ON-4 VOLLEYBALL

Friday, July 20 • 1 p.m. •  
Small Gym

Contact Carlos Canales, ASG-QA Sports and Fitness Supervisor, for more information at DSN 432-2770.

## 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 Desk for further information at DSN 432-4337**

Contact CW2 Patrick Earl, ASG-QA R2P2 Officer in Charge, for more information at DSN 432-4331.

## Education Center

Attend the Advanced Skills Education Program courses.

## Prevention of Sexual Harassment

• July 11 to Aug. 1

Contact Mrs. Maria Ramos, ASG-QA Education Services Local Program Manager, for more details at DSN 432-2778.

# FITNESS

## Overtraining and overreaching

**Mr. Dustin Senger**  
ASG-QA Public Affairs

Learning to ride the fine line between training progression and overreaching should be most important to anyone trying to maximize physical fitness. To avoid overtraining syndrome, it is vital to understand the definition, identify stressors that can put an athlete at risk and learn how to adjust a training program properly.

Overreaching is an accumulation of stress resulting in a short-term decrement in performance capacity. Restoration of performance ability can take several days to several weeks. If proper rest and recuperation is not applied in time, symptoms of overtraining will pursue.

Overtraining is an accumulation of stress resulting in long-term decrement in performance capacity. Restoration of performance ability can take several weeks to several months. Once an athlete has reached this stage, expecting greater performance is impossible – illness and injury becomes inevitable.

Overtraining syndrome is a complex condition where no two trainees will exhibit the same symptoms. Seasoned strength athletes, able to handle serious loads and intensities, are at great risk for developing symptoms. Recreational lifters can also overreach by lifting too much, too soon and too often; amplified over and over again by inadequate rest and nutrition.

There are a lot of different stressors involved in physical and psychological overtraining symptoms. The key is to identify which stressors are affecting a training routine and then try to eliminate them, or otherwise reduce their negative impact on performance.

Environmental stressors can affect an athlete through many different possibilities: excessive training temperatures and humidity; excessive altitude and challenging terrain; environmental pollution and allergens; as well as poorly designed clothing, equipment and facilities. Physiological and biochemical stressors consist of disease, genetic factors, sleep disorders, poor nutrition; in addition to concurrent drug, herb and dietary supplement intake. Psychological and sociological stressors stem from: job problems; depression, mental illness, aging, anger, anxiety, academic problems, financial situations, family problems, sexual problems, personality and schedule conflicts, lack of encouragement, pressure to perform – and many more individual concerns.

Overtraining is repeatedly caused by anatomical and structural stressors; such as: surgically altered tissue, injury-induced alterations, physical defects, overuse stress, poor exercise technique and irrational



(Photo by Mr. Dustin Senger)

training methods with continuous application of intensive, monotonous training compounded by insufficient rest. Combining challenging training routines with environmental stressors, such as repetitive participation in competitions with great personal responsibility, can be very stressful for the competitor.

There are five common changes in overtraining athletes: an increase in morning (resting) heart rate; unexplained weight loss; prolonged excessive thirst; an alteration in sleep habits; and psychological malaise. Further evolution can affect endocrine profiles, create cardiovascular manifestations; as well as impair immune system response, muscle functioning and a healthy appetite.

According to Tudor Bompa, author of *Periodization: Theory and Methodology of Training*, overreaching

# Commander's Cup: congratulations MEDLOG



▲ COL Thomas F. Lynch III, Area Support Group Qatar Commander ignites the commander's torch with CSM Michael D. Howard, ASG-QA Command Sgt. Major, to officially begin the summer 2007 Commander's Cup on May. 4. The event is hosted by ASG-QA Morale, Welfare and Recreation. (Photos by Mr. William R. McLeod)



▲ Medical Logistics reclaims the 1st place Commander's Cup after completing the athletic competition with 35 points on May 5. Previously a five-time winner, MEDLOG was upset during the fall 2006 competition after losing to Central Command's team.

## May 4 and 5, 2007 Camp As Sayliyah Commander's Cup



▲ SSG Tewanda Wooten, from Safford, Alabama, launches a football during 25th Sig punt-pass-kick competition on May. 4.

