



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

DESERTMESH

NEWSLETTER An ASG-QA Publication

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- :: **Commander**
COL David G. Cotter
- :: **Command Sergeant Major**
CSM Michael D. Howard
- :: **Deputy Commander**
LTC John A. Kizler
- :: **Public Affairs Coordinator**
Mrs. Lakia Clarke-Brown
- :: **Public Affairs Photojournalist**
Mr. Dustin Senger
- :: **Visual Information Manager**
Mr. William R. McLeod
- :: **Desert Mesh Contributors**
Capt. Kevin Hudson
CPT Shawn Reynolds
Mr. Robert East

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Since its inception in 2004, the U.S. Central Command rest and recuperation pass program has reached 150,000 participants.

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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. Maj. L'Tanya Williams, Phillip A. Connelly program manager, glances over the shoulder of a food service specialist from the Philippines during an inspection at the Camp As Sayliyah dining facility in Qatar on Dec. 6. (Insert) U.S. troops from the 1st Armored Division, dismount a UH-60 Blackhawk during an air assault near Shaykh Ibrahim Ridge, Iraq, on Mar. 12, 2006. (Cover photo-illustration by Dustin Senger)

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2007: a year to remember

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

Camp Sayliyah residents wrapped up and sealed another year of service and support in Qatar.

The installation populace continues to support the Global War on Terrorism from Qatar, a gulf emirate

located along the Saudi Arabian eastern shoreline.

The year 2007 was a host for a cascade of events, improving the installation's military readiness while creating memories for the servicemembers and civilians serving overseas.

The year started off as a...

Continued on page 12

Camp profile: Williams leads team to earn top honor

By **LAKIA CLARKE-BROWN**
ASG-QA public affairs

U.S. Army Chief Warrant Officer Verona A. Williams, from Columbus, Ga., is a motivational powerhouse on Camp As Sayliyah. She reported to Area Support Group Qatar as the installation food service officer in April 2006. Throughout the installation, Williams is known for her supportive and professional mannerisms.

"I first learned how to cook when I was seven years old," said Williams. "I needed to help feed the younger children in my family." Williams is the seventh child born out of 12 siblings.

Upon her arrival to Qatar, Williams implemented many major renovations to the installation's food services program. Aside from fresh changes to the menu, she initiated over \$200,000 in upgrades. The dedicated dining facility team used the persistent support of the installation commander to build a phenomenal feeding program; they aimed to set a new standard in Army food service operations.

"New themed sections in the dining facility provide troops with a piece of Arabic culture from countries in the U.S. Central Command area of responsibility," said Williams. The five thematic eating sections represent Afghanistan, Egypt, Iraq, Kuwait and Qatar. The new settings are meant to appeal to Soldiers, Sailors, Airmen, Marines and civilians at Camp As Sayliyah – many are participating in the U.S. Central Command rest and recuperation pass program in support of Operations Iraqi and Enduring Freedom.

"The mission in Qatar is unique," said Williams. "We have the privilege and honor to recharge war fighters. We try to support whatever the front-line troops need."

On Dec. 6, the ASG-QA dining facility was inspected for the Department of

the Army Philip A. Connelly Award for excellence in food service and preparation.

"I have competed for the Phillip A. Connelly Award eight times," said Williams. "I earned runner-up twice. When you receive a Connelly Award, it states that your operation is the best."

On Dec. 20, officials declared ASG-QA as the Connelly Award winner for the best large garrison dining facility. This was the first time a dining facility in Southwest Asia was inspected for the award, and now the first to earn the top honor.

"The best dining facility in the Army is in Qatar with the USCENTCOM rest and recuperation troops," said Williams. "I feel the installation has risen to a higher level of excellence."

“ The best dining facility in the Army is in Qatar with the USCENTCOM rest and recuperation troops.”
Chief Warrant Officer Verona Williams, Columbus, Ga.

My passion is to serve the patrons – each does a lot to take care of our country and it is our job to take care of them."

"After 23 years in the military, retirement has crossed my mind several times," said Williams. "But I realized I owe something to the generations behind me: to be a guiding light for new noncommissioned and warrant officers. When it's their turn, I will direct them to carry the torch. They can pick it up and follow me."

In April, Williams expects to depart

Qatar to travel to Fort Lee, Va. to complete the theater logistics instructor course. Although she intends to depart ASG-QA, an impression of her leadership will always remain at Camp As Sayliyah, and in Army food service history. **A**



U.S. Army Col. David G. Cotter, Area Support Group Qatar commander, meets with Chief Warrant Officer Verona Williams, from Columbus, Ga., after a re-opening ceremony at the Camp As Sayliyah dining facility on Nov. 28. After finishing over \$200,000 worth of improvements, the dining facility competed for its first Philip A. Connelly Award on Dec. 6. (Official Army Photo by Dustin Senger)

(Read more about the Connelly Award on page 9)



Opening salvo from the commanding general



Jim Lovelace

Lieutenant General

Commanding General
Third Army/USARCENT

My name is LTG Jim Lovelace. First, let me say that it is a privilege to be a Soldier in the United States Army and, as importantly, an honor to serve as the Commanding General of Third Army/ U.S. Army Central and especially to be your commander.

I have been absolutely impressed by what I have seen of this organization... we all know, however, that we can never simply rest on our laurels.

The command's focus will be: **Do the mission... protect the force.**

We will:

▣ **Take care of Families**-The strength of Third Army/U.S. ARCENT relies significantly on the strength of our Families. We formalized this long-recognized fact recently in signing the Army Family Covenant. We will sustain our Third Army Soldiers, Families, and civilians.

▣ **Succeed in the current conflict**-We support the forces deploying into Afghanistan and Iraq...while also preparing our own formations for the conflict.

▣ **Reset our units and rebuild readiness**- Continue execution of Title X support and services in theater.... as well as uninterrupted support to the Combined, Joint, Operating Area.

▣ **Continue to transform**-This command is at the forefront of Army Transformation. We'll grow the operational capacity of Third Army/ U.S. ARCENT headquarters while capitalizing on the capabilities of the assigned transformed units.

The success of Third Army/U.S. ARCENT will result from teamwork. None of us can do it by ourselves. I will depend heavily on the leaders of this great organization. I'll provide strategic direction for the command and expect leaders to execute in accordance with the mission, intent, and concept of operations.

I am passionate about the importance of leaders and leader development... and the impact they can make on an organization. Foremost, **everyone in this organization is a leader**, regardless of rank. Leaders make the right things happen each day; leaders make the organization and themselves better. Whatever you do, from wherever you are, make a difference....and be proud of what you do. **Be a Soldier... act like a Soldier...look like a Soldier. Remain ever mentally, physically, and morally ready.**

NCOs are the backbone of this organization. The NCO Creed is such a powerful document and its message is potent: No one is more professional than I....

Competence is my watchword. Uppermost in my mind...is the accomplishment of my mission and the welfare of my Soldiers. To be the "Backbone of the Army" and Third Army/U.S. ARCENT, NCOs must live this creed on a daily basis.

The Army has a set of values ... values we cultivate in our ranks ... values we share as an organization ... values which are important to our very existence: **Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage.** The other military services have their own sets of formal values, as do our coalition partners. To be part of the best military in the world-and each and every one of us is-inherently requires embracing our respective service values.

We are all part of a great team...all professionals doing the right thing. We will accomplish the mission and protect the force...it's about being a part of the finest military in the world....whether you are a Soldier, Sailor, Marine, Coastguardsman, military civilian, or contractor. Our country is asking a lot of us and our Families...and I know we will deliver. Again, it's my privilege to be a part of this outstanding team. I look forward to meeting you in the days ahead.

Patton's Own!

Third, Always First!



Franklin G. Ashe

Command Sergeant Major

Command Sergeant Major
Third Army/USARCENT

One of our most potentially lethal enemies doesn't even carry a rifle. It doesn't plant improvised explosive devices and cower nearby. It doesn't fire poorly-aimed mortar rounds at our general vicinity.

It strikes unexpectedly, killing at an alarming rate. It prefers head-on confrontation, sometimes collision. This enemy is deadliest when we leave ourselves vulnerable by speeding, not wearing safety belts or driving under the influence of alcohol.

Though we are a nation at war, more servicemembers are dying in the military from vehicle accidents than from combat. Many of these accidents occur in privately owned vehicles and on motorcycles where there's usually not a leader sitting next to you, urging you to do the right thing.

You've got to show integrity and do it on your own. You've got to do the right thing simply because it's the right thing to do and the safe thing to do. These losses can be reduced if we make a conscious decision to do so. It's up to the individual Soldier to make that decision.

No matter how small a mission may be, all the right measures must be followed. Safety starts before you even get behind the wheel of a vehicle. By conducting preventive maintenance checks and pre-combat inspections, troops ensure their vehicles are serviceable and equipped to handle the operation. Safety briefings before the movement instill safety at the forefront of the servicemember's mind.

There have been many servicemembers who have died because they weren't wearing seatbelts. Some of these troops were under the impression that they wouldn't be able to get out of the vehicle fast enough to protect themselves if they came under attack from the enemy.

The deaths caused by many of these accidents had nothing to do with the enemy. They came about because of circumstances and judgment lapses that could have been avoided.

