



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

DESERTMESH

NEWSLETTER An ASG-QA Publication

Edition 51 October/November 2007

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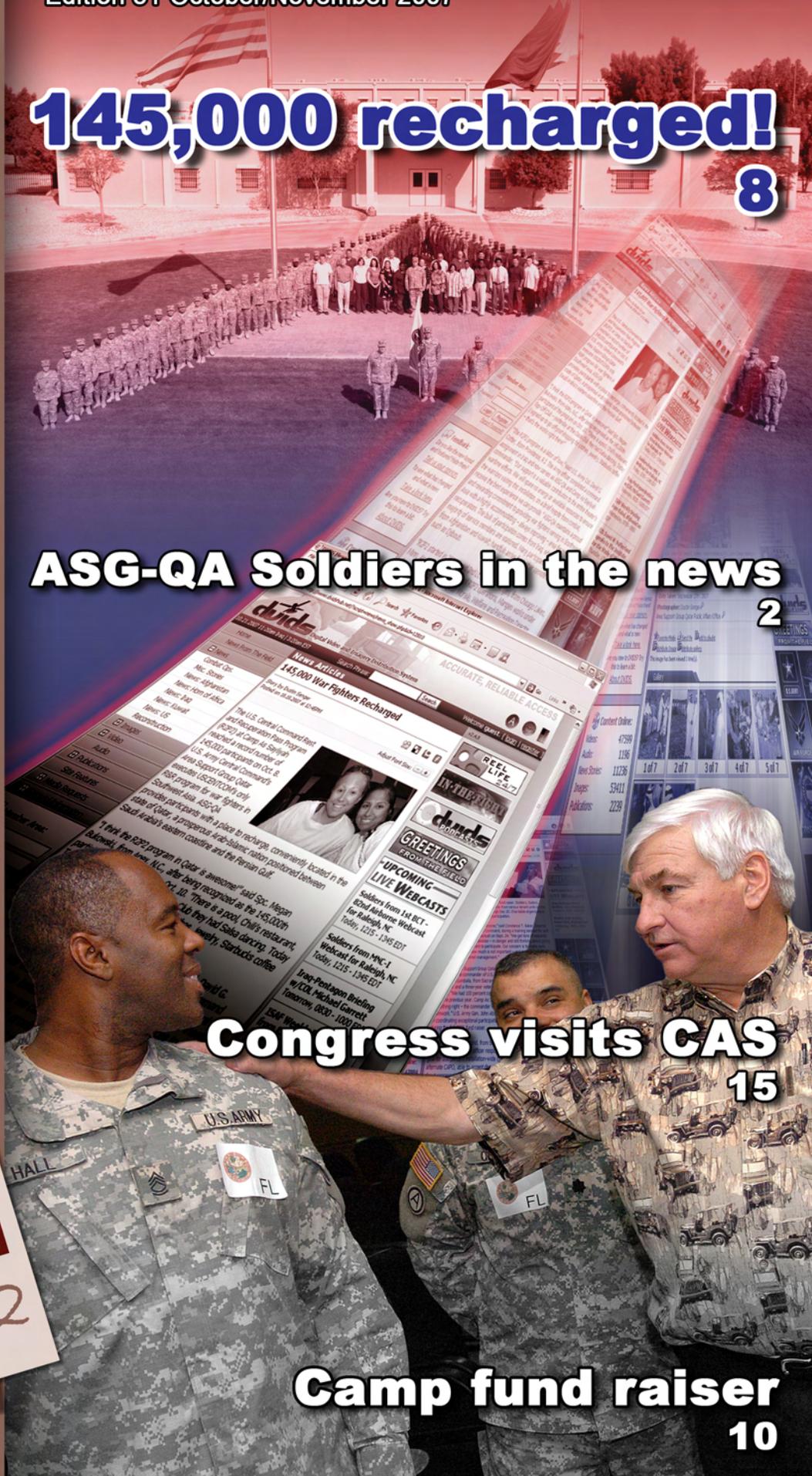
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 Your feedback is important to us.
 See the back cover for details.

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After five years in Qatar, the U.S. Central Command's Rest and Recuperation Pass Program has reached 145,000 participants since its inception.



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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: (Bottom) U.S. Army Sgt. 1st Class Richie Hall, from Marianna, Fla., meets his congressman, Rep. F. Allen Boyd, Jr., 2nd Congressional District Fla., during a visit to Camp As Sayliyah in Qatar on Oct. 6. (Insert) Area Support Group Qatar staff section leaders line up in an A-shaped formation on Oct. 11. (Cover photo-illustration by Dustin Senger)

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DVIDS connects hometowns with heroes

By LAKIA CLARKE-BROWN
ASG-QA public affairs

“It is our duty to tell the Army’s story, one Solider at a time,” said Army Master Sgt. Peter Chadwick, Third Army/U.S. Army Central senior public affairs noncommissioned officer.”

The Digital Video and Imagery Distribution System is an advanced worldwide media receiving hub managed by Third Army.



In Qatar, DVIDS is used by public affairs units to provide military and civilian publications...

Continued on page 12

Camp profile: Bond kicks off annual fund raiser

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

U.S. Army Capt. John Bond, 29, from Silver Spring, Md., is a regular face at Camp As Sayliyah, ever since his boots hit the Qatar sand on July 4, 2006. Friends call him "006." He was born 12 minutes after his twin brother, James – as in "James Bond," the film world's famous "007" secret agent. Throughout Area Support Group Qatar, Bond has become known for his candid charisma and professional commitment to his Soldiers and leaders. He frequently participates in recreational and ceremonial events. Nobody needs to ask if he will be participating in the upcoming Commander's Cup fitness challenge; it's already implied by his history of community involvement.

On Oct. 15, Bond kicked off the Combined Federal Campaign Overseas' yearly fund raiser at the U.S. installation, concluding on Dec. 15. His leadership and enthusiasm is now aimed at promoting charitable organizations and installation-wide philanthropy.



U.S. Army Capt. John Bond, from Silver Spring, Md., cuts a ceremonial cake with Sgt. Lumbala, from Sacramento, Calif., during the official commencement of the Combined Federal Campaign Overseas fund raiser at a U.S. military base in Qatar, on Oct. 17. Bond, Headquarters and Headquarters Company commander for Area Support Group Qatar, is the CFC-O Community/Area Project Officer at Camp As Sayliyah. WaLumbala, a three-year veteran of the installation's campaign, was assigned by Bond to help organize installation-wide philanthropy from Oct. 15 thru Dec. 15. (Official Army Photo by Dustin Senger)

"I like the ASG-QA mission because it is diverse and challenging," said Bond. After completing the U.S. Army Field Artillery Captain's Career Course at Fort Sill, Okla., he reported to ASG-QA to become an assistant operations officer. A year later, he completed his assignment but didn't change duty stations. Instead of redeploying, Bond volunteered for another tour in the Persian Gulf country. On June 20, he assumed command of ASG-QA Headquarters and Headquarters Company.

"This camp influences military commitments in the U.S. Central Command area of responsibility in so many ways," he said, "from rest and recuperation to medical logistics, as well as restoring battle-damaged vehicles. Being here to witness it first hand is a rare and special opportunity. CFC-O is one of those rewarding challenges. My team must present the CFC-O charities to thousands of people, which in turn provides aid to millions needing assistance, worldwide." Bond has appointed unit coordinators with one mission: make 100 percent contact throughout the installation.

"A lot of people want to help," said Bond, "but they can't lend a hand if they don't know how. Unit coordinators will explain how to donate and provide registration information for the new online donation system – which is as simple as it sounds." According to Bond, "anybody and everybody can donate." However, foreign nationals and U.S. contractors cannot be solicited; they must request the information themselves.

"Asking for money will always be a touchy subject," he said. "You're asking people to part with their hard-earned cash. The CFC-O program allows people to target



U.S. Army Capt. John Bond, from Silver Spring, Md., discusses the importance of the Combined Federal Campaign Overseas fund raiser at a U.S. military base in Qatar, on Oct. 17. (Official Army Photo by Dustin Senger)

their contribution to organizations they want to support. Your pledge goes where you want it to go. We are simply providing a one-stop shop for around 2,000 approved charities."

"Anyone on Camp As Sayliyah donating to Family Support Youth Program will support our local Morale, Welfare and Recreation venues," said Bond. According to the CFC-O Internet site, over \$572,000 was raised in 2006 to improve overseas military communities through the Family Support and Youth Programs. "An FSYP pledge also supports the Rest and Recuperation Pass Program on Camp As Sayliyah, intended as a brief yet worthwhile break for those in dangerous and difficult locations. Even if you can only pledge 50 cents, all you have to do is fill out a simple form."

"I was a part of many of these organizations while growing up; such as Boy Scouts of America, Catholic Youth Organization and Habitat for Humanity. We have been doing great at Camp As Sayliyah the past few years – we must continue to support this tradition of giving." **A**

(Read more about the CFC-O fund raiser in Qatar on page 10)



**Farewell to Third Army/
U.S. Army Central**



R. Steven Whitcomb

Lieutenant General

Commanding General
Third Army/USARCENT

One thing that is certain in both the military and in life is that there will be change. Third Army/U.S. Army Central is no exception to this maxim. After three years as the Commanding General of Third Army/ARCENT/CFLCC, this is my last article. If you've been around any military unit long enough, you've seen your share of changes, and if you've only recently arrived, you are sure to see changes in the future: Adjustments to the mission, modifications to the structure and organization, changes in personnel and leadership, and changes to the environment or conditions we operate in are all factors. Change is a part of the nature of our business, just as it is part of life.

While change is a certainty, what the future holds, at least in terms of all the details, is always uncertain. But even amid the constancy of change and the uncertainty of the future, some things are more sure than others. Among those things, I will tell you, is this: If the war in Iraq were to end tomorrow—and no one thinks that it actually will—there will still be a need and a mission for Third Army/U.S. Army Central here in Kuwait, in addition to our continuing missions throughout the Central Command Area of Responsibility. While that mission may look somewhat different here in Kuwait, it will be no less important.

Whatever the changes and whatever the certainty, I know that you will continue to demonstrate the same flexibility and dedication to the mission that you always do. And that is cause for me to be certain that I'll remain proud of you.

The backbone of an Army may be its noncommissioned officer corps, but its lifeblood is undeniably its Soldiers. Still, on the Third Army team, it takes all of us—Soldiers, sailors, airmen, Marines, Coast Guardsmen, and civilians—to complete the team. And this team continues to perform marvelously. I am both proud and honored for the privilege to have

served as the Commanding General of Third Army/U.S. Army Central for the last three years. I wish you all Godspeed and hope to see you again on the high ground.