### TOP 5

- MEDLOG (35)
- 3-43 ADA (31)
- SOCCENT (28)
- CENTCOM (26)
- ASG-QA (16)



▲ The 800-meter swim relay during the summer 2007 Commander's Cup. (Photos by Mr. Dustin Senger)



◀ SOCCENT runners exchange a baton during the Commander's Cup 100-meter relay race on May 5. The competition is part of Camp As Sayliyah's premier fitness event. CENTCOM earned the trophy last season, but dropped to 4th place behind 3-43 ADA, MEDLOG and SOCCENT.



▶ SFC Juan Sanchez, from Corpus Christi, Texas, returns his opponent's serve during a ping-pong competition on May.4.

◀ MEDLOG Soldiers extract all their strength during tug-of war, the final competition of the Commander's Cup. MEDLOG was later awarded the 1st place trophy for the event.



## FITNESS MANIA!

SGT Christopher Garibay, 3-43 ADA, scored 1,830 points to win the fitness challenge for May. His score was **500 points higher than second place.** Congratulations!

Don't forget to sign up for the July Fitness Mania at the Fitness Center front desk.



## Education Center

Take advantage of the education center's counseling services:

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

Contact Mrs. Maria Ramos, ASG-QA Education Services Local Program Manager, for more details at DSN 432-2778.

## MWR Fitness Events

Participate in the MWR-sponsored installation activities.



**3-ON-3 BASKETBALL**  
Saturday, July 14 • 1 p.m. •  
Small Gym

Contact Carlos Canales, ASG-QA Sports and Fitness Supervisor, for more information at DSN 432-2770.

# FITNESS

occurs when the work-recovery ratio is repeatedly exceeded, exposing the athlete to high intensity stimuli when in a state of fatigue. A serious condition can occur by ignoring chronic exhaustion and continuing high-level training. Bompa emphasizes importance in quickly defeating central fatigue by considering the foundation of motivation and coping with frustrations. Psychological symptoms require immediate action.

Bompa outlines proper training frequency with his theories identifying the stages leading to athletic advancement. The first phase presents a stimulus followed by fatigue. The second stage is compensation from the training incentive; muscle begins to repair. The third stage, overcompensation, is where training progress occurs. The fourth and final stage is involution followed by return to homeostasis. An athlete that continues to train at the compensation stage is doing a great disservice to athletic progression by never allowing overcompensation to occur. Repeatedly training too early causes overreaching which will eventually lead into overtraining syndrome if warning signs are ignored.

Thomas Kurz, author of *Science of Sports Training: How to Plan and Control Training for Peak Performance*,

explains correct exercise sequences for daily training cycles. His theories serve to minimize overtraining probability. In a single workout, Kurz suggests technique before speed drills, but both before strength or endurance training. Speed or strength exercises should be performed before endurance efforts. Training otherwise will extend your recovery time to double or triple that of a properly sequenced workout.

High intensity anaerobic training (speed or strength exercises) after fatiguing aerobic efforts (endurance) produces more lactic acid than the reverse order. Excessive lactic acid taxes the body's ability to restore proper pH balance. Sodium is taken from body fluids and phosphorous from bones, causing demineralization and loss of calcium, required for optimal muscle contractions. Short-term fatigue from depletion of substrates, accumulation of metabolites and dehydration will limit the body's ability to exert itself at optimal intensities or durations.

It's important to understand that each athlete is an individual with personal capabilities for physical output and adaptation. A training program that drives one person into severe overtraining syndrome may generate record-breaking performance in another. **A**

## Fitness Q&A

**Mr. Dustin Senger**  
ASG-QA Public Affairs

**Q.** What happens if I stop working out?

**A.** It doesn't matter how dedicated you are, interruptions from training are inevitable. Periods of inactivity are frequently due to life's unplanned and sometimes untimely events. Service members are quite familiar with the need to remain flexible during abrupt lifestyle changes.

Long overseas deployments are a

great opportunity to get into better shape using base facilities. Camp As Sayliyah frequently displays individual efforts – people obtaining new levels of athletic development and healthier body compositions – while stationed in Qatar. Unfortunately, a prolonged reduction in training efforts, or discontinuing all together, can result in a partial or complete reversal of training-induced adaptations. Detraining is the result of marked decreases or cessation of physical activities.