If you see a servicemember driving without a seatbelt, don't let them get away with it. Initiate an on-the-spot correction and ensure the

servicemember knows the importance of wearing protective equipment.

We're not totally defenseless as we combat this enemy. Training devices like the HMMWV Egress Assistance Trainer teach us tactics we can employ to raise our chances of survival. I know this trainer saves lives because I've witnessed first-hand how it raises the awareness of servicemembers who use it.

Most troops come out of the trainer and say, "wow, we really should slow down, rolling over isn't fun." The HEAT trainer helps servicemembers think more about safety measures in tactical vehicles and in their POVs, as well.

You don't have to have egress training to realize the importance of vehicle safety. HEAT techniques are reactive measures. These techniques are used after an accident has already taken place. Servicemembers need to be proactive in their approach.

Reduce your speed. There's no event so important that you have to drive recklessly to get there. When you speed you're not only endangering your life, but the life of others as well. Speeding is an unnecessary risk. If you speed and arrive at your destination, you've only saved yourself a few minutes. Is risking your life worth a few minutes?

While most deployed troops can't consume alcohol because of General Order Number 1, it's never good to drink and drive. There are more than enough hazards on the road without drivers whose motor skills have been crippled by alcohol. If you're going to drink, find a designated driver.

Know your local accident procedures. Being familiar with these steps could mean the difference between life and death. Know emergency numbers for your area and always have some medium of communication with you.

Yes, the enemy is out there, and the threat he presents should never be overlooked or underestimated. Don't forget that underestimating the importance of safety precautions when operating vehicles can be just as deadly.

Patton's Own!



Safe driving is force protection, saves lives



Third, Always First! 



A message from the installation commander



David G. Cotter

Colonel

Commander

Area Support Group Qatar

Greetings to everyone at Camp As Sayliyah! This edition of the *Desert Mesh* should reach you right before the start of the year 2008. During the post-holiday season, I want to see maximum participation in the morale, welfare and recreation events. Fitness challenges are a great way to shed the holiday blues. Furthermore, try your best to attend unit functions, equal opportunity observances and services offered by the installation chaplains. For many, this is a difficult time to be away from family. Reach out to others through these installation gatherings. If you remain in high spirits – try and be contagious!

I want to thank everyone for their hard work and diligent efforts during 2007. Area Support Group Qatar was able to receive several top recognitions in December; evidence of the great efforts occurring all over the installation. The Phillip A. Connelly Award recognized the dining facility as the best in the Department of the Army. The Third Army/U.S. Army Central Supply of Excellence Award was presented to the property book office for the great things they do everyday. The installation safety office earned the Third Army/USARCENT Commander's Award for Safety Excellence for a commendable program.

In addition to awards, the ASG-QA administrators of the U.S. Central Command rest and recuperation pass program hit a milestone on Dec. 18. Since 2004, over 150,000 war fighters have come to Camp As Sayliyah to participate in the relaxation program. Participants often work long hours in dangerous conditions, such as Iraq and Afghanistan. This labor of love, offered in nearby Qatar, allows participants to gain a brief respite from less comfortable locations in the USCENCOM area of responsibility. Each warrior is a unique individual; however, they do share a common virtue in their appreciation to anyone who offers to help make their four-

day pass more enjoyable.

On Dec. 20, Army Spc. Paul Harris was recognized as the 150,000th rest and recuperation pass program participant. It was a wonderful opportunity to meet this rifleman. Despite his strenuous efforts in Iraq, he was a modest Soldier in Qatar. He was thoroughly content by simply being able to remove himself from his uniform and equipment for awhile – and then sleep undisturbed until noon. On page 8 of this *Desert Mesh*, you can read about Harris and what the program in Qatar meant to him. Please, continue to reach out to the rest and recuperation participants – especially during this post-holiday period. If you cannot sponsor an off-post trip, then simply offer to help guide someone around the camp. You may find a new life-long friend in one of the thousands of warriors that come through our gates. On behalf of their families, I thank you for your hospitality.

Great achievements are always the result of an accumulation of smaller efforts. Our recent triumphs are the products of an entire community dedicated to their missions in Qatar. We have established great expectations of ourselves and others – servicemembers, civilians, contractors and our foreign national workforce – to meet and exceed mission requirements. It is not time to untie our boots quite yet; we've only set the bar higher. Let's continue the momentum gained by the accomplishments of 2007, on into a new year.

In closing, I want to send a word of caution regarding the winter months in Qatar. It's not a traditional winter of shoveling snow and warming up cars, but Qatar is not without inclement weather. On page 26 of this *Desert Mesh*, you will find information about driving during the cool-season in Qatar; one that includes fog, wind and rain. Be careful and stay safe.

Michael D. Howard

Command Sergeant Major

Command Sergeant Major
Area Support Group Qatar

Happy New Year Camp As Sayliyah!

In November, eight noncommissioned officers were inducted into the NCO ranks at our quarterly ceremony. This is a time-honored tradition for Soldiers. It is an important time for an NCO to re-affirm his or her creed and duties to the Army.

In December, Area Support Group Qatar earned three top recognitions by Third Army/U.S. Army Central. The Phillip A. Connelly Award was presented to the dining facility team, recognizing the feeding facility as the best in the command's area of responsibility; subsequently qualifying them for the Department of the Army Connelly Award. Until now, no feeding facility in Southwest Asia had ever been inspected. The Supply of Excellence Award was presented to the property book office for the team's commitment and expertise. Since the ASG-QA property book office was established in 2002, they had never competed in the Supply of Excellence competition. Lastly, the installation safety team was honored with the Safety Excellence Award for their outstanding program on camp. A superb safety record is a reflection of efforts by our entire base community.

The recognition didn't stop there. On Dec. 20, Department of the Army Connelly program officials announced ASG-QA as their 2008 winner, for providing the best large garrison food service program in the Army. This award proves that a joint environment of servicemembers and contractors, teamed up in a forward-deployed installation in the Middle East, can facilitate the Army's best dining experience.

December also presented us with our 150,000th participant in the U.S. Central Command's rest and recuperation pass program, a respite venue executed by ASG-QA. Please, continue to support our war fighters as they come to Qatar for rest and

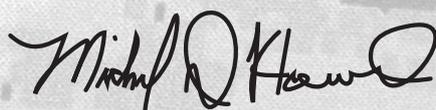
recuperation. Set a new year's resolution to sponsor participants off post.

On Jan. 21, the big dining facility will hold an observance for the birthday of Martin Luther King Jr., to celebrate his role in civil rights movements and equality for all American citizens. Activities supporting the influential leader's birthday will be ongoing throughout the month. Additionally, this is a prelude to Black History Month in February. Please support all installation events announced by the equal opportunity advisor.

The Qatar armed forces sports competitions are underway. This is the fourth consecutive year U.S. servicemembers have participated in the host nation's sporting events. This type of multinational interaction helps strengthen our strong relationships with our Qatar military counterparts. While the focus is not on winning but rather participating, we have placed better than ever this season. Our volleyball team qualified to compete in another tournament in January, sponsored by the Qatar emir heir apparent.

U.S. Air Force 2nd Lt. Benjamin Washburn was the third best shooter in the QAF competition. Washburn and the commissioned officer pistol team finished second overall. The marksmanship competitions started in December but we still need more expert shooters. Other sports competitions will be announced once dates are known.

Remember: everyone is a safety manager. Anyone can report unsafe acts and enforce safety standards at Camp As Sayliyah. Everyone on this installation must enter 2008 unscathed. Be ready and motivated to build on previous accomplishments, to continue setting even greater standards at Camp As Sayliyah.



**Happy New Year
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 1LT Karly Mangen, ASG-QA rest and recuperation pass program officer, for more information.

Photography Support

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

*ASG-QA domain access required.

THE WIRE

150,000th R&R Soldier in Qatar

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

CAMP AS SAYLIYAH, Qatar – After leaving military commitments in Iraq, U.S. Army Spc. Paul Harris, from Valdosta, Ga., arrived in Qatar on Dec. 18, to participate in the U.S. Central Command rest and recuperation pass program at Camp As Sayliyah. Soon after Harris arrived, Area Support Group Qatar staff quickly sought him out, to locate the program's 150,000th participant.

Army Col. David G. Cotter, ASG-QA commander, recognized Harris as the program's milestone participant on Dec. 20. Afterward, Cotter and Harris joined morale welfare and recreation staff to honor all the troops that arrived in Qatar on Dec. 18, surpassing the monumental number.

Since the program's inception in 2004, ASG-QA has relentlessly recharged troops serving throughout the USCENTCOM area of responsibility – spanning from the horn of Africa to central Asia. Qatar is a peaceful and prosperous Arab-Islamic nation off the eastern coast of Saudi Arabia. It's conveniently located to support Operations Iraqi and Enduring Freedom war fighters, since travel time can be minimize for a brief respite from military operations.

Harris is a slim, modest Soldier in his early twenties, now almost a year into his first deployment to Iraq. In May, he was able to go home to see his wife and three-

year-old son for almost three weeks. Harris is quick to recall his son's strong southern drawl when he asks, "Daddy, are you still shooting the bad guys?" He told his young son the deployment is to help children in Iraq, but the child's awareness of world events continues to amaze his parents.