Patton's Own!

“ I am both proud and honored for the privilege to have served as the Commanding General of Third Army/U.S. Army Central for the last three years.”



U.S. Army Lt. Gen. R. Steven Whitcomb, Commanding General of Third Army/U.S. Army Central, thanks the military and civilians of Area Support Group Qatar for meeting mission requirements as an effective logistics and sustainment area during his command farewell tour on Oct. 22. (Official Army Photo by Dustin Senger)

Third, Always First!

Franklin G. Ashe

Command Sergeant Major
Command Sergeant Major
Third Army/USARCENT

My name is Franklin Ashe, but you can address me as sergeant major. By doing so, you would not only be showing respect to me as an individual, but you would also be displaying military courtesy.

The customs and courtesies we adhere to in the U.S. military distinguish our organization from all others. These traditions stem from the military's deeply-rooted history. Military customs are ideas and practices that have been handed down throughout the years. Courtesies are ways servicemembers show respect to each other.

Today's servicemembers should not only take great pride in wearing the uniform and serving our country, but we should also be proud of being able to carry on these customs and courtesies made standard by those who came before us.

The customs and courtesies of the military are important because they make our organization unlike any other.

When you change managers at a civilian business you don't get into a formation, conduct a formal ceremony and pass the guidon over to your new boss to acknowledge a change of leadership. Practices such as these are specific to the military.

Taking part in these military traditions shows pride in the service we represent and respect for what the military has gone through to become what it is today. We

wouldn't be where we are if we hadn't been preceded by great Soldiers in the past.

Our customs and courtesies are seen in many aspects of daily military life. We remove our headgear when we enter buildings. We walk to the left of those who outrank us because the position on the right is that of honor. We address officers as sir or ma'am and NCOs by their rank to pay homage to their authority. We render the hand salute as a measure of respect. It is equally important for the salute to be

“ There's never a good reason to disrespect a fellow servicemember, our flag or any staple of our military heritage.”

returned because that is a show of mutual respect. It's our duty and obligation to follow these customs and give these courtesies.

When servicemembers fail to render proper courtesy to others, it breaks down the solidarity, making our military weaker. There's never a good reason to disrespect a fellow servicemember, our flag or any staple of our military heritage.

One of the reasons some people have so much respect for the military is because we have such a high level of respect for each other. For troops who think it's a nuisance to have to stand up when you're talking to someone who outranks you, remember your military bearing. Render the proper courtesies and greetings to those appointed over you, regardless of what you think of them as individuals. It is your obligation and duty to respect the person's rank, the uniform and all it stands for.

Patton's Own!



Customs, courtesies carry on traditions



Third, Always First! 



**A message from the
Installation Commander**



David G. Cotter

Colonel

Commander

Area Support Group Qatar

This edition of the *Desert Mesh* should reach you the last weekend of October. This month, Area Support Group Qatar announced an important milestone for the U.S. Central Command's Rest and Recuperation Pass Program (R2P2). On Oct. 8, the 145,000th participant left the grind of military operations for an R&R pass at Camp As Sayliyah. Recorded since the program's beginning in 2004, this number reflects a serious commitment to offer respite to troops all over Southwest Asia.

The R&R program is a key combat multiplier within the USCENTCOM area of responsibility. This function does not exist within the war fighting environments, but rather in a secure sustainment area. Camp As Sayliyah provides required support for efforts elsewhere. By recharging the war fighters, we break up the tension of continuous operations, so they can return re-energized to their important roles in forward-deployed locations.

R2P2 is organized by Area Support Group Qatar, but its success requires everyone's support for our USCENTCOM warriors. Everyone has a potential role to support Camp As Sayliyah as a safe recreational venue; whether you provide directions to the pool, make new friends at the Top-Off Club, or sponsor a group for an off-post excursion. I am grateful for your kindness and consideration for the R2P2 participants – I am sure their families would also thank you.

Nevertheless, the recent milestone does not imply our efforts are over. At the command level, we are re-engineering the pass program to better accommodate and encourage team participation within force elements. Designed for individuals, R2P2 can easily be modified to host teams and squads. Ongoing projects continue to provide quality recreational venues. An eight-lane bowling alley became available on Sept. 25, located at the Top-Off Club. If you haven't seen it yet, you're missing out. Many Soldiers may find it better than what they make use of back home.

Ramadan, the holiest month in Islam, was officially over on Oct. 11. The month of religious commitment is important to our Islamic host nation.

I appreciate everyone's patience and respectful intentions. It was a time to make or break relationships. Thankfully, there were no significant negative interactions. Everyone stayed safe and courteous. We continue to have a strong relationship with our host nation due to the image each of you project – on and off the installation.

Along with customs and traditions, it's important to understand changes in Qatari laws; prior to departing for off-post missions. On page 25 of this *Desert Mesh*, you will find an abbreviated list of new traffic laws and their potential fines for Qatar residents. The state of Qatar has seen a lot of structural development over the last several years. Today, more focus is being placed on the infrastructure that ties it all together. In particular, they want to decrease the amount of vehicle collisions, reckless driving and improper parking. Running through a red traffic light can now earn an expatriate a fine of almost \$2,000! Furthermore, a point system has been instated to track violations. Similar to Camp As Sayliyah's system, accumulating too many points can result in the loss of driving privileges. We are currently exploring ways to track off-post points, so they can be applied to on post driving records as well. The intent is to keep everyone safe – our installation visitors and permanent party.

On page 10 of this *Desert Mesh*, you will find information regarding the Combined Federal Campaign Overseas fund raiser at Camp As Sayliyah. This is an installation-wide charity effort. Some of the CFC-O's approved organizations benefit Soldiers and their families – in every walk of Army life.

Thank you for all the work you do here, at Camp As Sayliyah. The holiday season is no time to become withdrawn from our community. On page 17 of this *Desert Mesh*, you will find the installation holiday event schedule. Please, make every effort to join the gatherings and team events. Hopefully I will see you at the Thanksgiving and Christmas meals in the big dining facility. Happy holidays!

Michael D. Howard

Command Sergeant Major

Command Sergeant Major
Area Support Group Qatar

Camp As Sayliyah is continuing to change and adapt to new missions. Change is inevitable and a constant way of life for Soldiers. Opportunities to excel are being issued all over the installation. Area Support Group Qatar has numerous new additions in postal, finance and the chaplain's office. Our new Soldiers managing the U.S. Central Command Rest and Recuperation Pass Program hit the ground running by introducing the program to its 145,000th participant! The 388th Medical Logistics Company recently took over MEDLOG operations. I assure you, a camp veteran's warm welcome and guidance is appreciated by our new teammates.

This month we kicked off the Combined Federal Campaign Overseas fund raiser, an important military tradition. Camp As Sayliyah's unit coordinators are managed by the ASG-QA Community/Area Project Officer. They will brief you about the CFC-approved non-profit organizations and how you can contribute. Everyone should either pledge a donation or help promote the program. Servicemembers should feel stronger when offering help to others – assisting those less affluent is admirable. How much you contribute is not important; the general act of giving is what matters most.

The Commander's Cup fitness challenge is just three weeks away! The ASG-QA commander and I will light the game's torch at a formation on Nov 16. The games will continue through Nov. 17. I would like to see each unit or organization participate in this season's activities. All unit leaders are encouraged to support this opportunity for team fitness and competition. It's important for every participant to learn and understand the rules for the events, prior to game day. Unit representatives must attend the various council meetings to make the event a success.

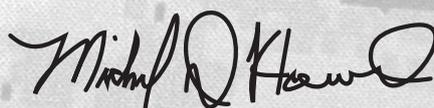
The Qatar Armed Forces sporting events are coming up. The Qatar military invites us to participate in their long-held tradition of sports and competition. As guests in Qatar, we must embrace any possibility to partake in activities with our host nation. The QAF games provide a multi-national chance to build friendly

relationships through competitive interaction between the two nations.

ASG-QA Headquarters and Headquarters Company will make it possible for any servicemember on Camp As Sayliyah to represent the United States. In past years, we have consistently competed in soccer, basketball and marksmanship. If you are an experienced athlete or marksmanship instructor, you could also be asked to coach a team in one of the events.

Safety, need I say more? It is everyone's responsibility. Over the past few months, I have seen too many fender benders on vehicles. Without leader intervention, this trend could worsen as the weather cools down and the likelihood for heavy fog and rain increases. I expect everyone to plan accordingly prior to your travels with inclement weather on the horizon. Don't become part of the seasonal rise in traffic accidents in Doha. Slow down and give careless drivers the right of way. You will make it to your destination safe and in one piece by being prepared, proactive and passive. Camp leaders must remember to perform safety briefings prior to sending Soldiers out on missions.

Lastly, I want to wish everyone happy holidays. USCENTCOM public affairs are providing a way to send holiday greetings to family and friends back home. Servicemembers must wear their duty uniform – smart casual for DOD civilians – and be willing to release their message to the public on the Digital Video and Imagery Distribution System Web site, where messages are then offered to hometown commercial television stations. You can even send a shout-out greeting to your favorite college or professional sports team. Thanksgivings shout outs were recorded at the end of October. USCENTCOM public affairs will provide information about the upcoming Christmas recording schedule. ASG-QA public affairs will further relay the information through e-mail and CAS-TV.



Welcome to our team at
Camp As Sayliyah



Rest and Recuperation Pass Program Sponsorship

Sponsor an R2P2 participant to give them an opportunity to see the local culture and atmosphere while enjoying a break from operations.

• Call the R&R Desk for more information

Contact 2LT Karly Mangen, ASG-QA R2P2 Officer in Charge, for more information.

Photography Support

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

*ASG-QA domain access required.



U.S. Army Spc. Megan Bukowski, from Apex, N.C., signs an off-post manifest to visit a local mall in Doha, Qatar on Oct. 10. On Oct. 8, Bukowski left military operations in northern Iraq and arrived at the U.S. installation in Qatar for a four-day R&R pass in a safe and relaxing venue, conveniently located within Southwest Asia. The Rest and Recuperation Pass Program personnel recognized Bukowski as the 145,000th participant since the program's inception in 2005. (Official Army Photo by Dustin Senger)

THE WIRE

145,000 war fighters recharged

U.S. Central Command Rest and Recuperation Pass Program hits record number

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

CAMP AS SAYLIYAH, Qatar – The U.S. Central Command Rest and Recuperation Pass Program (R2P2) at Camp As Sayliyah reached a record number of 145,000 participants on Oct. 8. U.S. Army Central Command's Area Support Group Qatar executes USCENTCOM's only R&R program for war fighters in Southwest Asia. ASG-QA provides participants with a place to recharge, conveniently located in the state of Qatar, a prosperous Arab-Islamic nation positioned between Saudi

Arabia's eastern coastline and the Persian Gulf.