Muscle does not turn to fat, no more than gold can mystically transform into wood. Skeletal muscle has the amazing ability to adapt and reform itself to meet physical demands. It also retains its ability to readjust to

reduced physiological stressors during periods of reduced training stimuli or complete training cessation. Increases in fat mass are easily obtained if caloric intake remains elevated; loss of muscle leads to a decrease in basal metabolic rate. Caloric intake must always adjust to current activity levels.

A review of over 50 studies and over 30 years of research was compiled for the Medicine and Science in Sports and Exercise journal, published by the American College of Sports Medicine. The purpose was to collect the data reported in exercise literature concerning the muscular characteristics of detraining, in both highly trained athletes and moderately or recently trained individuals.

According to data reported in exercise science articles, athletes can maintain or suffer limited loss in limit strength during short periods of no training. Strength performance in general is readily retained for up to four weeks of inactivity, but highly trained athletes' eccentric force and sport-specific power may suffer significant declines after two weeks. In fact, greater levels of testosterone and growth hormone with lowered cortisol levels were observed in one study of 12 weightlifters after a 14-day cessation.

Longer periods of training cessation are accompanied by more pronounced declines in limit strength for strength-trained athletes. Results show that both muscle atrophy and diminished neural activation are responsible for the decline in maximal force during 12 weeks of inactivity.

What about those who sustain considerable strength levels in conjunction with remarkable aerobic endurance? Peter Pfitzinger is a former distance runner who later became a popular author and exercise physiologist. He is best known for

his marathon accomplishments; he represented the United States in two Summer Olympic Games. According to Pfitzinger, the rate at which aerobic fitness declines is slower than most think. In fact, most elements go down at about the same rate at which they go up.

Pfitzinger insists that endurance performance tends to remain the same – or actually improve – after a few days without training. Allowing a rest from perpetual fatigue permits complete recovery and adaptation from previous training. But after two weeks, the benefits become outweighed by a loss in fitness. After three to four weeks, performance is likely to decrease by around three to five percent. Pfitzinger suggests that a 40-minute 10-kilometer runner could expect to slow down by about one or two minutes after a three-week break.

Two to four weeks of detraining leads to a decrease in the maximum amount of oxygen an athlete can carry by up to 10 percent, primarily due to a reduction in blood volume. Endurance training increases blood volume and when training is stopped, it rapidly declines. As it declines, less blood returns to the heart to be pumped with each beat. Since stroke volume decreases, the heart rate must then increase in order to run at the same pace.

If possible, limit the period of inactivity to less than two to four weeks. Longer periods should include some occasional physical activity; resulting in moments of peak muscular contractions and sufficient intensity. If not, muscle loss is inevitable and cardiovascular fitness will decline. It is important to realize symptoms of overreaching, brought about by training to often, but prolonged absences from training will impede results. Consistency is mandatory for greater physical fitness performance. **A**

**“ According to data reported in exercise science articles, athletes can maintain or suffer limited loss in limit strength during short periods of no training.”**

**“ ... endurance performance tends to remain the same – or actually improve – after a few days without training.”**



Event	Time	Location
4 <sup>th</sup> of July 5K Fun Run	0530	CAC
Mini Golf Competition	0830	Big Gym
Volleyball Tournament	1030	Small Gym
Independence Day Menu	1130 - 1330	Big DFAC
Ping Pong Tournament	1330	Big Gym
3-on-3 Basketball	1530	Small Gym
Foosball & Chess Tournaments	1900	Big Gym
Karaoke	2000	Top Off



**Desert Mesh online!**

The Desert Mesh is now available on the Internet:  
<http://www.arcent.army.mil/>

## Ramdan 2007

The month of Ramadan, the holiest period of the Islamic (lunar) calendar, is expected to occur mid-September this year.

The ninth month of Ramadan begins with the sighting of the new moon, and a wide-spread period of fasting within the Islamic state of Qatar. The next new moon signifies the end of Ramadan and the beginning of a three-day Eid, holidays spent celebrating completion of the holy month.

Ramadan has several meaningful intentions in Islam:

- ♦ It is the month when Muslims worldwide take an opportunity to renew their faith and commitment to God and Islam. To do this, Muslims must try to stop bad habits and repent for their sins. They seek new habits of worship and sources of blessings to become better Muslims and human beings.
- ♦ During times of fasting, Muslims reflect on the fact that people are feeling the pain of hunger year-round.
- ♦ Muslims learn to resist desire and temptation for a higher purpose; by denying themselves food, water, sexual activities and other forbidden acts.
- ♦ There are many regularly scheduled Islamic activities inside and outside of the Mosque. Scholars from around the world visit Mosques and religious schools for nightly lectures and seminars.
- ♦ There are many blessings received from God through increased good deeds and prayers. All blessings are multiplied during the month of Ramadan.