Even after a trip back home, the daily dust and grind in Iraq easily becomes exhausting all over again; especially after hearing you have just been officially extended. He was in high spirits about being able to further break up his long deployment and come to Qatar for a recharge.

"I am in the infantry," said Harris. "We deal with all kinds of stuff – improvised explosive devices, snipers, small arms fire. You always have to plan for the worse but hope for the best. In training, you learn what to do in combat. In Iraq, you learn how to do it." To avoid detection and surveillance, infantrymen are constantly changing their daily routine. Sometimes they have several movements in one day, other times they have none – then many in the middle of the night. Harris admits it gets exhausting.

The Soldier learned quickly about staying alert. During his first month in Iraq he was attached to a small unit of Army scout snipers. They had just finished setting up an over watch in Baghdad. Only a few hours after sunrise, they started to take enemy fire from a vehicle overpass. Simultaneously, an improvised explosive device shook the area – only a few hundred meters from his location. After calling it in, he witnessed the Iraqi police respond by ramming into the vehicle – filling it with bullets. According to Harris, "it was pretty wild." Unfortunately, he later learned how quickly outcomes can turn deadly for U.S. troops in Iraq.

"I ain't going to lie, I was burnt out," said Harris. "With all my gear and water, I can easily carry 75 pounds of equipment every time I step out the door. That's how much a basic rifleman can carry in Iraq. With the crazy schedule, it doesn't matter if you just got back from an eight-hour patrol; if an explosive goes off, you have to respond to it." For this Army



U.S. Army Col. David G. Cotter, Area Support Group Qatar commander, officially recognizes Spc. Paul Harris, from Valdosta, Ga., as the U.S. Central Command rest and recuperation pass program's 150,000th participant at Camp As Sayliyah on Dec. 20. On Dec. 18, Harris left Iraq to take advantage of the respite program in Qatar, executed by ASG-QA since 2004. "The best thing is not having to worry about anything," said Harris. "If I want to, I can sleep the whole day. The program offers troops numerous recreation and relaxation opportunities, as well as various local cultural attractions. (Official Army Photo by Dustin Senger)

infantryman, the real enjoyment isn't found in the restaurants, networked computer gaming terminals, the newly furnished eight-lane bowling alley or the live performances provided at the Top-Off Club at Camp As Sayliyah. These on-post attractions, as well as the off-post cultural tours and shopping, are highly appreciated venues but they are not the highlight of his four-day pass. For Harris, it's doing nothing that matters most.

"The best thing is not having to worry about anything," said Harris. "If I want to, I can sleep the whole day. For some, it's the venues and being able to have three beers at night. For me, it's not worrying about anything at all." Harris is also grateful to send the news of his relocation back home. "My wife has been real strong – more than I could have ever asked of her. She raises our son while maintaining her full-time job. My trip to Qatar is a release for her as well. She doesn't have to worry about getting a phone call, she knows I am safe."

"I was riding in a vehicle through Qatar with no equipment, no rifle – it felt great!" said Harris during a trip in Doha, Qatar's capital city. "It felt good, but I caught myself still looking

along the road sides, scanning roof tops – it becomes a habit. Even when I was back home, if I saw something in the road I would swerve to avoid it. One thing I can say for the Army's training, it gets drilled into your head. Once an explosion goes off, you react like clockwork. A Soldier knows what to do even if it has been awhile since training or a real-world incident." The USCENTCOM rest

“ For some, it's the venues and being able to have three beers at night. For me, it's not worrying about anything at all.” Spc. Paul Harris, Valdosta, Ga.

and recuperation pass program can provide war fighters from Iraq with a new look into Arabic communities, without the threat of violence. "In Iraq, you automatically do not trust Arabic people, even if you are actively trying not to be ignorant. In Qatar,

my first impression was to keep my eye on everyone but this is a fully functioning country. Qatar has beautiful monuments, buildings and polite people."

"If you go to Qatar, you know you got hooked up," said Harris. "It's only four days and obviously people will want more – if it were five, they would ask for six. It's never really enough but I feel relaxed. It's plenty of time to reflect and recharge, but it isn't so long that we forget there is still a mission to finish when we get back. **A**



U.S. Air Force Cpt. Kevin Hudson, from Columbus, Ga., gives Army Pfc. Gilbert Harris, from Buffalo, N.Y., a \$50 gift certificate to a popular restaurant at Camp As Sayliyah on Dec. 20. Harris came to Qatar, from Iraq, to participate in the U.S. Central Command rest and recuperation pass program on Dec. 18, the day the program welcomed its 150,000th war fighter since its inception in 2004. Hudson, an installation chaplain, provides spiritual counseling for the troops. (Official Army Photo by Dustin Senger)

Qatar dining facility is best in Army

By DUSTIN SENGER
ASG-QA public affairs

CAMP AS SAYLIYAH, Qatar – Area Support Group Qatar earned the Phillip A. Connelly Award, announcing it as the best large garrison dining facility in the Army, officials declared on Dec. 20. ASG-QA is providing the U.S. Central Command rest and recuperation pass program at Camp As Sayliyah with a premier Army food service operation. Camp As Sayliyah is located in Qatar, a small Arab-Islamic emirate in the Middle East.



U.S. Army Col. David G. Cotter, Area Support Group Qatar commander, officially re-opens the Camp As Sayliyah dining facility on Nov. 28, after completing over \$200,000 in renovations to better serve patrons. (Official Army Photo by Dustin Senger)

Col. David G. Cotter, ASG-QA commander, supported the dining facility staff in efforts to reorganize, construct and provide major renovations in 2007. After displaying their progress during a

command inspection, they were later established as the best in Third Army. This recognition qualified the dining facility to compete for the Department of the Army Connelly Award in the

(Continued on page 10)

Equality Observance

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

Black History Month

• Feb: Opening Ceremony, Observance and Finale

Contact SFC Taborra Seamster, ASG-QA equal opportunity advisor, for more information.

THE WIRE



James Riddle, International Food Service Executives Association representative, discusses daily food options at the Camp As Sayliyah dining facility with U.S. Army Staff Sgt. Christopher Collins, from Hopewell, Va., at the U.S. installation in Qatar on Dec. 6. (Official Army Photo by Dustin Senger)



Tyrone Jones, from Fayetteville, N.C., answers questions from Chief Warrant Officer Michael Gillis, U.S. Army Special Operations Command food advisor, during a review of the administration and training programs at the Camp As Sayliyah dining facility in Qatar on Dec. 6. The success of the facility is a combined effort by the Army and contractors employed by ITT, a corporation based in Colorado Springs, Colo. Jones, an ITT contractor, manages a large sub-contracted foreign national workforce to provide specialists for food preparation, administration, sanitation, workforce management and customer service. (Official Army Photo by Dustin Senger)

(Continued from page 9)

large garrison category, troop feeding facilities with daily head counts over 300 patrons. On Dec. 6, Connelly inspectors finished their evaluation of the facility in Qatar.

According to the Connelly Award project manager, Camp As Sayliyah is the first feeding facility evaluated in Southwest Asia. ASG-QA further strengthened their dedication to food service excellence by taking the required steps to earn the prestigious Army-wide award.

the impact this award would bring. We have demonstrated that ASG-QA is providing the Army's best food services for the U.S. Central Command rest and recuperation pass program war fighters." Since the program's inception in 2004, ASG-QA has recharged over 150,000 participants. Troops frequently come from contingency areas directly supporting Operations Iraqi and Enduring Freedom.

"The inspectors got a real picture of what we do everyday," said Williams. "The whole camp community was genuine with their praises and concerns." During the inspection, several patrons voluntarily approached inspectors to explain their appreciation for the wide variety of foods, quality of service and consistency.



Saturday, Dec. 22, 2007, Stars & Stripes, Middle East Edition

Camp Policies

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

*ASG-QA domain access required.

"Anytime you apply hard work, teamwork and dedication, it always equals success" said U.S. Army Chief Warrant Officer Verona Williams, from Columbus Ga., installation food service officer. "Col. Cotter was our greatest supporter. He knew

"Anytime you apply hard work, teamwork and dedication, it always equals success." Chief Warrant Officer Verona Williams, Columbus, Ga.

"We are still working to further achieve excellence," said Williams. "The Connelly inspectors took a lot of everyday procedures from us to apply across the Army, to implement and streamline food service operations." **A**

Dining facility in Qatar competes for Connelly

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

CAMP AS SAYLIYAH, Qatar – On Dec. 6, the Area Support Group Qatar dining facility became the first installation in Southwest Asia to be inspected for a Department of the Army Phillip A. Connelly Award for excellence in food service and preparation. ASG-QA supports a large base populace with various tenant units. The command also executes the U.S. Central Command rest and recuperation pass program, participants in Qatar for a brief respite from operations in the area of responsibility, to include Operations Iraqi and Enduring Freedom. Camp As Sayliyah is located in Qatar, a Gulf state peninsula protruding from Saudi Arabia's eastern coastline.

Through 2007, ASG-QA spent well over \$200,000 to provide renovations and improvements to the facility. On Dec. 3, the command was presented with the Third Army Connelly Award. This recognition qualified the dining facility to compete for the Department



A "Surf 'n' Turf" lunch of steak and seafood served at the Camp As Sayliyah dining facility. (Official Army Photos by Dustin Senger)



of the Army award in the large garrison category, troop feeding facilities with daily head counts over 300 patrons.