"I think the R2P2 program in Qatar is awesome!" said Spc. Megan Bukowski, from Apex, N.C., after being recognized as the 145,000th participant of the program on Oct. 10. "There is a pool, Chili's restaurant, Top-Off Club – yesterday at the Oasis Club they had Salsa dancing. Today I signed up to go off-post shopping

for clothes, jewelry, Starbucks coffee – that's the works right there!"

"The R2P2 program is a labor of love," said U.S. Army Col. David G. Cotter, from Providence, R.I. The Army officer completed a command assignment in Iraq and now serves as ASG-QA and Camp As Sayliyah commander. "Our support is a valuable contribution to the entire theater's wartime efforts. We will spare no energy or available resources to ensure the warriors visiting this installation, on a brief respite from combat, receive the best experience we can provide."

ASG-QA maintains a proud and rewarding commitment to providing war fighters serving in Southwest Asia with a highly accommodating

– always improving – area for rest and recuperation. The bulk of participation comes from Iraq, where the majority

of servicemembers are stationed. Many participants also arrive from Afghanistan and Kuwait; handfuls arrive from other remote areas, such as Djibouti.

"R2P2 started in 2004," said 2nd Lt. Karly M. Mangen, from Chisago Lakes, Minn. As the officer in charge of R2P2 operations, Mangen works under the Area Support Group Qatar Morale, Welfare and Recreation Director. "Back then it was called the Fighter Management Pass Program; similar to what was provided in Bosnia. In 2005, it changed to R2P2 and subsequently evolved into the program we have today. Many of the servicemembers on pass are working 16-hour days along with seven-day work weeks – with constant threats and little opportunity to take time to relax. At Camp As Sayliyah, they don't have to care for anything but themselves. Most participants are here on a four-day pass – for a brief recharge full of much-needed entertainment, uninterrupted sleep, with a focus on physical and mental well-being."

Servicemembers leave the grind of military operations for a place providing safe entertainment. Usually participants are emotionally and physically exhausted. However, this feeling quickly dissolves after they untie their boots, put on civilian clothes and unwind in new-found freedoms. In the mornings, they wake up when they feel like it. They log in to check e-mail at various Internet hot spots; as well as playing network games in a cyber café. Participants can swing golf clubs at the driving range or play at the miniature golf course. Many war fighters lift weights or go for a run on the outdoor trail – or join one of many fitness-related events. At the installation day spa, they schedule appointments for a new hair style, massages, manicures, pedicures – even the roughest and hardest Soldier frequently takes advantage of a foot massage! A brand new eight-lane bowling alley was recently added. Award-winning USO Qatar provides an area for games, movies and reading in a traditional Arabic atmosphere. The R2P2 front desk personnel provide venue briefs, answer questions, issue equipment – available 24 hours, seven days a week.

The installation MWR team provides servicemembers with plenty of activity on the military base; additionally, opportunities to depart are frequently available. Off-post venue lists are usually sought out, providing a richer cultural experience than on-post attractions. Items collected during shopping venues can be shipped free-of-charge through the Armed Forces postal system. Seasonal trips through the sand dunes, beach activities, water sports and cruises in the Persian Gulf are popular. Sometimes special invitations are offered by Qatari military officials. R2P2 staff members provide numerous first-come, first-serve opportunities to leave the installation.

Community sponsors are an important ingredient to the program's

success. Sponsors can take participants off the installation and explain Qatari culture based on their past experiences. Those that have been in Qatar for several months – or years – frequently receive gratitude from participants eager to learn about the Islamic state and people from first-hand experience.

Evenings come alive at Camp As Sayliyah. The Top-Off Club has hosted many celebrities, as well as numerous lesser-known individuals and groups. They come to Qatar specifically to support and encourage the troops; to include musicians, comedians, athletes, cheerleaders and other various performers. Additional entertainment is frequently provided by ASG-QA servicemembers and civilians. The installation is the only place in Southwest Asia to enjoy an alcoholic beverage on a U.S. military base. There is an option to have a drink at a wine bar or a beer in an Irish Pub. To keep everyone safe and sound, alcohol sales are limited to three drinks per person, per day.

Joining the Armed Forces requires

serious commitment; a pledge of selfless service that can eventually relocate anyone – a husband or wife, father or mother, brother or sister – into a difficult and often stressful environment. Continuous operations and dangerous situations are traumatic to varying degrees. All servicemembers at Camp As Sayliyah attend chain-teach seminars to recognize post-traumatic stress in R2P2 participants. Spiritual services and counseling are readily available.

“The R2P2 program is a lifesaver for our troops downrange,” said U.S. Air Force Capt. Joel D. Kornegay, from Godfrey, Ill. He serves actively and proudly as an installation chaplain, routinely reaching out and providing spiritual support to R2P2 participants. “It gives weary Soldiers, Sailors, Airmen and Marines a much-needed break from their every day challenges, enabling them to recharge and recuperate. It is a time of physical, emotional, and spiritual renewal. It is an honor for ASG-QA to serve these heroes day-after-day, here at Camp As Sayliyah.” **A**



U.S. Rep. Roger F. Wicker, 1st Congressional District Fla., is escorted by 2nd Lt. Karly M. Mangen, from Chisago Lakes, Minn., during his visit to Camp As Sayliyah in Qatar on Oct. 6. Mangen, the officer in charge of the rest and recuperation program for war fighters in Southwest Asia, escorted five members of congress around the facilities and introduced them to several participants. (Official Army Photo by Dustin Senger)

Equality Observance

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

American Indian Heritage Month

- Nov 1: Opening Ceremony at noon in big DFAC
- Nov. 21: Observance at 11:30 p.m. to 1:30 p.m. in Big DFAC

Contact SFC Taborra Seamster, ASG-QA Equal Opportunities Advisor, for more information.

Camp Policies

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

*ASG-QA domain access required.

THE WIRE

Contributing from Qatar

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

CAMP AS SAYLIYAH, Qatar – Americans serving in Qatar at Camp As Sayliyah, positioned between Saudi Arabia's eastern border and the Persian Gulf, are preparing for this season's Combined Federal Campaign Overseas fund raiser. Soldiers, Sailors, Airmen and Marines will seek generosity from various tenant units on the U.S. military base from Oct. 15 thru Dec 15. Charitable organizations can change lives, but they require participation.

"It's our job to reach out to everyone," said Constance T. Baker, Director of CFC-O Europe and Central Command, during a training session for unit coordinators at Camp As Sayiyah on Sept. 24. "We get tons of requests from people in Iraq, Afghanistan – in danger and still thinking about giving to the CFC-O. People want to participate. Our

concern is to make sure everyone is asked – how much is not important – and it all starts with each office of personnel management."

"Last year, Area Support Group Qatar earned the CFC-O Special Merit Award from the commander of U.S. Central Command," said U.S. Army Sgt. Lumbala Wa Lumbala, from Sacramento, Calif. He is the ASG-QA unit coordinator and a three-year veteran of the campaign at Camp As Sayliyah. "We had 100 percent contact and doubled the amount raised from the previous year. Camp As Sayliyah's volunteers are obviously doing something right – the commander was pleased by our performance and teamwork." U.S. Army Gen. John Abizaid awarded ASG-QA for their role in coordinating exceptional participation and extraordinary volunteer spirit during the fall 2006 fund raiser.

U.S. Army Capt. John Bond, from Silver Spring, Md., is the Community/Area Project Officer responsible for organizing the campaign's goal for 100 percent installation-wide contact. Wa Lumbala serves as an alternate CAPO, able to accept donations from any smaller units without direct representation. CFC-O information and materials are delivered by respective unit coordinators, appointed by the installation CAPO, to effectively motivate and inform everyone about the campaign. Unit coordinators appoint key persons for further dissemination through large commands. These representatives provide personal assistance for the personal requests.

"We only have national and international charities – we don't have local organizations," said Baker. "As a local charity, we do have Family Support and Youth Programs (FSYP) to give to your installation of origin." Furthermore, only legitimate organizations with low-overhead costs qualify



U.S. Army Sgt. Sundra Johnson, from Linden, Ala., listens in as Constance T. Baker, Director of CFC-O Europe and Central Command, explains how small pledges can produce results during CFC-O campaign training at Camp As Sayliyah in Qatar on Sept. 24. A 50-cent donation can place a small sachet of needed nutrition into desperate hands. (Official Army Photo by Dustin Senger)

under CFC-O's strict guidelines. Representatives can not influence anyone's choice; it's up to each individual to select which organizations warrant their support. The coordinators have two primary missions: make 100 percent contact and raise funds. The fund raiser has helped millions of people while promoting philanthropy.

"The CFC-O has been around for about 50 years," said Baker. "It was signed into order by former President Kennedy to organize and smooth out the process of fund raising." Prior to the 1950's, on-the-job fund raising in the federal workplace was unorganized and therefore unproductive. After a study of the troubles, former President Eisenhower formally charged advisors to develop a campaign for federal employees in the workplace. Once a well-established program was presented, Kennedy completed the administrative labors in 1961 with Executive Order 10927. Today, over 3,000 campaign volunteers raise millions of dollars to support the CFC-O in various overseas locations.

Donations can be accepted in a variety of ways to ensure a successful fundraiser year; such as payroll deduction, personal check, money order and credit card. If required, cash can also be accepted, including foreign currency. American contractors and foreign nationals can not be solicited; however, they may request the information to support the fund raiser. The 2007 campaign has introduced two new ways to give: an online pledge

assistant and credit card giving.

"You will be able to go online and use a shopping cart system to pick your charities," said Baker. After selecting the organizations, a form can be printed out and handed to unit coordinators. "Online pledge assistance is not submitted, only credit card giving is fully automated online." A local CAPO only tracks contact with credit card pledges, the contributions completed online are automatically credited to the individual's unit fund raising statistics.

"Klumpy Nuts is a food supplement given to third-world countries," said Baker. "It cost 50 cents per sachet." Even small contributions can place 500 food calories, fortified with vitamins and minerals, into starving stomachs. Thousands of meager pledges can present mountains of hope in needed hands. Camp As Sayliyah residents continue to execute the CFC-O fund raising campaign, seeking out generosity from an overseas location actively supporting the Global War on Terrorism. **A**

" We had 100 percent contact and doubled the amount raised from the previous year. Camp As Sayliyah's volunteers are obviously doing something right - the commander was pleased by our performance and teamwork." Sgt. Lumbala Wa Lumbala, Sacramento, Calif.