Contact Mr Hani Abukishk, ASG-QA Civil Affairs Officer, for more details at DSN 432-2413.

# CULTURE

## Fort Zubara

**Mrs. Lokia Clarke-Brown**  
ASG-QA Public Affairs

"Fort Zubara is important to Qatar armed forces," said 1<sup>st</sup> Lt. Hassan Al Sheeb, Qatar Army Military Police. "It is the strongest fort in Qatar." Al Zubara is a rural area nested in the northwestern corner of the Qatar peninsula. Doha, the capital city, is 105 kilometers from the historic site. Zubara is in ruins but the powerful fort stands as a reminder of the rise of the Al Thani royal family and the battles leading to Qatar's independence.

Persians attacked Basra, Iraq in the late 18<sup>th</sup> century, forcing most families to flee the city. Many citizens migrated to Qatar and subsequently Zubara. The city's population grew to approximately 5,000 to 6,000 people – working as fishermen, pearl harvesters and



*Fort Zubara in Qatar on June 17.  
(Photo by Mr. Dustin Senger)*

commercial traders – transforming it to a flourishing area. A u-shaped wall was erected to protect the city after several attacks had threatened the wealthy town. It also kept out bartering merchants from other areas in Qatar.

During the 19<sup>th</sup> century, Al Khalifas controlled Bahrain's main group of islands and a small section of Zubara, called the Zubara Bloc. Previously a resting place for war fighters, Qatar became a host for many conflicts. The British, primarily interested in a safe and open trade route through the



*Qatar's Fort Zubara flies the national flag on June 17. The fort stands as a reminder of Qatar's history and the royal family's rise to power. In 1938, Sheikh 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.  
(Photos by Mr. Dustin Senger)*



Persian Gulf, negotiated removal of Al Khalifa claim to Qatar in 1868. Talks began to appoint a representative for the upcoming nation, triggering the initial rise of the Al Thani royal family.

Al Thani invitation to Ottoman Turks led to their occupation in 1872. The Turks helped complete the removal of Al Khalifa settlements. However, Turkish attempts to increase their power over Qatar lead to civil unrest. Battles revealed national heroes and Qatar's ascendancy as a state. Zubara was eventually destroyed in an 1878 siege. In 1893, British intervention once again helped restore peace. The Turks completely separated in 1915 and Al Thani officially became recognized as Qatar's royal family.

In 1938, Sheikh Abdullah bin Jassim Al Thani ordered the early construction of Fort Zubara. The tough, one-meter thick, walls were built using coral rock and limestone, and then covered in plaster. Four towers were positioned

in each corner of the square courtyard. Circular incisions were carved into the towers and upper level walls, designed to provide a way to safely engage enemies in the event of attack. The Qatari Coast Guard used the fort as a duty station until 1980. The eight rooms on the ground floor were used to house soldiers.

In 1981, archaeologists began a two-year excavation of the Zubara area. In 1987, Fort Zubara was restored by the Department of Museums and Antiques as a regional museum. The fort exhibits many recovered artifacts for public exhibition. Bahrain's Al Khalifa royal family continued to dispute Qatari sovereignty in Zubara until the issue was settled by the International Court of Justice in 2001.



Fort Zubara (Photo by Mr. Dustin Senger)

"Today the population of Al Zubara is one person, the guard," said Sheeb. "He holds the keys and escorts visitors." The small town, once home to thousands of residents, is now desolate. However, the well-built fort is testimony of times gone by – power struggles and prosperity. The museum is open to visitors daily, from 8 a.m. to 6 p.m. but closed on Friday mornings. It is available to the public without reservation. 