"This is the first time an evaluation has ever been done in Southwest Asia" said Sgt. Maj. L'Tanya Williams, the Phillip A. Connelly Award project manager from Fort Bliss, Texas. "Area Support Group Qatar made history in food service." Williams was joined by a senior food service warrant officer and an International Food Service Executives Association representative.

"We travel all over the world to judge the eight finalists," said James Riddle from the IFSEA. The other premier feeding facilities are located in: Europe, Korea, Hawaii, Washington, Georgia, Virginia, and Texas. The IFSEA is a professional organization dedicated to raising food service industry standards, educating members and future industry leaders, as well as recognizing member achievements. Organized in 1901, it is the food service industry's oldest trade association.

Williams insists, regardless of location, all facilities are graded using the same checklist. Areas of inspection include: food preparation, service, sanitation, administration, troop acceptability, training programs and command support.

"I believe every option should be available to the troops coming to Camp As Sayliyah for rest and relaxation," said Chief Warrant Officer Michael Gillis, U.S. Army Special Operations Command food advisor, in regards to the numerous troops participating everyday in the USCENTCOM relaxation program in Qatar. "I have spoken to well over a hundred people since we arrived. They all tell me it's never a bad day here. The staff has a great attitude and aims to please – from the front to the back door."

According to Williams, most of the Army dining facilities in Southwest



U.S. Army Sgt. Maj. L'Tanya Williams, Phillip A. Connelly program manager, glances over the shoulder of a food service specialist from the Philippines at the Camp As Sayliyah dining facility in Qatar on Dec. 6. (Official Army Photos by Dustin Senger)



Sgt. Maj. L'Tanya Williams, Phillip A. Connelly program manager, discusses storage procedures with Sgt. 1st Class Tony Dines, from Bennettsville, S.C., at the Camp As Sayliyah dining facility in Qatar on Dec. 6.

Asia are entirely managed by contractors; which would require a separate award category. Since Camp As Sayliyah is a team of contractors and servicemembers, it is comparable to other large garrison facilities in the United States.

"I was not surprised," said Gillis, regarding the Qatar installation placing as a finalist, "I was very pleased Southwest Asia finally got the opportunity to be represented – everyone does a great job, all the time." **A**

ASG-QA partnerships remain strong

On June 11, Camp As Sayliyah's Qatar Base Operations and Security Services contract, or QBOSS, was awarded to ITT Federal Services



ITT

International Corporation of Colorado Springs, Colo. However, several steps follow a contract award announcement. If there is a protest, the award is held off and it's business as usual. Today, the QBOSS decision remains under protest at the Government Accountability Office in Washington, D.C. Nonetheless, contractors on the installation continue to perform at their best for Area Support Group Qatar, regardless of employment uncertainties.

Subsequently, the command has received several military awards in 2007. The ASG-QA property book office, an integration of several ITT contractors, was nominated as the best operation of its kind in the Department of the Army. The ASG-QA dining facility was recognized as the Army's best food service operation – with an immense involvement of ITT employees. The installation safety office is a contractor-driven operation directed entirely by Robert "Safety Bob" East, a well-recognized ITT contractor on the installation. Safety Bob was recently recognized for establishing the best safety program in Third Army/ U.S. Army Central.

THE WIRE

2007

(Continued from page 2)

continuation of a record-breaking wet season in Qatar. Everyone experiences the traditionally hot desert climate when arriving to Camp As Sayliyah in the summer. However, most don't expect intense perspiration. Nevertheless, periods of heavy rain and dense fog are inevitable during the cooler months. The real question is: how much will fall this year?

Aside from wet weather, the new year also passed along a continuation of multi-national sports competitions in Qatar. Numerous U.S. servicemembers from Camp As Sayliyah competed in the Qatar armed forces sports competitions. This was the first military sports season since Qatar hosted the 15th Asian Olympic games in December 2006. The Qatari officials have invited U.S. servicemembers to participate in their annual military sports games since 2004; events included: volleyball, marksmanship, soccer, cross-country, military run and basketball. The American soccer team was able to qualify for the quarter-finals but didn't earn the required placement for the final tournament. The competitions were held at various stadiums in Doha, Qatar's capital city. A new season is currently underway and still recruiting participants – so far, the U.S. teams have outperformed previous years.

Several on-post venues entered the new year spruced up and shuffled around. A mall complex at the newly-expanded Post Exchange was established to centralize several concessions early in the year. Area Support Group Qatar, and a few other tenant units, moved around to better support mission requirements.

In February, United Service Organizations Qatar completed over \$25,000 in upgrades at their troop entertainment and support setting at Camp As Sayliyah. The USO Qatar director created a comfortably warm Arabic ambience for resting servicemembers to read, engage

others in networked games, enjoy a movie on a 42-inch plasma television or simply stop by during one of the Arabic nights. The updated lounge was later selected for center spotlight recognition from 130 other overseas venues by USO officials.

On Feb. 7, Navy Adm. William J. Fallon was confirmed to succeed Army Gen. John Abizaid to head U.S. Central Command and subsequently all military operations in Southwest Asia. On Mar. 16, he was officially posted and became a regular visitor to Camp As Sayliyah.

On Mar. 11, the camp dining facility was filled with inspiration after a speech by the U.S. Air Force Chief of Chaplains Maj. Gen. Charles C. Baldwin, during the annual National Prayer Luncheon. During his memorable lunchtime speech, the chief of chaplains reflected on religious scriptures while exploring the daily life of Special Agent Jack Bauer, as portrayed by Keifer Sutherland, in the television action-drama series "24." The show's name stems from the real-time account of complex plots encompassing a 24-hour period of a counter terrorist unit. On Mar. 19, U.S. Army Chief of Chaplains Maj. Gen. David Hicks visited the installation ministry team.

On Mar. 19, George H.W. Bush and his wife, Barbara, arrived to Camp As Sayliyah. The former 41st president was preceded by Texas Governor Rick Perry and his wife, Anita, earlier the same day. The famous Texans met with USCENTCOM war fighters participating in the rest and recuperation program.

After the end of the rainy season in March, the summer of 2007 came without a hitch. According to the World Meteorological Organization, Qatar's average daily maximum temperature starts to exceed 100 degrees Fahrenheit after April – this is not dry oven-type heat, but rather humid sauna-like conditions. Other than the heat, the summer brought entertainment with it: amusing comics, musical artists, professional athletes and several other performers.

The installation's premier fitness challenge tossed the coveted commander's cup between units. On May 5, Medical Logistics reclaimed their 1st place spot, obtaining the commander's cup after earning 35 points during the two-day event. Previously a five-time winner, MEDLOG was disappointed during the fall 2006 competition after losing to the USCENCOM team. On Nov. 17, USCENCOM passed the cup to the 3rd Battalion, 43rd Air Defense Artillery Regiment during the fall's competition, shattering the historically long MEDLOG winning streak.

On July 19, Col. David G. Cotter, received command of Area Support Group Qatar and subsequently Camp As Sayliyah, from the Third Army/U.S. Army Central commanding general. The Qatar armed forces chief of staff, and several of his high-ranking officers, attended the change of command. A Qatari blessed the exchange of leadership by reciting a passage from the Koran, the holy book of Islam.

In late July, Chase Untemeyer departed Qatar, ending his three-year term as the U.S. ambassador to Qatar. The Untemeyer family frequently showed their support to the Camp As Sayliyah community while attending ceremonies and holidays.

ASG-QA continued to upgrade the Top-Off Club thought out the year – providing several new recreation and relaxation venues. A brand new bowling alley was opened in September, completing an over \$600,000 project. The eight-lane bowling complex provides state-of-the-art entertainment for the USCENCOM rest and recuperation pass program participants.

On Oct. 6, five members of congress were escorted around the USCENCOM rest and recuperation program facilities. ASG-QA, charged to execute the program, introduced the state representatives to several participants.

Billy Blanks, the revolutionary creator of the Tae Bo workout, met with servicemembers at Camp As Sayliyah

on Sept. 4, during his Spirit and Body Tour. Blanks traveled around Southwest Asia to greet, motivate and train U.S. troops.

At the end of November, Maj. Gen. Hamad bin Ali Al Attiyah, Qatar armed forces chief of staff, opened his beach home for guest. Hundreds of servicemembers took part in one out of three separate outings. They were invited to participate in several water sports, all-terrain vehicle rides through sand dunes, as well as witness Arabic falconry. The festivities concluded with a large feast of traditional Arabic cuisine.

ASG-QA received several top awards in December. The Department of the Army Philip A. Connelly Award recognized the Camp As Sayliyah dining facility as the best large

garrison food service program in the Army. The ASG-QA property book office earned the Third Army/USARCENT Supply of Excellence Award. Last but not least, the installation safety team was honored with the Third Army/USARCENT Safety of Excellence Award.

On Dec. 18, U.S. Army Spc. Paul Harris, from Valdosta, Ga., was announced by ASG-QA as the 150,000th participant in the USCENCOM rest and recuperation pass program, providing a brief and nearby respite for troops in Southwest Asia since 2004. Camp As Sayliyah continues to recharge war fighters so they can return relaxed, nourished and recharged. Fortunately,

(Continued on page 14)

Supply of Excellence

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

CAMP AS SAYLIYAH, Qatar – Brig. Gen. James L. Hodge, commanding general of Army Material Command Forward Southwest Asia/U.S. Army Central, presented the Third Army/USARCENT Supply of Excellence Award, on behalf of the commanding general, to Col. David G. Cotter, Area Support Group Qatar commander, on Dec. 3.