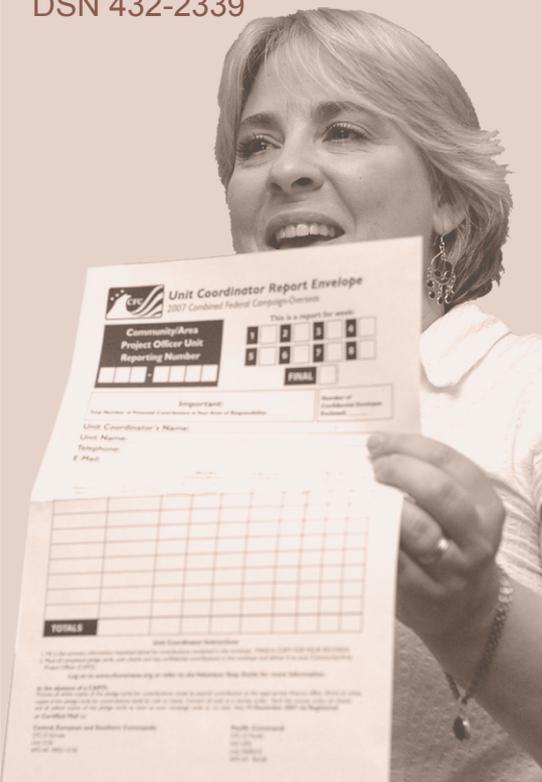
U.S. Army Sgt. Lumbala WaLumbala, from Sacramento, Calif., sets up for an official announcement of the Combined Federal Campaign Overseas fund raiser at Camp As Sayliyah in Qatar, on Oct. 17. WaLumbala is a three-year veteran of the installation's annual campaign. He is part of a team of CFC-O coordinators supporting around 2,000 approved charities. (Official Army Photo by Dustin Senger)

CFC-O

Contact your unit representative to place your pledge for the Combined Federal Campaign Overseas. This year's fund raiser will end on Dec. 15.

Community/Area Project Officer

- CPT John Bond
DSN 432-2267
- SGT Lumbala Wa Lumbala
DSN 432-2339



THE WIRE



Third Army's Digital Video Imagery Distribution System allows the Area Support Group Qatar public affairs office to upload timely content for public release; enabling local, national and international news agencies to access and download high-resolution images, broadcast-quality video footage, audio clips and Associated Press compliant news stories. ASG-QA PAO to report installation news, interaction with distinguished visitors, celebrity entertainers as well as participation at events sponsored by Qatar officials, the installation's host nation. To locate Camp As Sayliyah news, go to <http://www.dividshub.net> and search "Qatar" or a specific event.

DVIDS

(Continued from page 2)

information about the U.S. military's role at Camp As Sayliyah. Area Support Group Qatar public affairs is reporting installation news, interaction with distinguished visitors, celebrity entertainers as well as participation at events sponsored by Qatari officials, the installation's host nation. News and video-formatted shout-outs become exceedingly important to servicemembers away from their families during the winter holidays.

Once content is posted on the DVIDS Web site, regional media contacts market the Internet links to hometown agencies.

Across Southwest Asia, timely content is generated and submitted by military personnel, government agencies and contracted employees. DVIDS connects organizations

using Norsat portable satellite terminals linked to a distribution center in Atlanta, Ga. Norsat International designs satellite products, terminals and solutions using advanced technologies for high-speed data transmission. The portable terminals were specifically created for isolated and hostile environments.

Portable Norsat satellite terminals come packaged with high-end digital cameras for video and still imagery. Laptop computers are equipped with advanced video and photography editing software.

Once content is posted on the DVIDS Web site, regional media contacts market the Internet links to hometown agencies. Information hosted on the Internet site is considered public information; enabling local, national and international news agencies to access and download high-resolution images, broadcast-quality video footage, audio clips and Associated Press compliant news stories. The state-of-the-art

system is developing a reputation as a reliable and accurate source for daily, first-hand news of operations supporting the Global War on Terrorism.

The DVIDS distribution technology was initially created to support of the U.S. military forces serving in the U.S. Central Command area of responsibility. Army Gen. John Abizaid, former U.S. Central Command commander, first used the technology in April 2004. Abizaid conducted a press conference in Qatar with Pentagon officials in Washington, D.C. Since the initial launch, DVIDS continues to serve as a media liaison, facilitating thousands of interviews. Through satellite broadcasts and Internet distribution, reporters can submit a media request on the DVIDS Web site to interview servicemembers overseas.

Today, DVIDS continues to evolve and reach its target audiences – meeting and exceeding the intentions of the Army's initial \$6 million investment. DVIDS is now used by all branches of the U.S. military to accurately explain military operations in Iraq, Kuwait, Afghanistan, Horn of Africa and Qatar. To see this remarkable system in action, go to: <http://www.dividshub.net>. Search for "Qatar," to locate content submitted from Camp As Sayliyah. **A**



end digital cameras for video and still imagery. Laptop computers are equipped with advanced video and photography editing software.

No more flu shots!

By Maj. BASCOM K. BRADSHAW
Troop medical clinic

Are you getting your flu shot this year? Probably not. This year, the primary flu vaccine is a live, attenuated influenza virus nasal spray. Individuals with the flu often exhibit a fever, sore throat, chills, fatigue, cough, headache, and muscle aches. It is contagious and spreads from infected individuals to the nose or throat of others.

Why should I get vaccinated?

The easy answer is that it is required, but I will bore you with a couple of interesting facts. Influenza is a contagious disease and can be dangerous for individuals with heart disease or breathing problems, such as asthma. According to the Centers for Disease Control and Prevention, 36,000 people die each year from influenza. An average of 226,000 people is hospitalized because of complications from the disease. Flu vaccine is updated each year since circulating influenza viruses are always changing; it provides protection for up to one year. The bottom line: vaccination prevents serious episodes of influenza-related illness and minimizes how it impacts a community.

What is the live, attenuated influenza vaccine nasal spray?

This vaccine is a spray that is administered through the nostrils, as opposed to the inactivated influenza vaccine that is injected intramuscularly. The nasal spray vaccine contains a weakened form of live, influenza virus; it does not contain thimerosal or other preservatives. It takes two weeks for protection to develop after the

vaccination has been administered.

Who should NOT get the nasal spray vaccine?

Live, attenuated influenza nasal spray vaccine is approved for healthy people two to 49 years old, who are not pregnant. The following individuals should not get the nasal spray vaccine:

- Pregnant women
- Adults older than 50 years of age or children less than two years of age
- People with the following chronic health problems: heart disease, lung disease, kidney disease, diabetes, asthma, or anemia
- Weak immune system
- Children or teens on chronic aspirin therapy
- History of Guillain-Barre syndrome
- Previous serious allergic reaction to eggs or previous influenza vaccination

Individuals who are not eligible for the nasal spray vaccine may be given the inactivated influenza vaccination (injection) after appropriate screening by medical personnel.

Doesn't flu vaccination cause the flu?

No. Although the vaccine is made from a weakened virus, it does not cause the flu. The vaccine can occasionally cause mild symptoms, such as the following:

- Runny nose, nasal congestion, or cough
- Fever
- Headaches and muscle aches
- Wheezing
- Abdominal pain or occasional vomiting or diarrhea

It is important to note that over 6 million doses of the live, attenuated influenza nasal spray vaccine have been administered without any serious incidents.

More information on influenza (flu) can be found at www.cdc.gov/flu. 



U.S. Army Lt. Col. Orlando Guzman, from Raleigh, N.C., addresses residents at Camp As Sayliyah during a celebration ceremony for Hispanic heritage on Oct. 4. Guzman taught Salsa dancing during the Hispanic observance period. (Official Army Photos by Dustin Senger)



Chaplain Services

Attend the installation ministry team's spiritual support services:

Prayer Luncheon

• Oct 31: Monthly Prayer Luncheon at 12 p.m. in the big DFAC

Prayer Luncheon

• Nov 28: Monthly Prayer Luncheon at 12 p.m. in the big DFAC

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

Thanksgiving

Participate in the installation festivities and gatherings:

• Nov. 22: Turkey Trot 5K Run at 6 a.m. in the CAC

• Nov. 22: Thanksgiving Day Celebration at 11:30 a.m. to 2 p.m. in the Big DFAC

Contact Mr. Tony Randall, ASG-QA Community Services Manager, or CW4 Verona Williams, Installation Food Services Officer.

CAS in the news!

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

THE WIRE

Ask the chaplain

If not, your immediate worries can be set aside.

By Capt. JOEL KORNEGAY
Installation ministry team

Q. My friend has been unhappy lately. How can I help? The problem may be too personal, but I am concerned about him becoming depressed enough to consider suicide?

If he is thinking of killing himself, you have been given an opportunity to help someone in crisis. If a friend expresses suicidal intentions, don't leave him or her alone – get them connected with an appropriate mediator from the Troop Medical Clinic or chaplain's office. Ensure the person: you are there to find help.

A. People consider suicide for a variety of reasons. Always be aware of your battle buddies. It is wise to pay attention to your friend's demeanor and express concern when they seem down.

While waiting for further assistance, continue to show empathy (not sympathy) for their situation. Demonstrate an understanding of how their circumstances would cause them stress, but communicate hope and encouragement. Even though it may be difficult, focus on something they can identify with to encourage an optimistic attitude. Moreover, a suicidal individual must be protected

How can you help?