1<sup>st</sup> Lt. Hassan Al Sheeb, Qatar Army Military Police, explains some of the structure and artifacts located at Fort Zubara in Qatar on June 17. The fort is located in Al Zubara, a rural area on Qatar's northern coastline. A 1981 to 1982 excavation unearthed old artifacts from Qatar history; many dating back to the 17<sup>th</sup> and 18<sup>th</sup> century. After many years of occupation and conflicts, Al Zubara is now deserted. (Photos by Mr. Dustin Senger)

## Qatar Do's and Don'ts:

✗ Don't hand over or accept items with you left hand. Only use your right hand when eating with your fingers. Muslim beliefs reserve the left hand for bodily functions.

✗ Don't sit in a way that shows the soles of your feet or shoes; it's considered insulting.

✗ Don't be afraid to go out at night. Qatar is a safe place; however, remain aware of your surroundings and any attempt to draw information or lead you to a desolate area.

✓ Do ask for permission before taking a photograph. Many older people and most women object to being photographed.

✓ Do be aware of the fact that visitors are expected to conform to the local customs of modesty. You should cover up unless at a beach or pool area.

✓ Do become familiar with the traditions and customs for the holy month of Ramadan. Qatar is governed by Sharia Law, rules derived from Islamic belief.

## Permanent Off-Limit Areas in Doha for Camp As Sayliyah Military and DoD Civilians:

- Ric's Kountry Kitchen
- The Iranian Souqs
- The Industrial area
- Al Wakra
- Areas serving alcohol, other than hotel restaurants with security in place

## Drove a Little Fast?

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

# DOHA LIFE

## Engineering Qatar's future

**Mr. Dustin Senger**  
ASG-QA Public Affairs

Qatar's impressive growth as a nation is frequently a topic of conversation for people living on the Gulf peninsula. Doha, the capital city, is bursting from Arabia's desert sands as an amazing representative of a modern Islamic metropolis. Qatar's developments unleash promises to become more than a social venue but an educational and cultural experience for residents and tourists.

The country's massive population surge is fueled by increases in business, education and cultural programs – as well as their oil and gas sectors. Estimates in July 2007 reached nearly 1 million residents in the small, yet flourishing, country. Foreigners, taking advantage of employment opportunities, represent most of the people. Based on recent estimates, local nationals are roughly a quarter of Qatar's total population.

"Qatar's population grew 23 percent during the 2005 to 2006 period," said Osama Hadid, Managing Director of Aljaber Engineering. "That's unheard of anywhere else in the world – 23 percent is huge!" Hadid is a slender man of Palestinian heritage. His fifth-story office doesn't resemble a typical business setting, but rather the elegance of a judge's chamber; dark-burgundy wood, family photos, books, pamphlets – correspondence everywhere. A large window presents a fantastic view of Doha's erecting skyline. He is surrounded by tangible reminders of his success and wealth.

Hadid came to Qatar when he was eight years old. Forty-two years later and he still grins about his opportune childhood friend, Mohammad Sultan Aljaber, a Qatari local. The two boys attended school together and ultimately started Aljaber Engineering together.

It was easy for Hadid to foresee Qatar's impending expansion projects. Oil and gas revenues were creating a lot of disposable income for the Qatari people and government. The rapid growth created a domino effect: corporate presence increased structural construction; structural construction increased job opportunities; job opportunities increased population and the need for better infrastructure. Qatar became an engineer's dream.

"We started in January 1995 with 200 people," said Hadid. "Now, we have 15,000 and are currently recruiting another 1,000." After a humble beginning, they quickly started constructing massive developments and employing a great deal of people – the company grew fast. Today their business is known as Aljaber Group, a diverse collection of companies.

"The real kick started five years ago," he said. "I think 50 towers have been built since then. The economic conditions of Qatar have made it possible for these developments. It's a reflection

**"In the near future, you will be able to drive from the extreme north of Qatar to the airport without stopping." Mr. Osama Hadid**

of investment. Building towers is an investment. The Pearl [an upcoming major real-estate opportunity] is a \$5 billion investment. Education City – it's really a city – is a \$10 billion investment"

Al Lusail is an upcoming suburb, located off Doha's northeastern edge. The area neighbors the beautifully blue waters of the Persian Gulf. According to Hadid, the community is expected to accommodate 200,000 people.

Road-side drainage and irrigation systems are also on the forecast. This is frequently a topic of discussion during the country's infrequent rain storms. However, Hadid focuses his efforts on much bigger improvements for the country.