The ASG-QA property book office earned the award after competing in their first Supply of Excellence Award competition since the office was established in 2002. Conceived in 1984 at an Army supply conference, the award program is intended to enhance the logistical readiness of Army units.

Army Chief Warrant Officer Shawn Adolphus, ASG-QA property book officer, had previous experience competing for the Supply of Excellence Award while stationed in Hawaii, earning the award in 1994. Adolphus led his team to receive



U.S. Army Chief Warrant Officer Shawn Adolphus, from Columbus, Ga., and Col. David G. Cotter, Area Support Group Qatar commander receive the Third Army/U.S. Army Central Supply of Excellence Award on Dec. 3. (Official Army Photo by Dustin Senger)

a commendable rating for meeting and exceeding mission requirements during the Third Army/USARCENT Organizational Inspection Program in April. During the OIP visit, the property book office was evaluated against other units in the command for the Supply of Excellence Award. They earned the award and were selected to represent Third Army/USARCENT in the Department of the Army Supply of Excellence Award competition – to compete for recognition as the best installation-level property book office in the Army. **A**

Safety/Fire Training

Attend the installation safety training.

Confined Space Training

• Jan. 15: 9 a.m. to noon

Fire Warden/Prevention

• Jan. 17: 9 a.m. to 10 a.m.

Unit Safety Representative

• Jan. 17: 9 a.m. to 5 p.m.

First Aid Training

• Jan. 22: 9 a.m. to noon

CPR Training

• Jan. 23: 9 a.m. to noon.

HAZWOPER Emergency Response

• Jan. 26: 9 a.m. to 4 p.m.

HAZWOPER Supervisor

• Jan. 27: 9 a.m. to 4 p.m.

Fire Extinguisher Training

• Jan. 29: 9 a.m. to 10 a.m.

Contact Robert East, installation safety manager, or Daniel Guzman, installation fire chief, for more details.

CAS in the news!

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

Don't drink and drive!

☒ **Plan ahead for your next night out by choosing a designated driver.** A designated driver is someone who did not drink at all.

☒ **Strictly enforce a zero-tolerance policy for drinking and driving!** On Camp As Sayliyah, driving under the influence can result in a loss of driving privileges for a minimum of six months, punitive action under the Uniform Code of Military Justice and further actions as guided by the installation commander.

THE WIRE

(Continued from page 13)

participants frequently gain a greater understanding of the local culture, far removed from the dangers experienced in contingency areas.

NCO induction ceremonies, a magnificent Army Ball, change of

commands – this was a busy year at Camp As Sayliyah, strung together by constant teamwork throughout the installation. It's hard for anyone to accurately project what 2008 will entail, but it's likely to be packed full of unit recognitions, new recreational activities, educational events and lifetime memories. **A**

MEDLOG transfer of authority

By Capt. SHAWN REYNOLDS
388th MLC commander

The mission of U.S. Army Medical Materiel Center Southwest Asia is to provide theater medical supplies, biomedical repair, and optical fabrication to the U.S. Central Command area of operations. On Oct. 29, the 172nd Medical Logistics Company brought its 12-month deployment at Camp As Sayliyah to a close. They handed the mission to the 388th MLC, an Army Reserve unit from Kansas. This is the incoming medical logistics company's fourth deployment to Qatar since the initiation of Operation Iraqi Freedom.

"The Soldiers of the 172nd MLC were instrumental in supporting war fighters downrange," said U.S. Army Cpt. Camille Wells, 172nd MLC commander, during a farewell speech. "We had the highest distribution output for medical materials since USAMMC-SWA stood up in May 2003. This critical mission was taken seriously – from our privates all the way to the battalion commander. The USAMMC-SWA motto is "extra mile," and there is no question we went the extra mile."

We have big shoes to fill by following behind the 172nd MLC.

" We had the highest distribution output for medical materials since the USAMMC-SWA stood up in May 2003" Cpt. Camille Wells, 172nd MLC commander

The bar is set high for the 388th MLC, but we look forward to new challenges. We are ready to take on the mission – to meet its requirements with pride and professionalism. Our Soldiers never back down from any challenges supporting

the Global War on Terrorism. **A**



The 172nd Medical Logistics Company finishes their 12-month deployment at Camp As Sayliyah during a transfer of authority ceremony on Oct. 29. (Official Army Photo by Sgt. Devin J. Butler)

Eight Soldiers re-affirm NCO creed and duties



▲ U.S. Army Sgt. Vanessa Bonet, from Brooklyn, N.Y., is congratulated by Command Sgt. Maj. Michael D. Howard, Area Support Group Qatar command sergeant major, after the ASG-QA Noncommissioned Officer Induction Ceremony at Camp As Sayliyah on Nov. 11. The ceremony re-affirms the NCO creed and duties for newly promoted Soldiers.



▲ Eight Army Soldiers are inducted into the noncommissioned officers corps by Command Sgt. Maj. Michael D. Howard and Command Sgt. Maj. Sandra Emery on Nov. 11. (Official Army Photos by Dustin Senger)



▶ U.S. Army Col. David G. Cotter, Area Support Group Qatar commander, with Master Sgt. Robert Soto, from Columbia, S.C., immediately after Soto's promotion at Camp As Sayliyah in Qatar on Nov. 11. Soto then provided his guidance to junior noncommissioned officers, inducted into the NCO ranks on the same day.



Equality Observance

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

Martin Luther King Jr. Birthday celebration

• Jan 21: Luncheon at noon in big DFAC

Contact SFC Taborra Seamster, ASG-QA equal opportunity advisor, for more information.

MLK poets needed!

A poem-writing contest is underway, in celebration of the birthday of civil-rights activists Martin Luther King, Jr., on Jan. 15. Your poem must be typed and double-spaced, with "the time is always ripe to do right" theme. Judging is based on originality, subject matter and style. Submit by Jan. 12 to be eligible for the contest.

Contact SFC Taborra Seamster, ASG-QA equal opportunity advisor, for more information.

THE WIRE

Ask the chaplain

By Capt. Kevin Hudson
Installation Chaplain

Q. A lot of people in my unit are coming up with great New Year's resolutions – except me. What are some resolutions I could reach for in 2008?

A. Great question! We're all familiar with the usual resolutions: lose weight, work out more, eat healthy, stop smoking, etc. We also know most people fail to keep them; allow me to suggest an alternative.

Instead of making (and breaking) a specific resolution in 2008, use the new year as a time to take a quick assessment of your life. All of us are

created with a physical, emotional, social and spiritual dimension to our being. As the new year begins, take the time to ask yourself how you're taking care of those dimensions in your life. If we don't make feeding each of those areas a priority, they can get out of balance – easily affecting our judgment and ability to function the way in which we were created.

Dr. B. Clayton Bell, a *Preaching Magazine* contributor, recently shared a story about a couple who lived in Georgia:

They read that "My Fair Lady" was still playing on Broadway in New York City. They wanted to go so badly, so they bought their tickets months ahead of time and planned their vacation. The long-awaited day came and they flew to New York City. They presented their tickets, walked in, and sat down in wonderful seats, seven rows from the front, near the orchestra. To the man's amazement, the entire place filled up except the seat right next to him. He was curious about that. At the intermission he leaned over in conversation with the lady in the second seat away from him and commented how they had to wait so many months to get tickets to a performance. When there was such a demand for seats, why would someone not come? Did she have any idea? She said, "Yes, as a matter of fact, these two seats are mine. This one and that one." She explained further, "You see, that seat belonged to my husband, and he died." The man said, "I'm terribly sorry. But couldn't you have invited a friend to come with you?" Her answer was classic. She said, "No, they're all at the funeral home right now."

That woman obviously had her priorities out of balance! Don't end up like her. This New Year's holiday, take the time to make sure you have a plan for the upcoming year to feed yourself physically, emotionally, socially and spiritually. **A**



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

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PLACE	Big Dining Facility		

PRO SPORTS MVP
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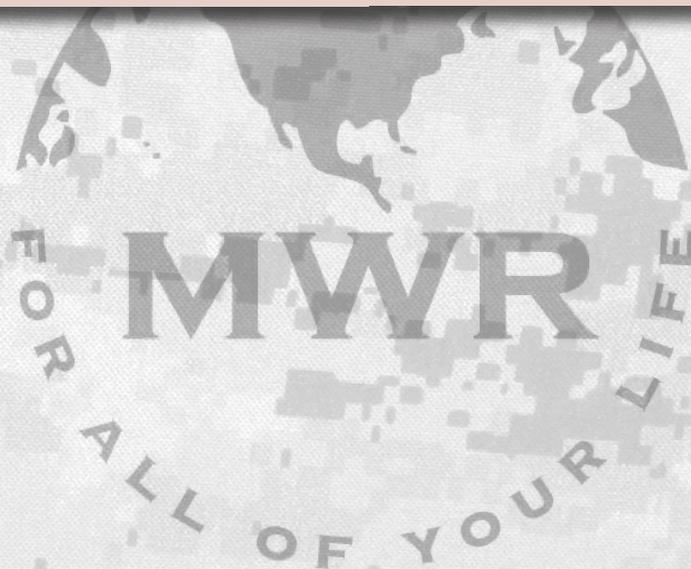
MWR

Happy New Year Camp As Sayliyah!