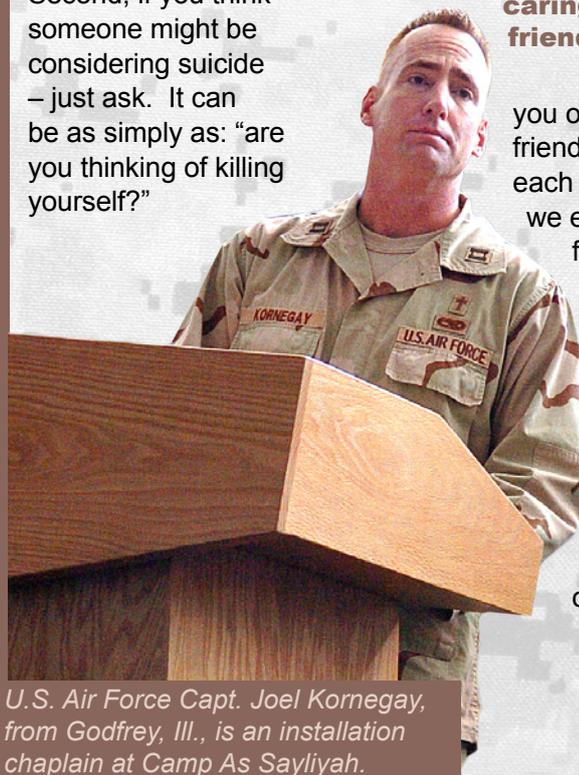
First, stay calm. Your peaceful appearance will help diffuse escalating circumstances and help your friend deal with his situation. Second, if you think someone might be considering suicide – just ask. It can be as simple as: "are you thinking of killing yourself?"

You don't have to be a crisis expert to help someone who is considering suicide; you only need to be a caring friend.

from anything that could be used to cause harm.

You don't have to be a crisis expert to help someone who is considering suicide;

you only need to be a caring friend. We all need to be watching each other's "six," especially as we enter a holiday season away from home. Pay attention to any warning signs of severe depression a battle buddy may be sending. Please call or e-mail me if you are unsure about the situation's severity. You can also come by the installation chaplains' office located in the Community Activity Center, or call DSN 432-2198. **A**



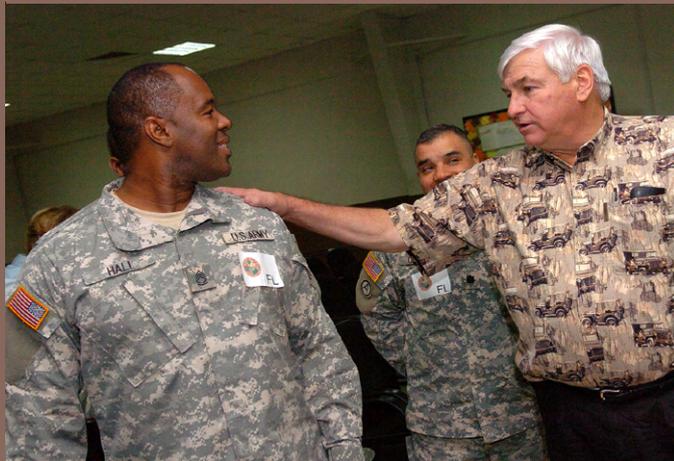
U.S. Air Force Capt. Joel Kornegay, from Godfrey, Ill., is an installation chaplain at Camp As Sayliyah.

State representatives visit Camp As Sayliyah



▲ U.S. Rep. F. Allen Boyd, Jr., 2nd Congressional District Fla., is greeted by Army Command Sgt. Maj. Michael D. Howard, from Jacksonville, Fla., during his visit to Camp As Sayliyah in Qatar on Oct. 6. Howard is Area Support Group Qatar's senior enlisted servicemember. Boyd and four other members of congress traveled to the Gulf state to better understand the Army's facilities and mission in Qatar, located off Saudi Arabia's eastern coast.

▼ U.S. Army Sgt. 1st Class Richie Hall, from Marianna, Fla., meets his congressman, Rep. F. Allen Boyd, Jr., 2nd Congressional District Fla., during a visit to Camp As Sayliyah in Qatar on Oct. 6.



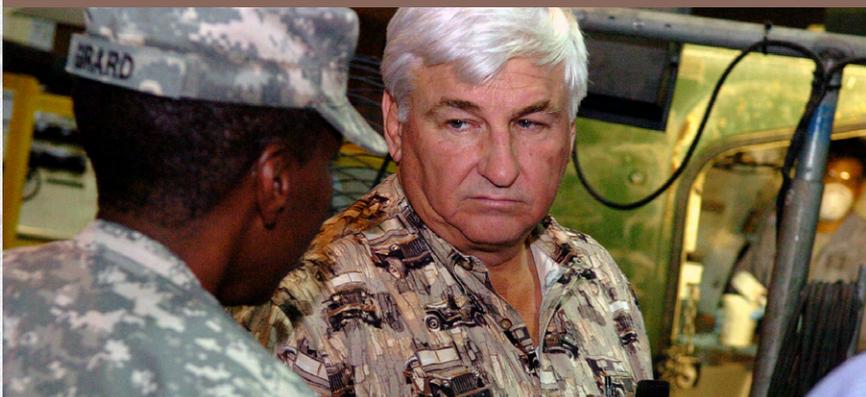
▼ U.S. Marine Corps Cpl. Cory Bertling, from Delphos, Ohio, meets Rep. Betty Sutton, 13th Congressional District Ohio, at Camp As Sayliyah during his rest and recuperation pass from Iraq on Oct. 6. Aside from the Ohio representative, Bertling had an opportunity to meet four other members of congress while they toured the installation facilities.



▲ U.S. Army Sgt. Nathaniel Holmes, from Petersburg, Va., meets Rep. Stephen Cohen, 8th Congressional District Tennessee, during his rest and recuperation pass at Camp As Sayliyah in Qatar on Oct. 6. Cohen met the servicemember enjoying time away from military operations in Iraq. "This program is relaxing," said Holmes about the Area Support Group Qatar recreational facilities.



◀ U.S. Rep. F. Allen Boyd Jr., 2nd Congressional District Fla., listens to Army Lt. Col. Maxine Girard, from Belleville, Ill., while she explains the mission of the Army Field Support Brigade's rebuild processes at Camp As Sayliyah in Qatar on Oct. 6. The facility restores battle-damaged Strykers to meet armored combat vehicle requirements for military operations in Southwest Asia. Five members of congress toured the facilities. (Official Army Photo by Dustin Senger)



Town Hall

Attend the quarterly installation town hall meetings to voice your opinions:

Town Hall Meeting

• Nov. 12: Quarterly Town Hall meeting from noon to 1 p.m. in the big DFAC

Contact Lakia Clarke-Brown, ASG-QA Public Affairs Coordinator, for more details at DSN 432-2572.

Desert Mesh online!

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

Eagle Cash

The Eagle Cash card has replaced most monetary transactions at Camp As Sayliyah. This transition eliminates the need to carry paper pogs, loose change or pay costly ATM fees.

Eagle Cash kiosks:

- Finance
- Big DFAC
- Big gym
- Post exchange
- R2P2 front desk



ASG-QA Finance

• Monday thru Saturday:
8:30 a.m. to 4:30 p.m.
Closed from noon to 1 p.m.
• Sunday:
1 p.m. to 4:30 p.m.

Contact CPT Luis Martinez, ASG-QA Finance Officer in Charge, for more details.

THE WIRE

MWR adds eight-lane bowling alley

Area Support Group Qatar Morale, Welfare and Recreation opened a brand-new, state-of-the-art bowling alley at Camp As Sayliyah on Sept. 25. Abela-Qatar International funded and completed an over \$600,000 project to provide further entertainment for the U.S. Central Command's Rest and Recuperation Pass Program. (Official Army Photos by William R. McLeod)



Illustration by Dustin Senger. Submit ideas for future CAS-toons to dustin.senger@qatar.army.mil

Camp As Sayliyah, Qatar

Halloween Day - October 31st

HALLOWEEN DAY
5K Fun Run/Walk

Halloween Party

Wednesday, October 31st

1930	Pumpkin Carving Contest Results
2000	Witches Hat
2030	Mummy Wrap
2100	Pass the Pumpkin
2130	Limbo
2200	Costume Judging
2230	Dance Floor Opens

Wednesday, October 31st
0600 hrs
CAC

(Random Mystery Dive for prizes between each event.)

Camp As Sayliyah, Qatar

Veterans Day - November 12th

VETERANS DAY

Monday, November 12th

0600	Veterans Day 5k Fun Run
1000	Dodgeball Tournament
1330	Xbox 360: 2 on 2 Call of Duty
1500	4 x 200M Swim Relay



Nov. 16 and 17

CAS Holiday Events Schedule

- ◆ **Horror Movie Week**
Oct. 30-31 • 6 p.m. to 11:30 p.m. • Base Movie Theater
- ◆ **Pumpkin Carving Contest**
Oct. 30-31 • All day • Big DFAC
- ◆ **Halloween 5K Fun Run**
Oct. 31 • 6 a.m. • CAC
- ◆ **Halloween Costume Party**
Oct. 31 • 8 p.m. • Top-Off
- ◆ **"After" Halloween Hang-Out**
Oct. 31 to Nov. 1 • 11:30 p.m. to 5 a.m. • USO
- ◆ **Commander's Cup**
Nov. 3-4 • All Day • ASG-QA compound
- ◆ **Veteran's Day 5k Fun Run**
Nov. 12 • 6 a.m. • CAC
- ◆ **Outdoor Greeting Card Contest**
Nov. 14-28 • Outside ASG-QA compound

Contact Mr. Tony Randall, ASG-QA Community Services Manager, for more information.



Happy holidays
Camp As Sayliyah!

Camp As Sayliyah, Qatar

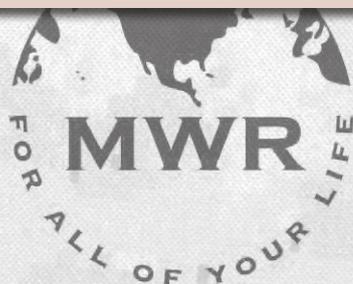
Thanksgiving Day - November 22nd

THANKSGIVING DAY

Thursday, November 22nd

0600	Thanksgiving Day 5k Fun Run
0930	Miniature Golf Tournament
1330	Dodgeball Tournament
1600	Doubles Table Tennis Tournament

- ◆ **Turkey Trot 5k Fun Run**
Nov. 22 • 6 a.m. • CAC
- ◆ **Thanksgiving Day Celebration**
Nov. 22 • 11:30 a.m. to 2 p.m. • Big DFAC
- ◆ **Holiday Door Display**
Dec. 1-19 • All Day • Various areas on CAS
- ◆ **E-Pictures w/Santa**
TBD • 4 p.m. to 5:50 p.m. • USO
- ◆ **Christmas Tree Lighting Ceremony**
Dec. 7 • 6 p.m. to 7 p.m. • ASG-QA HQ
- ◆ **Christmas Day 5k Fun Run**
Dec. 25 • 6 a.m. • CAC
- ◆ **Christmas Day Celebration**
Dec. 25 • 11:30 a.m. to 2 p.m. • Big DFAC



FITNESS MANIA!