"New Doha International Airport projects are a \$6 billion investment," said Hadid. His company is part of the airport's construction projects. "I believe it may increase to \$10 billion. You can't have the fastest growing airline in the world without a high-quality airport." Similar to its namesake, Qatar Airways has been prosperous. The airline has grown to become a role-model business with

expanding reach across the globe. Currently, the airline is being supported by government funding but expects to turn profit within three years.

Aljabar Engineering recently acquired a contract to build Dubai Tower, a \$400 million contract to construct a massive 92-story, 320,000 square-meters building containing offices, hotel accommodations and apartments. Hadid believes he will employ around 2,000 people for the project.

"Today we see traffic jams and lots



Osama Hadid, Aljabar Engineering Managing Director, in his office in Doha, Qatar on June 19. (Photo by Mr. Dustin Senger)

of new people – 10 years ago it was much different, much quieter," he said. "But major infrastructure projects are coming up – until that's complete we will all have to suffer with the traffic situation. We want to get more involved in this." Aljaber Group is taking part in an ambitious assortment of projects designed to restore the country's surrounding infrastructure to a level that can support the structural and population surges.

"In the near future, you will be able to drive from the extreme north of Qatar to the airport without stopping," said Hadid. "There won't be an intersection where you will have to wait – this is where most of the traffic congestion is happening today." A five-year expressway projects plan, launched in 2004 by the Public Works Authority, will bring major expressways to Qatar; exit lanes will be used instead of stoplights and roundabouts. This will open the streets and bring relief to drivers frequently found stuck in today's traffic.

"We are currently two months into a

contract to complete Salwa Road's interchanges," said Hadid. The 81-kilometer project will transform the frequently congested road into a dual four-lane carriageway. Salwa Road will become much more efficient as a connection between the industrial area in Qatar and the Saudi Arabia border. Aljaber Engineering logos are easy to spot along the major road.

"We took over the Salwa Road project for \$87.7 million," he said. "We will complete the interchanges in 12 months. We sign a contract for 12 months, we finish in 12 months." Pressure is thick in this competitive market. Failure to adhere to contractual agreements can cost a company further contract acquisitions during Qatar's explosive growth period.

"We will have steep growth for five more years," said Hadid. "What happens after that? No one knows. There is serious competition in the Gulf, such as Dubai and Abu Dhabi. We will need more attractions and better regulations to bring additional investments." **A**

## Qatar athletics

### Mrs. Lakia Clarke-Brown ASG-QA Public Affairs

DOHA, Qatar – The Qatar Super Grand Prix 2007, an international track-and-field event, was held at the Suhaim Bin Hamad stadium in the Qatar Sports Club on May 11. This is the seventh year Qatar proudly hosted the international games. The event offers a chance to witness world-known athletes strive for new records: ever faster, ever farther, ever higher. By this motto, athletes strive to obtain world records and physical excellence.

The Super Grand Prix was the largest sporting event in Qatar since the 15<sup>th</sup> Asian Games Doha in December 2006. The one-day event was coordinated and hosted by the Qatar Association of Athletics Federation, Qatar National Olympic Committee and the International Association of Athletics Federation. This year, over 250 Olympic medalist and world champions participated. Athletes earning prominent placing included: Rugaya Al Gassra, Bahrain; Francis Obikwelu, Portugal; Vlastic Blanka,

Croatia; Darrel Brown, Trinidad and Yussuf Baba, Morocco.

Forty countries were represented at the Super Grand Prix. Ten male, nine female and four junior events were played. Men's events consisted of six track competitions and four field competitions. There were five track and four field women's competitions. The women's hammer throw was extremely competitive with eight of the world's top throwers competing for the gold; such as Tatyana Lysenko, Yekaterina Khoroshikh and Olga Kusenkova from Russia; Betty Heidler from Germany; and former Olympic champion Kamila Skolimowska from Poland.

QAAF also hosted a junior sporting event at the Suhaim bin Hamad stadium, a qualifier for junior-level games at the Super Grand Prix. The federation chose young athletes from nine schools in Qatar for later participation in four junior events. Final candidates were given the opportunity to train with Super Grand Prix trainers and coaches. The federation expects the program to encourage Qatar's youth to participate in more sporting and recreational events. Qatar's athletic programs in schools ensure the physical health of children.