New Year Events Schedule

- ♦ **New Year Eve 5K Fun Run**
Dec. 31 • 6 a.m. • CAC
- ♦ **New Year Eve Celebration**
Dec. 31 • 8 p.m. • Top-Off
- ♦ **New Year's Day Ping-Pong**
Jan. 1 • 10 a.m. • Big Gym
- ♦ **New Year's Day Scrabble**
Jan. 1 • 1 p.m. • Big Gym
- ♦ **New Year's Day Horseshoes**
Jan. 1 • 3 p.m. • Big Gym
- ♦ **Comics on Duty**
Jan. 4 • 8 p.m. • Top-Off
- ♦ **Olympic Heroes Tour**
Jan. 6 • 11:30 a.m. to 1 p.m. • Big DFAC
- ♦ **MLK Birthday Miniature Golf**
Jan. 21 • 10 a.m. • Big Gym Miniature Golf Course
- ♦ **MLK Birthday Call of Duty (2-on-2)**
Jan. 21 • 1 p.m. • Big Gym Video Hut
- ♦ **MLK Birthday Three-Point Shoot Out**
Jan. 21 • 3 p.m. • Small Gym
- ♦ **MLK Birthday 5k Fun Run**
Jan. 21 • 5 p.m. • CAC
- ♦ **WWE/WWF meet and greet**
TBD • 11:30 a.m. to 1 p.m. • Big DFAC

Contact Tony Randall, ASG-QA community services manager, for more information.



FITNESS MANIA!

CW4 Shawn Adolphus, ASG-QA, scored 1,870 points to win the fitness challenge for November. His score was 640 points higher than second place, SFC Linda Wright, ASG-QA. Congratulations!

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



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 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, for more details.

FITNESS

Fitness Q&A

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

Q. I want to start the new year with a fitness goal. I would like to lose some fat while building some muscle but I know doing both can be counter-productive. Which should I focus on first?

A. The idea of “bulking” or “cutting” are bodybuilding terms associated with contrasting periods during a training year. Bulking phases focus on overfeeding and intense training in an attempt to build the most muscle possible. Cutting contrasts the bulk by shaving off accumulated body fat with caloric deficits and frequent endurance training. When making the decision to bulk or cut – gain or lose weight – it’s important to factor in the current stage of development and body composition. These factors determine the degree of specificity a training program should embrace; as well as the body’s potential to properly partition a caloric surplus to fuel muscle growth.

New trainees can embark in a strength-endurance training program and obtain prominent fat loss while gaining some muscle. Initially, consistent resistance training increases motor control efficiency and a tolerance to exercise.

Beginners respond well to most strength-building programs; frequently, with a rapid development in force production. The increase in daily activity levels will readily increase fat mobilization – how much fat is lost is primarily affected by these concurrent conditions: diet and nutrient timing; genetic and metabolic conditions; as well as beginning body composition. Nonetheless, it’s easy for someone new to resistance training to mobilize

stored fat while building muscle. Their biggest success variable usually lies within maintaining consistency in a healthy and goal-orientated dietary structure, as well as regular strength and endurance workout routines.

Unless genetically gifted, advanced trainees need to prioritize their training periods toward specific goals. Due to their advanced conditioning, a separation must be made between building endurance and strength training. Experienced and well built bodybuilders use superior technique by properly developing the motor skills required for strength training. They generally need lower repetitions, and frequently greater training volume and intensity. When endurance training is accompanied by a restricted diet to promote fat loss, attempts to raise limit strength levels become futile and likely to cause the athlete to over reach. In other words, combining the two training goals will not optimize results. Worse of all, concurrent training could lead to a serious condition of overtraining syndrome.

The question whether to bulk or cut, lies mostly with the advanced trainee. Current body composition should be the deciding factor. If the body’s muscle-to-fat ratio is leading to a soft belly and hanging love handles, it’s time to lean up first. Gilbert Forbes, from the University of Rochester School of Medicine and Dentistry in New York, demonstrated changes in body weight induced by nutrition, whether negative or positive, comprise both lean (fat-free) and fat mass.

New trainees can embark in a strength-endurance training program and obtain prominent fat loss while gaining some muscle.

Forbes examined how body fat content influences body composition responses to nutrition and exercise. In experiments of at

least three weeks in duration, he found weight gain in thin people comprises 60-70 percent lean tissue, where as obese gain 30-40 percent. The relative contribution of muscle acquisition during weight gain is related to body fat.

A good rule: an athlete should avoid bulking if they're fat. Anyone with a total body mass containing over 12 percent body fat will be at a hormonal and metabolic disadvantage to properly partition a surplus of incoming calories. Starting a bulking routine at over 15 percent can land an individual up and over 20 percent upon cessation – which is

entirely too much fat for an active, healthy person. When venturing over 20 percent body fat, it becomes exceedingly more difficult to return to a hard physique. Losing fat becomes less manageable when an athlete's environmental and behavioral conditions adjust to caloric splurges and an overweight lifestyle. Even when bulking, it is important to

practice some dietary restraint. Food is for fuel; never enjoyment.

A novice can often train for both, endurance and strength, to lose fat and build muscle. On the other hand, an advanced trainee should prioritize his or her goals base on their current body composition status. **A**

Exercise can prevent and promote immunity

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

Resistance and endurance training are commonly seen as healthy activities to engage in – but can exhaustive exercise increase the likeliness of getting ill? The human body is a complex physical structure of organic tissue – an isolated event can affect tissues in several other locations. The immune system is an adequate ambassador of our complexity and is essential for maintaining health. Dysfunction can lead to a wide variety of diseases. A common perception by elite athletes is that frequent and intense exercise leaves the body predisposed to infections. However, an inconsistency exists when health care professionals suggest that regular exercise is beneficial to the immune system by providing some resistance to infections. So, who's right?

The Mayo Clinic is a world-renowned medical practice dedicated to the

diagnosis and treatment of virtually every type of complex illness. Medical staff outlined seven benefits of regular physical activity, which include: improving mood; combating chronic disease; assisting in weight management; strengthening the heart and lungs; promoting better sleep; increasing intimacy and a better sex life; and – drum roll – it can be fun! This all sounds wonderful and highly prolific for physical health, however a contradiction occurs when comparing occasional and recreational activities to chronic and elite fitness endeavors. Periods of frequently exhaustive training constantly push a trainee's fitness threshold through progressive overloads in strength, power and endurance.

Sports immunology is a relatively new field of study; focusing on physical, psychological and environmental stress on immune function. Over the last 100 years, medical journals have published over 600 articles on the subject; the majority since 1990. Most recently, medical professionals and scientists have begun to understand the interaction between exercise and immune function – as well as the problems associated with subjective symptoms. A large collection of scientific, clinical and epidemiological data supports the concept of positive

and negative impacts of exercise on the immune system, to include the American College of Sports Medicine position papers and the Surgeons General's report on physical activity and health.

In February, the Journal of Applied Physiology published research examining immune function in sport and exercise. In his research, Michael Gleeson states that "exercise can have both positive and negative effects on immune function and susceptibility to minor illnesses. The relationship between exercise and susceptibility to infection has been modeled in the form of a 'J'-shaped curve." There is fairly convincing evidence that moderate and regular physical activity is associated with decreased incidences of infection. More specifically, it has been reported that around two hours of moderate exercise per day is associated with a 29 percent risk reduction for picking up an upper respiratory tract (URT) infection, compared to a sedentary lifestyle. On the other hand, research using elite and aggressively-trained athletes suggests a discord in exercise and health. Reports following a competitive ultra-endurance running event indicate a 100-500 percent increase in risk of

(Continued on page 20)



Servicemembers race to the finish line during an early-morning relay race at Camp As Sayliyah in Qatar on Nov. 17. Team events encourage camp-wide fitness. (Official Army Photo by William R. McLeod)

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 1LT Karly Mangel, ASG-QA R2P2 officer, for more information.

Desert Mesh online!

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

Chaplain Services

Attend the installation ministry team's spiritual support services:

Prayer Luncheon

• Jan 30: Monthly Prayer Luncheon at 12 p.m. in the big DFAC

Prayer Luncheon

• Feb 27: Monthly Prayer Luncheon at 12 p.m. in the big DFAC

Contact Lt. Col. Curtis Muldrow, ASG-QA installation chaplain, for more details at DSN 432-2198.

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

(Continued from page 19)

infection for several weeks. This is a concern for elite athletes since even minor infections can result in a drop in performance and the ability to sustain a heavy workload. Severe infections can cause persistent fatigue.

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

In April, the American College of Sports Medicine published a five-month surveillance study comparing 32 highly-trained elite athletes with 31 recreationally-competitive athletes and 20 untrained sedentary controls. During the 2005 training period, a total of 37 URT infections were reported by 28 subjects. Of these episodes, nine were controls, seven recreationally-competitive exercisers and 21 elite athletes. Gleeson's J-curve response was evident. Of the 37 episodes, and equally interesting, pathogens were identified in only 11 individuals! Infectious agents were confirmed in two controls and three recreationally-competitive exercisers. Of the 21 episodes reported by the highly-trained elite athletes, only six were caused by an actual pathogenic infection – suggesting that reported URT problems in elite athletes are seldom caused by infectious microorganisms.