SSG Izzerd Norman, 3-43 ADA, scored 1,460 points to win the fitness challenge for September. His score was 10 points higher than SSG Maranda McDougall, ASG-QA Finance. Congratulations!

Don't forget to sign up for the November 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 the installation education center for more details.

FITNESS

Physical fitness thru evolution

By DUSTIN SENGER
ASG-QA public affairs

Evaluations of populations continue to establish a major concern about our civilization's current weight management protocols. Thousands of years ago, humans endured through a strong connection between food procurement and physical exertion. Modern medicine and technology has helped prolong mortality despite growing health concerns and metabolic disorders – but at what cost? Two basic variables have been neglected: balanced energy consumption and frequent physical exertion. We have become too lazy, too over-fed and frequently malnourished.

Magical diets with empty promises try to survive the consumer's ultimate request: to over eat and remain inactive –

yet still lose weight. Regardless of the fad diets and hyped-up hopes, humans all over the planet are becoming overweight and eventually obese. A global network was established by the International Association for the Study of Obesity, called the International Obesity Task Force, to work closely with the World Health Organization. According to the IOTF worldwide estimates, around 1.1 billion adults are overweight and 320 million are obese. These numbers continue to climb, placing increasing pressure on public health. Human obesity's complexity makes it hard to advise mass populations about proper weight management.

According to archeologists, thousands years ago we were all in good physical shape. Clans during the Paleolithic Age were hunting and gathering to survive. Since then, epidemics have been routinely counter-attacked with medicine and public health care guidance. Our successes in controlling disease led to an increase in world mortality rates. Even with new-found

technology and modern medicine, a present epidemic continues to elude us: spreading like wildfire, we are getting too fat.

Our history as a species can help explain why this is. To learn more about our genetic origins, researchers have performed painstaking evaluations of human skeletal remains. As well as methodical studies to examine current civilizations still leading lives similar to universal habits thousands of years ago.

The thrifty-gene hypothesis, proposed in 1962 by geneticist James Neel, explains how mass populations evolved to maximize metabolic efficiency, fat storage and food searching behaviors. These genes protected us from an unpredictable lifestyle. Natural selection weeded out the genetically weak and molded our present human genome. Today,

Geneticists have demonstrated that the human genome has changed less than .02 percent in 40,000 years.

these same genes are interacting with heavily processed foods and excessive nutritional intake.

"We are all heirs of inherited characteristics accrued over millions of years," stated S. Boyd Eaton, a medical anthropologist and "evolutionary nutrition" expert from Emory University. "The vast majority of our biochemistry and physiology are tuned to life conditions that existed prior to the advent of agriculture some 10,000 years ago. No adaptation to the introduction of new dietary pressures has been possible in such a short time span. Thus, an inevitable discordance exists between our dietary intake and that which our genes are suited to."

DNA evidence has shown that humans have changed very little since the hunter-gatherer Paleolithic era 50,000 years ago. To be more specific, geneticists have demonstrated that the human genome has changed less than .02 percent in 40,000 years. This means we are modern-day Stone Agers. People become overweight through interactions between genetic, environmental and behavioral factors. Rapidly increasing rates of obesity, in spite of an unchanged gene pool, puts

focus on responsible environmental and behavioral factors.

For our Paleolithic ancestors, life was not always predictable. During their existence as hunters and gatherers, phases of famine were eventually contrasted and rebounded by periods of plenty. Recent years have replaced this balance with frequent feedings and minimal exercise. Certain foods drive people to eat far beyond their body's requirements. The over consumption of highly-palatable foods compounds health risks. Processed foods – loaded with fat, sugar and salt – were never added to the Stone Ager's diet. Naturally sweet foods were also highly nutritious and low in fat; such as fruits and honey – no donuts, ice cream or pastries. Starchy foods were not also salty; there were no potato chips. A diet full of natural and unprocessed foods makes it difficult to overeat while providing an abundance of nutrition and properly manages metabolic processes.

The brain-reward relationship may have benefited early man during heavy re-feeds, since they were preparing themselves for inevitable famines. The human body continues to seek food, even after it has been replenished, due to non-homeostatic systems. These same systems participate in drug-seeking behavior. Sometimes over-eating is the result of social connections; such as eating with family and friends. Husband and wife relationships strongly influence

each others food choices. But today, constant calorie consumption – especially loaded in sugar and fat with little fiber – combined with the lack of sufficient energy exertion causes widespread problems within today's modern Paleolithic system.

The Paleolithic family ate whole foods. They survived off meat, eggs, fish, fowl and the leaves, roots and fruits of many plants. Their diet was typically nutrient dense and low in naturally occurring sugars. They generally survived off undomesticated animals. Dietary fats were healthy monounsaturated, polyunsaturated – low in saturated fat. Dairy farming was still far out from existence. They hardly ate cereal-based items and nobody had alcohol. Nearly all carbohydrate consumption was from fibrous, non-starchy, organic fruits and vegetables. Most recently, advances in farming technology introduced rice, grains, beans and potatoes to generate mass produce to world populations. Packed full of calories, these items require cooking and were never cultivated by our ancestors.

Physical exertion was part of regular life; frequently becoming exhaustive. A man's Paleolithic work rhythm required hunting two to four days per week. Women gathered every two or three days. Anthropologists have found similarities in the bony remains of late-Paleolithic humans to those of contemporary elite athletes; such as Olympic competitors.

In contrast, today's routines require little energy for food acquisition. Financial means are usually the biggest limiter for food in most societies. Men and women once traveled long distances and labored over daily routines; today, technology has simplified life to the point where even stairs to the second floor do the moving for us. We don't walk – we drive. Recreational free time is becoming exceedingly less active with the advent of the Internet and video games. There is greater promotion to become a sports' spectator versus a participant. Hunting and gathering has been replaced by convenience stores and fast-food outlets. Through laziness, the occurrences of diabetes, obesity and other exercise-related conditions have sky rocketed. Mankind has engineered physical activity out of daily lives, and domesticated animals.

Exercise is required for a quality life. Human and other animal studies demonstrate that exercise targets many aspects of brain function with broad effects on overall brain health. Physical exertion reduces peripheral risk factors; such as diabetes, hypertension and cardiovascular disease, which converge to cause brain dysfunction and neurodegeneration. A trained muscle has a greater capacity for blood glucose extraction. Additionally, muscle tissue is a powerful oxidizer of stored body fat. A disproportionate amount

(Continued on page 20)



Billy Blanks, the revolutionary creator of the Tai Bo™ workout, meets with servicemembers at Camp As Sayliyah in Qatar on Sept. 4. Blanks was just beginning his Spirit & Body Tour, an opportunity for him to greet, motivate and train U.S. troops serving in Southwest Asia. Blanks has traveled several times overseas to work with U.S. military; including Iraq, Bosnia, Kosovo, Sarajevo, Greece, Africa, Germany and Italy. (Official Army Photos by Dustin Senger)

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 more information

Contact 2LT Karly Mangel, ASG-QA R2P2 Officer in Charge, for more information.

FITNESS

(Continued from page 19)

of fat to muscle tissue reduces the blood-glucose-lowering effect of pancreatic insulin release; resulting in additional insulin secretion for normal blood glucose levels. The lifestyle and body composition of early humans acted to promote insulin sensitivity, while contemporary lives foster insulin resistance.

The U.S. Surgeon General's report on physical activity and health estimates more than 60 percent of American adults are not regularly active; 25 percent are sedentary. According to U.S. Department of Health and Human Services estimates, at least 70 percent of the U.S. population is undertaking less than 30 minutes of moderate-intensity physical exercise per day. Soldiers are performing

poorly on the same physical fitness tests administered to their predecessors 50 years ago, according to the U.S. Army Physical Fitness School in Fort Benning, Ga. Affluent Westerners are not only over-fat but also under-muscled; when compared to their ancestors typical body compositions.

Loren Cordain, Ph.D., a world renowned scientist, published a book titled "The Paleo Diet," with groundbreaking research into the original human diet. According to Cordain, becoming fit like your ancestors is your birth right. "By going backward in time with your diet, you will actually be moving forward. You'll be combining the ancient dietary wisdom with all of the health advantages that modern medicine has to offer. You will reap the best of both worlds." 

Fitness Q&A

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

Q. Do you have to burn 3,500 calories to lose one pound?

A. Many are led to believe that a loss of 3,500 calories is required to lose one pound of body weight. According to recent research, it's possible to lose much more at the same energy deficit – although haste makes waste when it comes to muscle preservation.

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

for automatic and voluntary bodily functions and movements. Energy is also used to build new tissues for growth and repair.

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

On Sept. 11, the International Journal of Obesity published a meticulous look into how human metabolism affects how human's burn substrates for fuel. The research from the National Institutes of Health, in Bethesda, Md., explained how carbohydrate and protein have similar energy densities with comparable water in body tissues. According to their research, the metabolizable energy densities of body carbohydrate, protein and fat are 17.6, 19.7 and 39.5 MJ per kilogram, respectively.

According to their figures, the effect of burning 3,500 calories can vary, based on the substrates used for fuel. A person who burns 3,500 kcal could

Professional ball players meet the troops



"I am a huge baseball fan!" said U.S. Army Lt. Col. Sheila Bryant, from Fayetteville, N.C., to Jack McDowell, a retired Major League Baseball pitcher, at Camp As Sayliyah in Qatar on Sept. 27. During his 13-year career, McDowell was commonly known as "Black Jack" by his teammates because of his dark beard. "Black Jack was a powerful pitcher," said Bryant. McDowell and two other professional baseball athletes visited troops in Qatar and Afghanistan during their Heroes of the Diamond Tour. (Official Army Photos by Dustin Senger)



"I grew up watching the White Sox," said U.S. Army Maj. Todd Smith, from Springfield, Ill., to Jack McDowell, a retired Major League Baseball pitcher, at Camp As Sayliyah in Qatar on Sept. 27. McDowell's 13-year MLB tour began with the Chicago White Sox. In 1993, he won the American League's Cy Young Award as the most outstanding pitcher. Smith brought up old memories during the pitcher's legendary career.



"In August, I watched a game on an enormous big-screen television," said U.S. Army Staff Sgt. Christopher F. Gorman, from Plant City, Fla. Gorman was thrilled to meet Darren Bragg, a retired Major League Baseball player, at Camp As Sayliyah in Qatar on Sept. 27. "I am a huge Red Sox fan," he said. Bragg played 11 seasons during his career. He excelled after being traded to the Boston Red Sox.