Audiences from around the world tuned in their televisions. Al Jazeera Sports Channel, a television network based in Qatar, televised the entire event. Live footage was shown throughout the Middle East and Africa with commentary by Saied Auaita, a former world-champion long-distance runner from Morocco. The Star Network later extended the games broadcast to Asia, South Africa and the United States. Spectators in Europe also watched the event, courtesy of Eurosport and Sky Sports.

The success of the Qatar Super Grand Prix 2007 created a contagious athletic atmosphere. Many people became interested in attending the next major international sporting event in August, the 11<sup>th</sup> International Association of Athletics Federation's World Championships in Athletics 2007 in Osaka, Japan.

Qatar-sponsored athletic competitions always attract the attention of the local communities. Qatari officials are also increasing their international presence. Qatar's unrelenting support for international sport competitions is producing a major athletics venue on the Arabian Peninsula. **A**

## Avoiding Heat Injuries

To protect your health when temperatures are extremely high, remember to keep cool and use common sense. The following tips are important.

- **Drink Plenty of Fluid**

Increase your fluid intake - regardless of your activity level. During hot weather, you will need to drink more liquid than your thirst indicates.

- **Replace Salt and Minerals**

Heavy sweating removes salt and minerals from the body. These are necessary for your body and must be replaced. The easiest and safest way to replace salt and minerals is through your diet. Drink fruit juice or a sports beverage during exercise or any work in the heat.

- **Wear appropriate Clothing and Sunscreen**

Choose lightweight, light-colored, loose-fitting clothing. In the hot sun, a wide-brimmed hat will provide shade and keep the head cool.

- **Adjust to the Environment**

Be aware that any sudden change in temperature will be stressful to your body.

- **Monitor Those at High Risk**

Monitor the condition of your travel partners and have someone do the same for you.

- **Schedule Activities Carefully and Use Common Sense**

If you must be out in the heat, try to plan your activities so that you are outdoors either before noon or in the evening. While outdoors, rest frequently in a shady area.

Contact Mr. Robert East, Installation Safety Officer, for more information at DSN 432-3412.

# SAFETY

## CAS summer heat injuries decline

**Mr. Dustin Senger**  
ASG-QA Public Affairs

Summers are hot in Qatar. Outdoor adventures are beginning to feel like a walk through an oven. Evenings are no escape during the peak of an Arabian Peninsula summer. Daylight is often exchanged with thicker humidity - nights transform the oven-like atmosphere into a blistering sauna. Qatar requires respect for nature's extreme influence during outdoor activities, to succeed safely in the desert heat.

The good news: summer heat casualties at Camp As Sayliyah have declined. A strong safety program and medical training schedule is giving service members, DOD civilians and contractors paramount safety information for working in extreme heat.

"Historical data shows a large amount of heat casualties between late spring and fall on Camp As Sayliyah," said MAJ Willie Sallis, Area Support Group Qatar Director of Health Services. "This was due to decreased awareness by the population and less emphasis by the command. In 2006, the number of cases decreased due to increased awareness and installation policies. This year there have been only two reported heat-related injuries." The movement is in a positive direction, but trend lines do not support themselves.

"Cases of dehydration on Camp As Sayliyah are from folks not putting enough fluids in their body" said Robert East, Installation Safety Officer. Drink plenty of fluids to remain adequately hydrated. Sports drinks can help replace lost electrolytes and support appropriate fluid balance. Water points are located at numerous locations on the installation. Gatorade is available at both dining facilities. Alcohol and coffee are the arch enemies of proper fluid balance - avoiding them is best.

Outdoor activities should be planned for the cooler part of the day. Intense training or competitive sports during mid-day heat significantly raises the chance of heat causality. Colored heat indicator flags are flown at the TMC and big gym facility to advertise outdoor risks. Heat Stress Management charts provide detailed explanations for each flag's color. A black flag signals the heaviest restrictions on outdoor activities while advising maximum concurrent water intake, based on activity level.

"We are moving into the period where we can expect to have heat injuries," said East. "This puts pressure on leaders to be properly trained about what to do if they have a situation." It is important for everyone to remain educated and attentive to sustain a healthy work environment during Qatar's summer heat.