Many nutritionists suggest dietary supplementation to enhance the body's immune system; such as vitamin C, vitamin E and zinc. Several studies have shown how 500 to 600mg of vitamin C per day minimizes occurrence of URT infections following ultra marathons. While vitamin E at doses around 400IU support immune function, excessive amounts appear detrimental by increasing the oxidative stress on cells. Consumption of carbohydrate during exercise supports energy levels, proper immune

function and lowers circulating levels of cortisol, the main adrenal stress hormone that acts as an anti-inflammatory agent.

However, once again, another contradiction exists: it's possible that antioxidant supplementation and carbohydrate ingestion during exercise could limit adaptations to exercise – adaptations dependent on inflammation and the otherwise suppressed immune system – as well as negating fat burning effects from an increase in blood glucose levels. Nutritional interventions may reduce the risk of infection but they could also limit performance and hard-earned training adaptations. It can also be argued that carbohydrate intake during exercise allows the athlete to train harder and longer. Extreme exercise may impair immune function, but this may not be entirely harmful to an otherwise healthy host, partially due to how these events also lead to reduced whole-body inflammation – events also benefiting long-term health.

Exercise certainly affects the immune system. Recreationally active people engaged in moderately-intense physical activity will boost their immune system function, as compared to sedentary individuals. Athletes habitually performing exhaustive training protocols can impair immune system function. It is likely that overreaching, and subsequently overtraining, can lead to a longer lasting immune dysfunction. During periods of frequently exhaustive training, it may be advantageous to supplement with antioxidants to help support immune function; while concurrent carbohydrate intake should only be considered when the goal is maximum performance (such as long competitive endurance events) versus accumulated training adaptations to resistance exercise or mobilizing stored fat.

More research regarding immune system responses to sports and exercise is being conducted in today's clinical and scientific settings. Today, it's a lot of this-for-that information but it's likely some innovative and interesting conclusions will follow in the future. **A**

Commander's Cup: congratulations 3-43 ADA



▲ 3rd Battalion, 43rd Air Defense Artillery Regiment earns 1st place at the Camp As Sayliyah Commander's Cup fitness challenge on Nov. 17. (Official Army Photo by William R. McLeod)

TOP 5
 3-43 ADA
 JPOTF
 ASG-QA
 MEDLOG
 SOCCENT



Nov. 16 & 17, 2007

Camp As Sayliyah servicemembers compete in the fall 2007 Commander's Cup challenge. The two-day event consists of numerous sports events hosted by Area Support Group Qatar morale, welfare and recreation. (Official Army Photos by Dustin Senger)



CULTURE



U.S. Army Spc. Mark Perrenoud, from Redlands, Calif.; Sgt. Ricky Dumas, from West Jordan, Utah; and Pfc. Ian Ramsey, from Lexington, Ky., walk through a large and newly renovated Arabic shopping and trading area in Doha, Qatar on Dec. 8. The Soldiers were participating in the U.S. Central Command rest and recuperation pass program at Camp As Sayliyah. "For two years, I have been in Iraq with a weapon and a constant threat," said Ramsey. "Out here we don't have to worry about it. I'm glad to see Arabic people, and how they live, without the danger." (Official Army Photos by Dustin Senger)



U.S. Army Spc. Mark Perrenoud, from Redlands, Calif., watches an Arabic man polish a Middle Eastern musical instrument.



U.S. Army Sgt. Ricky Dumas, from West Jordan, Utah, admires the photographs of a Qatari shop owner's athletic accomplishments. After Dumas purchased some pearls from the diver, Sa'ad Ismail showed Dumas photographs taken throughout his life as a powerful swimmer in Qatar.

Troops find Arabic culture at Souq Waqif

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

DOHA, Qatar – The U.S. Central Command rest and recuperation pass program provides troops a brief respite from military operations throughout the command's area of responsibility. The program is located in Qatar, an Islamic Gulf state peninsula, protruding from Saudi Arabia's eastern coastline. Area Support Group Qatar executes the program from the U.S. installation, Camp As Sayliyah.

Numerous on- and off-post opportunities are offered to USCENTCOM war fighters. On-post activities at Camp As Sayliyah provide plenty of recreation and relaxation outlets. Off-post activities create cultural opportunities for servicemembers to obtain a new perspective into Middle Eastern civilization.

"For two years, I have been in Iraq with a weapon and a constant threat," said Pfc. Ian Ramsey from Lexington, Ky. "Out here we don't have to worry about it. I'm glad to see Arabic people and how they live, without the danger." Qatar is a safe and prosperous Arab society. The emirate has taken many steps over recent years to become better known as a modern educational and Islamic cultural venue within the Gulf countries.

"Souq" is an Arabic word for the shopping and trading establishments. Souq Waqif is one of the oldest shopping and trading areas in Doha, Qatar's capital and most prosperous city. Newly renovated, the massive maze-like complex takes visitors through various shopping, intellectual and artistic experiences. It is well known for its dried spices and

herbs of various colors and aromas. Fabrics and clothing are offered for immediate sale or with custom tailoring. Antiques and replicas are available for appreciation and purchase. Children can enjoy rides on a donkey, equipped with an old Arabic saddle and travel pouches.

"The mall trips are a standard westernized opportunity," said U.S. Army Sgt. Ricky Dumas from West Jordan, Utah. "Souq Waqif is a Middle Eastern cultural experience. There were a lot of hand-crafted things that we depend on machines to manufacture – and many of the men were working hard without basic luxuries, like air conditioning." In one shop, a man was diligently preparing a hand-made Arabic-style instrument; a task that has taken him nearly a month. Soon he will present the item to his patrons.

As the night falls on Souq Waqif, the streets light up in a warmly lit Arabic ambience. People come from around Doha to enjoy the indoor and outdoor restaurants, rich in culture in themselves. A Moroccan restaurant provides traditional décor and cuisines, consistent with the Arabic country in North Africa.

"I've never had a Moroccan dinner before," said Dumas. "I loved it – I'd go back again. I also enjoyed the restaurant's outdoor scenery."

Troops are proudly serving their country in contingency operations throughout Southwest Asia. For many, it is their first experience in a peaceful Arabic society – one without war and insurgency. The rest and recuperation program in Qatar recharges war fighter spirits while presenting a better cultural understanding. The servicemembers return to military operations feeling recharged with a greater hope and respect for Arab culture. **A**

Qatari general beach home outing



▲ U.S. Army Maj. Laura Thomas, from Crowley, La., holds a falcon at a Qatari general's beach home on Nov. 26. "I'll try anything at least once. So far, I went on my first Wave Runner ride and held a falcon." (Official Army Photos by Dustin Senger)



▲ U.S. Air Force Tech. Sgt. Elena Barajas, from Oceanside, Calif., is assisted onto a watercraft at a Qatari general's beach home on Nov. 26. Barajas and over 100 servicemembers were invited to participate in several water sports, all-terrain vehicle rides through sand dunes, as well as experience traditional Arabic culture. The festivities concluded with a large feast of traditional Gulf cuisine.



◀ U.S. Air Force Senior Master Sgt. Amarilis Reyesbox, from Paterson N.J., sails the Persian Gulf on a watercraft at a Qatari general's beach home on Nov. 26.



▲ Qatar military Chief of Staff Maj. Gen. Hamad bin Ali Al Attiyah shares some laughs with Area Support Group Qatar Commander U.S. Army Col. David G. Cotter, from Providence, R.I., at the Qatari general's beach home on Nov. 26.



▲ U.S. Army Lt. Col. Orlando Guzman, from Raleigh, N.C., is served traditional Arabic sweets at a Qatari general's beach home on Nov. 26. Over 100 servicemembers were invited for a day of rest and relaxation located off Qatar's eastern coastline. The day's festivities concluded with a large feast of traditional Arabic foods.



▲ U.S. Air Force Staff Sgt. Brandi Smith, from Murray, Ky., is served camel meat during a traditional Arabic dinner at a Qatari general's beach home on Nov. 26 "It looks like chicken and I am going to try it," said Smith, who had never tried the Gulf state's extraordinary dinner.

Don't drink and drive!

☒ **Alcohol is a factor in more than 40 percent of all motor vehicle fatalities.** An average of one person every two minutes is injured in an alcohol related crash in the United States. Every day, 13 people between the ages of 16 and 24 die in an alcohol-related crash.

☒ **Plan ahead for your next night out by choosing a designated driver.** A designated driver is someone who did not drink at all.

☒ **Strictly enforce a zero-tolerance policy for drinking and driving!** In Qatar, driving under the influence can result in major fines, time spent in jail and a damage to host nation relationships. Qatar police do not tolerate drinking and driving.

☒ **Even if you don't drink and drive, you're at risk from others who do. Wear your seat belt.**

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

Qatar armed forces sports



▲ U.S. servicemembers (blue) compete against the Qatar military (green) at a volleyball game, during the Qatar armed forces sports competitions on Nov. 28. This is the fourth consecutive year the Qatar military invited U.S. troops. (Official Army Photos by William R. McLeod)



◀ Military members battle on the court during a multinational volleyball game between Qatar (white) and the United States (blue) on Nov. 27. The Qatar armed forces sports competitions include several sporting events during the countries cool season. This season's U.S. volleyball team has performed its best since the U.S. team was first invited four years ago. They qualified for a January tournament sponsored by the Qatar emir heir apparent.