U.S. Navy Lt. Ivory Ervin, from Memphis, Tenn., receives an autographed baseball from Frank Menechino, a 15-year Major League Baseball player, at Camp As Sayliyah in Qatar on Sept. 27. Menechino and two other professional baseball athletes visited troops in Qatar during the Heroes of the Diamond Tour, managed and implemented by Pro Sports MVP. The players showed their support for Americans overseas by participating in a Morale, Welfare and Recreation venue in Southwest Asia.

chop 7,400 grams, or 1.6 pounds of pure muscle off the body. This is much more than a one-pound weight loss. What about pure fat loss? Burning 3,500 calories would chop 370 grams, or around 13 ounces (.814 pounds) of lard – not even a pound!

The underlining issue is: the body doesn't burn pure fat or muscle – and stored glycogen is readily available and routinely used to feed the metabolic flames. A sustained deficit can result in an increased rate

of weight loss; if metabolized tissue comes less from fat and more from less energy dense lean body mass. Resistance training and high-protein diets are routinely used to preserve muscle while losing fat.

If weight loss slows over time, either energy expenditure is decreasing or dietary energy intake is increasing. The later is a likely event since less body mass requires less energy for maintenance. Weight loss should be a slow process – if maximum fat loss and muscle preservation is the

goal. While maintaining the same caloric deficit, considerable falls in bodyweight may be eluding to an increase in metabolized lean body mass.

Manipulations in diet (input) and physical activities (output) can lead the body toward a preference, but a combination of substrates will always fuel the human battery. Burning a pound of body weight is much more complicated than a simple 3,500 calorie deficit. **A**

CULTURE



U.S. Army Capt. Kenneth Bacso, from Caldwell, Idaho, is greeted by an Islamic dancer during a celebration at the five-star Four Season's Hotel in Doha, Qatar on Sept. 28. (Official Army Photos by Dustin Senger)



U.S. troops serving in Southwest Asia listen to Souheil Kebdani, Library Bar and Cigar Lounge Manager, at the Four Season's Hotel in Doha, Qatar on Sept. 28, 2007. Kebdani explained the events during a "Suhur" celebration, an Arabic word referring to a late evening feast during Ramadan, Islam's holiest month.

Christmas in the Gulf

Although Qatar is an Arab-Islamic nation, many non-muslim Arabs live and work in the prosperous nation. A vast number of Arab-Christian expatriates in the Gulf region are from Lebanon, Syria, Egypt, Jordan, Armenia and Palestine. Many people from these nations celebrate Jan. 7 as the actual birthday of Christ, according to the Gregorian calendar. They celebrate Jan. 7 just as other Christians celebrate Dec 25.

Contact Mr. Hani Abukish, ASG-QA Civil Affairs Officer, for more information regarding cultural awareness and sensitivity in Qatar.

R&R troops discover Ramadan

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

DOHA, Qatar – Ten U.S. servicemembers, bravely serving within military operations throughout Southwest Asia, gained a cultural opportunity during a four-day respite in Qatar on Sept. 28. The troops took advantage of the Area Support Group Qatar Rest and Recuperation Pass Program (R2P2) for U.S. Central Command war fighters in Southwest Asia. The Islamic state is located off Saudi Arabia's eastern coastline. Ramadan, Islam's holiest month, can cancel many off-post venues. To create a cultural opportunity, the ASG-QA public affairs office sponsored servicemembers to depart the installation and attend a five-star Islamic celebration at the Four Seasons Hotel Doha.

While on pass in Qatar, gaining off-post sponsorship during Ramadan can be unrewarding. Much of the nation is desolate throughout daylight hours. With few exceptions, all adult Muslims must abstain from drinking, eating, smoking or anything leading to impure thoughts which draw attention away from worshiping God. More time is spent praying in congregation at the Mosques. All expatriates

– Muslim or otherwise – must abide by the local religious environment and never engage in any activity which might tempt a Muslim into breaking religious duties. The fast is ended at sunset with "iftar," an Arabic word for the fast-breaking meal. "Suhur," is an Arabic word for the meal eaten prior to dawn.

"We lucked out," said U.S. Air Force Maj. Philip Henderson, from Jacksonville, Fla. "What we hear about Ramadan is what you can not do – this was a unique opportunity. We had off-post sponsors with experience in Islamic customs. Being able to understand the culture and see how generous the people are is something to appreciate. We had a VIP tour at the hotel that explained everything!" Souheil Kebdani, Bar and Lounge Manager, escorted the group through the hotel, providing explanations of the event's traditional customs and religious significance.

Several five-star hotels in Qatar provide Ramadan tents that combine Arabic tradition with modern hospitality. People of all religious faiths attend the suhur festivities. Muslims seek an evening venue for family get-togethers and community celebrations – others join to gain further cultural understanding and soak in the prolific Arabic atmosphere. Depending on the venue, meals and entertainment



U.S. Navy Lt. Kirk D. Mundal, from Fargo, N.D., receives an explanation of Arabic cooking at the Four Season's Hotel in Doha, Qatar on Sept. 28. Mundal and several other American troops were participating in a rest and recuperation pass program during Ramadan, Islam's holiest month. (Official Army Photo by Dustin Senger)

Qatari general sends invitation to Iftar



◀ Qatar Military Chief of Staff Maj. Gen. Hamad bin Ali Al Attiyah greets his guests during a traditional Islamic Iftar at his farm in Qatar on Sept. 15. U.S. servicemembers, seen behind the Qatari general, were invited to join almost 200 Muslims breaking their daily fast, to include various members of the Qatari military. (Official Army Photos by Dustin Senger)



▲ U.S. Army Col. David G. Cotter, from Providence, R.I., during a traditional Islamic Iftar in Qatar on Sept. 15. Cotter, Area Support Group Qatar commander, attended the religious feast with several other U.S. servicemembers stationed in the Arab-Islamic nation. The meal integrated time-honored Arabic foods, such as lamb, hummus, camel and various sweets.



▲ U.S. Army Lt. Col. Orlando Guzman, from Raleigh, N.C., distributes dates to U.S. servicemembers during a traditional Islamic Iftar in Qatar on Sept. 15. Daily fasting is a requirement for healthy, adult Muslims during Ramadan, Islam's holiest month. After sunset, the fast is traditionally broken with a light meal of dates, water and tea.

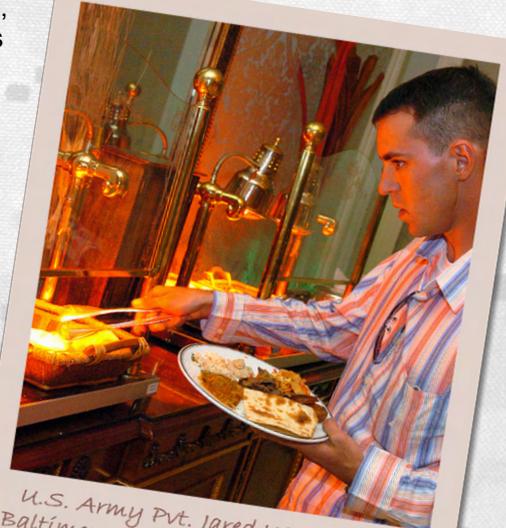
usually begin around 8:30 p.m., and last throughout the night. The religious celebrations are amplified by symphonic combinations of extravagant hotel hospitality, exquisite international cuisines and an ambience of traditional Arabic music and dancing.

"The Islamic people are friendly and welcoming," said U.S. Air Force Cpt. Alex Mares, from Melbourne, Fla., experiencing a rest from military commitments in Iraq. "Even in Iraq, once you meet them, they are welcoming. Obviously they have different traditions and customs but they seem very much interested to share their culture and learn about others. Since we can experience peace in Qatar, it makes you feel hopeful for peace in Iraq."

"I have never participated in an

Islamic celebration before," said U.S. Navy Lt. Kirk D. Mundal, from Fargo, N.D., during his rest from operations in Afghanistan. "It's great being able to see the good things – the beautiful side of the Islamic people. I have seen so many things on missions; it's nice to see the other side. When you are used to being in the grind of dust, wind, heat and there are no days off, it's refreshing to see civilization again, to participate in growth and not destruction."

"A lot of people in Qatar are working to make sure everyone has a great time during their pass," said Mundal. "There are a lot of unsung heroes helping the R&R participants – from the front desk personnel to the selfless sponsors." ^A



U.S. Army Pvt. Jared Wenzel, from Baltimore, Md., selects Arabic bread at the five-star Four Seasons Hotel in Doha, Qatar on Sept. 28. Wenzel was on pass from Afghanistan. (Official Army Photo by 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 traffic laws to avoid potential fines, arrest or imprisonment.

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

Rain and fog forecasted

Expect the unexpected

By DUSTIN SENGER
ASG-QA public affairs

Rain is scarce in Qatar. Many residents never consider wet weather until it actually happens. The Gulf country has an annual rainfall of less than five inches. The relatively cool winters on the Arabian Peninsula bring a break from the extremes of hot and humid living, but an increased opportunity for rain and fog emerges. It's important to understand how the abrupt change in weather can cause traffic delays, decreased visibility and pest control issues.

On Thursday, Sep. 7, 2006, residents of Camp As Sayliyah walked outside smiling – finally, rain fell from Qatar's sky. It didn't last long, nor did it fall hard, but it served as a warning for an upcoming wet season. In December 2006, an inch of rain fell the first week of December – double the entire month's typical amount, breaking a 42-year record. Qatar was in the midst of hosting the 15th Doha Asian Games and officials had to reschedule several athletic events. A number of downfalls followed, well into the next year.

The earth is very dense in Qatar. Water puddles develop fast when it rains. This constructs a few additional safety concerns on the roads. For instance, summer-cooked debris has a chance to resurface with rain fall. Slick substances, like motor oil, can

easily create traffic accidents. Even thin layers of water can cause hydroplaning. Many Qatari nationals and expatriates are not used to driving in rainy conditions – they can turn into hazards themselves.

Even if rain falls less frequently this year, thick layers of fog can present its own dangers. Morning commutes are routinely derailed when fog becomes thick enough to provide poor visibility on the roads. You may notice many drivers flashing their vehicle's hazard lights to send caution of their location on the road, or to warn of slow moving traffic ahead. Remember, roadway markings and an upcoming round-about can be hard to see in a thick fog, as well as wet conditions increasing your car's required stopping distance.

Insect problems can be compounded when a cooler climate is augmented by rainfall. Stagnant water becomes a breeding ground for mosquitoes. Thankfully, the Camp As Sayliyah Pest Control Department responds to all standing water on base as soon as rain stops. Look for treatment signs posted in areas where accumulated water has settled. A week after treatment, water samples are tested for any surviving larvae.