The installation safety officer can provide a training calendar and additional information about heat risks in Qatar at DSN 432-3412. In the event of a casualty, call 911 from any installation DSN phone line. **A**

HEAT STRESS MANAGEMENT							
HEAT CATEGORY	WBGT INDEX (F) °C	EASY WORK		MODERATE WORK		HARD WORK	
		WORK REST	WATER INTAKE (G/hr.)	WORK REST	WATER INTAKE (G/hr.)	WORK REST	WATER INTAKE (G/hr.)
1	(76-81.9) 25.0-27.7	NL	1/2	NL	3/4	40/20 MIN	3/4
2 GREEN	(82-87.9) 27.8-30.5	NL	1/2	30/10 MIN	3/4	30/20 MIN	3/4
3 YELLOW	(88-93.9) 29.4-32.4	NL	3/4	40/20 MIN	3/4	30/30 MIN	1
4 RED	(94-99.9) 31.1-33.3	(1)	3/4	30/30 MIN	3/4	20/30 MIN	1
5 BLACK	(>90) 32.2	50/10 MIN	1	20/40 MIN	1	10/50 MIN	1
CAUTION							
HOURLY FLUID INTAKE SHOULD NOT EXCEED 1 1/2 QT. DAILY FLUID INTAKE SHOULD NOT EXCEED 12 QTS.							
The colored flags corresponding to the above chart are flown at the big gym and TMC. This information will also be announced over the Giant Voice System.							

## Celebrating safe communities

**Mr. Robert East**  
Installation Safety Officer

“Celebrating Safe Communities” is the theme for National Safety Month in June. The National Safety Council defines a safe community as “one that comes together to promote the safety and well-being of all its members, whether at home, at work or on the road”. This theme touches us daily. Safety plays a key role in our lives. Thinking and acting safely enables us to enjoy daily activities; freeing us of otherwise preventable tragedies.

The National Safety Council is aggressively urging organizations of all sizes to establish high safety standards. June’s theme reflects the need for injury prevention awareness in the workplace, in our homes, communities and on our roads and highways.

Each year, more than 20 million Americans suffer disabling injuries. Eventually, 100,000 of them perish; nearly two-thirds are workers or their family members. Your organization can help reduce these numbers by promoting on- and off-the-job safety. Be proactive, encourage a healthy work environment during National Safety Month. Provide a positive impact to follow throughout the year.

Personal injury cost employers money. Based on information provided in 2005, employee injuries cost businesses



Camp As Sayliyah’s diverse population of service members, DOD civilians and contractors celebrate safe communities at the dining facility on Camp As Sayliyah on June 16. (Photo by Mr. William R. McLeod)

more than \$384 billion in wages, productivity, medical expenses, insurance administration and uninsured claims. Alarming, two-thirds were injuries to employees who were off the job.

National Safety Council data reveals:

- As a nation, we suffered more than 113,000 preventable deaths and more than 24 million preventable disabling accident injuries in 2005.
- Over the last 15 years, the rate of injuries occurring in the workplace is down 17 percent, while our highways rate shows a 16 percent decline.
- Since 1992, injuries occurring in our homes and communities have increased 30 percent.

Attention to safety at home is paramount to reduce the nation’s personal injury statistics. Sixty-five percent of disabling injuries happen around the home, as well as 60 percent of injury-related deaths. According to the U.S. Centers for Disease Control, intentional and unintentional personnel injuries are the leading cause of death among people up to 45 years old. They



“Celebrating Safe Communities” is the theme during safety day at Camp As Sayliyah in Qatar on June 16. Robert East, Installation Safety Officer, coordinates the annual event at the installation dining facility. (Photo by Mr. William R. McLeod)

are the nation’s fourth leading cause of death overall.

This is staggering; it compels us – each of us – to re-evaluate how we think and act regarding safety. We all have a responsibility to promote, practice and maintain a safe workplace in our daily lives. This further extends to on the road and then in-home safety practices. We owe it to ourselves, our friends and our loved ones to stress safety in our communities. **A**



Firefighter Yancy Wroble, from Libby, Montana, instructs how to properly use foreign multi-plug adapters during safety day at Camp As Sayliyah in Qatar on June 16. The Gulf Peninsula uses a 220-volt current for devices – much stronger than U.S. standards. “Electrical safety information is important for everyone working in Qatar,” said John Neville, Installation Fire Chief. “In this part of the world, extension cords are sold without being UL tested.” Underwriters Laboratories is a non-profit U.S. research firm that determines the safety of electrical devices. (Photo by Mr. William R. McLeod)

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

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