Visit to Doha orphanage



◀ Children plant flowers at Dhreima Center in Qatar on Nov. 17. Dhreima is named after a resilient flower that grows in Qatar's harsh environment. Qatar Orphan Foundation was established in June 2003 to provide a sense of family for needing children. Sheikha Mozah bint Nasser Al Missned, Chairperson of the Qatar Foundation and President of the Supreme Council for Family Affairs, opened the new premises of the Qatar Orphan Foundation in May 2007.



▶ Citi employees visit an orphanage in Qatar, a prosperous Arab-Islamic nation in the Middle East, on Nov. 17. According to Citi officials, more than 55,000 employees across 100 countries, where Citi is present, volunteered during the 2007 Global Community Day. (Photos by Dustin Senger)



Safety team earns top recognition

Robert "Safety Bob" East, installation safety manager, was presented with the Third Army/U.S. Army Central Commander's Award for Safety Excellence in 2007. Camp As Sayliyah's outstanding safety record is the result of developing and maintaining a commendable program – resulting in no fatalities and a 20-percent decrease in class C accidents in fiscal 2006.

Safety Bob is a well-recognized ITT contractor on the installation. His recent recognition from the Third Army/USARCENT commanding general has qualified his program to earn Army-wide recognition in the award's contractor category. According to Safety Bob, "once you get recognized by the chief of staff, you can't take an Army program any higher than that!"

Rainy season critters in Qatar

Scorpions and snakes do reside in Qatar. During the rainy season they seek refuge in pipes, boxes, rocks, under buildings, as well as inside clothing left undisturbed. Do not try and move or capture these creatures.

- **Horned Vipers** :: These snakes are not known to be ill-tempered but they will attack if threatened. Their venom is not normally potent but bites can be painful and must be taken seriously.

- **Scorpions** :: At roughly four inches, these nocturnal animals can be difficult to see. If they are provoked, they will not hesitate to use their venom; which can contain powerful toxins.

Contact Jason Cleaves, installation pest control specialist, for more details.



SAFETY

Seasonal concerns for driving in Doha

By **ROBERT EAST**
ASG-QA installation safety manager

From fiscal 2005 to 2007, the U.S. Army Combat Readiness/Safety Center reported an average of 128 Soldiers killed in privately-owned vehicle accidents, over the three-year period. Last year we lost 114 Soldiers. Although there was a decrease in the three-year average in fiscal 2007, the U.S. Army Combat Readiness/Safety Center is now reporting a terrible trend in POV safety. So far in fiscal 2008, from Oct. 1 to Dec 16, we lost 23 Soldiers to POV accidents. Last year, 14 Soldiers were lost during the same period. As we enter another holiday season, we are trending ahead of last fiscal year's pace for reported accidents. Remain coherent and careful while enjoying time off during the holidays; statistically, accidents occur more often while off-duty.

Greater emphasis must be placed on safer driving habits, even when the uniform comes off at the end of the day. It's vital for leaders at Camp As Sayliyah to impose a strong vehicle safety awareness program within their units. Off-post travel can be difficult, especially for an unfamiliar driver finding their way in a foreign traffic environment.

Compounding seasonal safety risks have developed in Qatar. The sun is setting quicker in the evenings and the likeliness for inclement weather is becoming more frequent; such as fog, rain and wind. Drive offensively without rushing. Allow more time to reach your location. Take measures to ensure you arrive safely – to avoid becoming an Army loss statistic.

Darkness

Driving at night can become more challenging and dangerous in Qatar. In the United States, traffic death rates are three times greater at night than during the day, according to the National Safety Council. Death rates are more than two times higher at night than during the day, based on vehicle speed. Why is night driving so dangerous? Darkness and fatigue are primary culprits.

After sundown, depth perception, color recognition and peripheral vision are all compromised. Ninety percent of a driver's reaction depends on vision. Qatar streets are often poorly lit, especially in the industrial area. In addition, people frequently wear dark clothing, ride bicycles with no lights or reflectors, as well as walk across busy streets and intersections with little warning. It's important to remain alert and ready to react while conducting off-post missions.

Sleepiness slows reaction time, decreases awareness and impairs judgment just like drugs or alcohol. Driving after a long, hard, mentally demanding day can be very risky. You must take tremendous precaution if you are a shift worker, driving a great deal each day, have a sleep disorder or have been prescribed medication with sedatives.

Fog

We are in the inclement weather season. Heavy fog frequently constructs itself in the early morning hours of December and January. Please exercise caution and avoid excessive speeds when driving during these periods of limited visibility. Pedestrians, bicycles and motorcycles are extremely difficult to see in time to avoid a collision.

You may use your low-beam headlights or your fog lights to indicate your position on the road to other drivers. Do not use your high-beam

headlights or your hazard lights as a means of being seen. Though this is a popular practice here, it can easily lead to traffic accidents by creating poor visibility and distractions for you and other drivers. Be better prepared to react to sudden changes by leaving plenty of space between you and other vehicles.

Rain

According to historical averages, Qatar's rainy season emerges in December and continues until March. In December 2006, residents of the normally dry country witnessed record breaking down pours. The roads were slick during the uncanny wet season. Many drivers found themselves unprepared for driving in the relatively heavy wet weather conditions. So far we have seen scarce showers in 2007 but it's likely we will see a few widespread down pours over the next month or two.

Losing control of your car on wet pavement is a frightening experience. Skidding and hydroplaning can happen unless you execute timely defensive and preventive measures to adjust your speed during wet road conditions. Precautionary driving

habits will help you avoid having to use any emergency driving tactics.

You can prevent skids by driving slowly and carefully, particularly around curves. Steer and brake with a light touch and avoid hard braking when you need to stop or slow down. If you start to skid, remain calm and ease your foot off the gas. Carefully steer in the direction you want the front of the car to move. Steering into the skid will bring the back end of your car in line with the front. Brake firmly if your car has an anti-lock braking system; otherwise, avoid using your brakes.

Hydroplaning occurs when the water in front of your tire builds up faster than your car's weight can push it out of the way. The water pressure causes your car to rise up and slide on the wet road. When this happens, your car can lose contact with the road and begin drifting out of your lane. Avoid hydroplaning by keeping your tires properly inflated, maintaining good tire condition, slowing down on wet roads and staying away from puddles. Try to drive in the tire tracks left by the cars in front of you.

Do not brake or turn suddenly if you

find yourself hydroplaning. Ease your foot off the gas until the car slows and you can feel the road again. If you need to brake, do it gently with light pumping actions. Brake normally if your car has an anti-lock system; the car's computer will mimic a pumping action when necessary.

Windy conditions

Driving in windy conditions can be another real test of driving skills. You need to be extra cautious and maintain good control of your vehicle by driving defensively, reducing your vehicle speed, increasing your following distance and giving yourself plenty of room to react to blowing objects and debris. Be careful of upcoming traffic situations – even when you maintain proper control, other drivers may not.

Be extremely careful when opening vehicle doors while parked in windy conditions. Strong winds can easily whip the vehicle door right out of your hand. This can further damage a vehicle parked next to you.

Driving in Qatar can be difficult without any adverse environmental conditions. Stay aware of your surroundings and drive to arrive. **A**

You can take several effective measures to minimize after-dark dangers by preparing your car and following special guidelines while you drive. The National Safety Council recommends the following tactics:

- Prepare your car for night driving. Clean headlights, taillights, signal lights and windows (inside and out) once a week, more often if necessary.
- Have your headlights properly aimed. Misaimed headlights blind other drivers and reduce your ability to see the road.
- Don't drink and drive. Not only does alcohol severely impair your driving ability, it also acts as a depressant. Just one drink can induce fatigue.
- Avoid smoking when you drive. Smoke's nicotine and carbon monoxide hamper night vision.
- If there is any doubt, turn your headlights on. Lights will not help you see better in early twilight, but they'll make it easier for other drivers to see you. Being seen is as important as seeing.
- Reduce your speed and increase your following distances. It is more difficult to judge other vehicle's speeds and distances at night.
- Don't overdrive your headlights. You should be able to stop inside the illuminated area. If you're not, you are creating a blind crash area in front of your vehicle.
- When following another vehicle, keep your headlights on low beams so you don't blind the driver ahead of you.
- If an oncoming vehicle doesn't lower beams from high to low, avoid glare by watching the right edge of the road and using it as a steering guide.
- Make frequent stops for light snacks and exercise. If you're too tired to drive, stop and get some rest.
- If you have car trouble, pull off the road as far as possible. Warn approaching traffic at once by setting up reflecting triangles near your vehicle and 300 feet behind it. Turn on flashers and the dome light. Stay off the roadway and get passengers away from the area.
- Observe night driving safety as soon as the sun goes down. Twilight is one of the most difficult times to drive, because your eyes are constantly changing to adapt to the growing darkness.

...::: **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.



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

How would you rate this edition? _____

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Was the layout and design appropriate? _____

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Additional Comments: _____



Edition 52

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