Driving conditions in Qatar can be difficult any day of the year. Pre-existing safety hazards worsen during fog and rain, for example: holes in the pavement and reckless drivers. Take caution when visibility is low and driving conditions become poor. Arrive at your destination safely. Enjoy the break from the summer heat but expect some damp weather in Qatar. **A**

QATAR TRAFFIC LAW DECREE 19 OF 2007

A new traffic law is targeted toward reducing the number of accidents and reckless driving in Qatar. Traffic Law Decree 19 of 2007 was issued by Qatar's Deputy Emir and Heir Apparent Sheikh Tamim bin Hamad Al Thani. The 106-Article law stipulates hefty fines, ranging from 10,000 to 50,000 QR. The penalty for using mobile phones while driving has been increased and may include imprisonment. The Ministry of Interior will enforce the decree through a National Regulatory Committee, using a point-based system.

Driving a vehicle in the opposite road direction.	QR6,000
Parking outside the specified areas or returning the vehicle when using motorways.	QR6,000
Jumping a light at intersections or disobeying a police who organises traffic.	QR6,000
Driving an unregistered vehicle.	QR3,000
Driving a vehicle with unlicensed number plates.	QR3,000
Changing or replacing a vital part before obtaining a written permission.	QR3,000
Car rental companies and repair workshops are not allowed to work before obtaining permissions from authorities.	QR3,000
Establishment of new driving schools is not allowed unless obtaining permission from the licensing authorities.	QR3,000
Driving with a driving license that is judicially or administratively confiscated.	QR3,000
Driving a vehicle that produces smoke or bad smell or makes noises or emits flammable substances.	QR3,000
Driving any kinds of vehicles on prohibited roads.	QR3,000
Driving a vehicle with an expired vehicle license.	QR1,500
Driving a vehicle with an expired driving license.	QR1,500
Applying glass shade over the vehicle.	QR1,000
Exceeding maximum speed limit.	From QR500 to QR1,000
Driving across or on road line(s) if the road is divided into two lanes marked by continued lines.	QR500
Sudden change in road direction without using indicators or providing enough space.	QR500
Block off or not leaving the way to official convoys.	QR500

Violators of traffic rules will be tracked by receiving negative points on their driver's record. According to decree 19 of 2007, a driver's licence may be suspended for three months when total violations reach 14 points. Repeat offenders can be cancelled.

Jumping a light at intersections.	7
Driving in the opposite direction.	6
Driving under alcohol effects.	6
Exceeding the maximum speed limit.	4
Driving recklessly and dangerously.	4
Driving with defective brakes.	4
Driving with inappropriate license.	3
Driving with stripped or invalid license.	3
Violating norms of public morality.	3
Driving an unregistered vehicle.	3
Driving a vehicle without number plates.	3
Impermissible changing of number plates.	3
Providing wrong information to pass the technical inspection.	3
Using a vehicle for personal purposes other than the legitimate purposes stated in the registration or the license.	3
Blocking traffic off deliberately.	3
Driving a vehicle without a proper silencer.	3
Driving a polluting vehicle.	3
Driving a vehicle that can make noises or emits massive smoke or bad smell or produces flammable substance.	3
Driving a vehicle which drops loads that can endanger the public safety	3
Driving on the embankment.	3
Making a wrong U-turn.	3
Changing a vital part of the vehicle without obtaining a written permission from the authorities.	3
Transferring the driving license to someone who has no driving license.	2
Driving a vehicle with unclear number plates.	2
Driving with only one number plate, or changing their shape or details.	1
Refraining from giving the driving license to the police traffic.	1
Trucks violating the load conditions.	1
Trucks violating the width, length or weight regulations.	1
Driving a technically unsafe vehicle.	1
Applying lights, horns, microphones or other machines illegally.	1
Disobeying traffic signals.	1

The previous excerpt is only part of the decree. Contact Mr. Hani Abukish, ASG-QA Civil Affairs Officer, for more information.

“These are not the faces you want banging on your door at 0230.”



Fire prevention is important at work and home.

If a small fire breaks out, call the Fire Department immediately using 911. Valuable time will not be wasted if you are able to fight the flames with a fire extinguisher.

Use the PASS word:

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

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

Squeeze the lever to discharge the agent.

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

Other points to remember:

- Smoke detectors need to be checked at least once per month to insure proper functioning.
- It's time to change the battery if a smoke detector starts making a "chirping" sound.
- Remember that smoke and deadly gases rise when caught in a fire. Low-crawl below the smoke, where the air is cleaner, to safely exit.

Contact Mr. Richard Clark, ASG-QA Fire Chief, for information regarding fire prevention.

Contact Mr. Robert East, Installation Safety Manager, for information regarding safety training.

SAFETY

National Fire Prevention Month

By **SAM KESSLER**
and
BILLY TURNER

Installation fire department

October is National Fire Prevention month. Over the past 80-plus years, fire prevention month has been dedicated to informing the public of an assortment of fire-related topics. This helps increase awareness, build community relations and create a safe environment to work and live. Fire prevention is a challenging area within a community; employment overseas creates additional challenges for creating a safe work environment.

One of the main challenges for fire safety is electrical hazards. The U.S. Consumer Product Safety Commission estimates that about 3,300 residential fires originate from extension cords each year. Electrical equipment and appliances overseas, such as multi-plug adaptors, have fewer safety regulations than those same appliances have stateside. This increases the number of potential fire hazards. In order to counter these hazards, Camp As Sayliyah's fire department officials recommend these electrical safety tips:

- Replace or repair loose or frayed cords on all electrical devices.
- Avoid running extension cords across doorways or under carpets.
- Follow the manufacturer's instructions for plugging an appliance into a receptacle outlet.
- Avoid overloading outlets. Consider plugging only one high-wattage appliance into

each receptacle outlet at a time.

- If outlets or switches feel warm, shut off the circuit and have them checked by an electrician.
- When possible, avoid the use of "cube taps" and other devices that allow the connection of multiple appliances into a single receptacle.
- Place lamps on level surfaces, away from things that can burn. Use bulbs that match the lamp's recommended wattage.
- All power strips should plug straight into a wall outlet. Do not "daisy-chain" power strips to each other.
- Keep all appliances unplugged when not in use.

Safety is always the number one priority within our Camp As Sayliyah community. In the United States, a residential structure fire is reported every 79 seconds, and someone dies from a residential fire every 135 minutes. With awareness and proper training, these numbers will hopefully reduce in time.

Countless hours of fire prevention training helps maintain a safe environment at Camp As Sayliyah. These periods of instruction inform participants of potential fire hazards. Furthermore, installation firefighters are able to inform the public through random and scheduled inspections. This is a never-ending process, due to the constant personnel turnovers. Once one group is trained, they leave and another group arrives with new requirements.

One of the main areas of focus for fire prevention training is the proper inspection and use of fire extinguishers. Each facility fire warden should document the inspection on the sticker attached to the extinguisher. Fire extinguishers

should be inspected once per month – make sure your extinguisher is clearly visible and not hidden. We also need to make sure personnel are trained and familiar with the proper use of a fire extinguisher. Always identify a clear way out of an area in the event you can't put out a fire before an emergency arises.

Yearly fire prevention inspections are preformed by the Camp As Sayliyah fire department officials. Additionally, all buildings are regularly scrutinized at least twice a year to ensure annual compliance. Facilities with increased potential for hazards are inspected as often

as once a month. When conducting inspections, common discrepancies are suitable housekeeping, proper storage of flammable items, as well as operational smoke detectors and fire alarm panels.

Safety of Camp As Sayliyah personal and facilities is the number one priority for the installation fire department. Fire Department firefighters will continue to dedicate time and effort to produce and support safe environments, for work and everyday living. If you would like additional information, contact the fire department.

Always remember: safety first! **A**

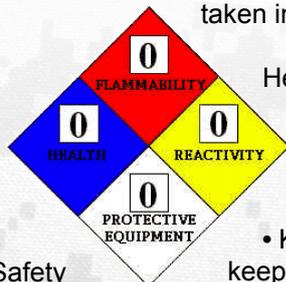
Chemical safety

By **ROBERT EAST**
Installation safety

We come in contact with various chemicals as part of everyday living. On the job, your employer wants you to be protected. The government, through the Occupational Health and Safety Administration, has issued the Hazard Communication (HAZCOM) Standard to assure your safety and health while handling chemicals on the job.

In summary, the standard says you have "the right to know" what potential chemical hazards exist within your workplace. You also have the right to know how to protect yourself, because some chemicals in and outside of the work can cause injury, illness, or even death – if handled improperly. Some health hazards from improper handling of chemicals include: burns, eye irritation, rash, nausea, as well as heart and lung ailments. Before you attempt to use a chemical, it is important to read the container's warning labels, with a review of the item's Material Safety Data Sheet. This information serves to inform you

of potential hazards. It is important to handle and use chemicals correctly, wear appropriate personal protective clothing and equipment, and know what first aid measures should be taken in the event of exposure.



Here are some helpful tips when you are working with chemicals on the job:

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

Safety Training

Attend the installation safety training.

Fire Warden/Prevention

- Nov. 15: 9 a.m. to 10 a.m.

Unit Safety Representative

- Nov 15: 9 a.m. to 5 p.m.

Confined Space Training

- Nov. 20: 9 a.m. to noon

CPR Training

- Nov. 21: 9 a.m. to 4 p.m.

First Aid Training

- Nov. 22: 9 a.m. to noon

HAZWOPER Emergency Response

- Nov. 25: 9 a.m. to 4 p.m.

HAZWOPER Supervisor

- Nov. 26: 9 a.m. to 10 a.m.

Fire Extinguisher Training

- Nov. 27: 9 a.m. to 10 a.m.

Contact Mr. Richard Clark, Installation Fire Chief, or Robert East, Installation Safety Manager, for more details.

...::: **Contribute** and be published in the **Desert Mesh!** :::...

Please contact the ASG-QA public affairs office
to learn how to become a contributor.

Contact us!
E-mail: pao@qatar.army.mil
DSN: 318-432-2572/2800

We need your feedback!

Fill out the form below, call or e-mail
the ASG-QA public affairs office.



Engineered for life

What did you think of Edition 51 of the Desert Mesh?

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

How would you rate this edition? _____

What is your opinion of the content? _____

Was the layout and design appropriate? _____

Do you find it easy to obtain a copy? _____

Additional Comments: _____



Edition 51

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