



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

DESERT MESH

MAGAZINE 

Edition 55 June/July 2008

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 See the back cover for details.



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36
pages
 Our biggest ever!



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Military information exchange seminar links Qatari Soldiers with U.S. Army medics for a focus on saving lives in combat environments.



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Soldiers visit Qatar's newest multi-billion dollar residential attraction. Soon, the Pearl will provide over 16,000 luxurious properties along the Gulf coastline.



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

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

COVER PAGE: (Top) Lt. Gen. James J. Lovelace presents the Secretary of the Army and Chief of Staff of the Army Exceptional Organization Safety Award to Col. David G. Cotter, June 21. (Bottom) Army Sgt. Iraq Blackledge, from Philadelphia, Pa., and Spc. Teddy Thelwell, from Jacksonville, Fla., are announced as the Area Support Group Qatar Noncommissioned Officer of the Year and Soldier of the Year, respectfully, at Camp As Sayliyah, Qatar, June 16. (Cover photo-illustration by Dustin Senger)

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Marhaba!

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

“Marhaba,” is an Arabic word meaning “welcome.” Residents of Qatar are welcoming major developments in the prosperous and wealthy Arab-Islamic nation.

Qatar is positioned to become the latest role model for economic and social transformation in the Gulf region. Recent surges in construction and infrastructure, boosted by a large foreign national work force, have prepared the emirate for world-wide exposure. In 1993, Qatar was home to approximately...

(Continued on page 31)

Camp profile: Blackledge and Thelwell earn honors



▼ U.S. Army Sgt. Wachira Maina (right), from New York, N.Y., uses land navigation grid coordinates to locate areas on a map at Camp As Sayliyah, Qatar, June 16. The test of military skills was part of an Area Support Group Qatar Noncommissioned Officer of the Year inspection board.



▲ U.S. Army Sgt. Wavney Clery, from Brooklyn, N.Y., demonstrates weapons handling procedures at Camp As Sayliyah, Qatar, June 16. The test of military skills was part of an Area Support Group Qatar Noncommissioned Officer of the Year inspection board.



▲ U.S. Army Sgt. Iraq Blackledge, from Philadelphia, Pa., and Spc. Teddy Thelwell, from Jacksonville, Fla., are announced as the Area Support Group Qatar Noncommissioned Officer of the Year and Soldier of the Year, respectively, at Camp As Sayliyah, Qatar, June 16. The inspection boards' runner-ups stand behind the honored Soldiers; Sgt. Wachira Maina, from New York, N.Y., and Sgt. Wavney Clery, from Brooklyn, N.Y. Blackledge and Thelwell qualified to participate in the U.S. Army Central recognition competitions. (Official Army Photo by Dustin Senger)





Independence Day message to USARCENT



James J. Lovelace

Lieutenant General

Commanding General
USARCENT

Team, coming each year less than one month after the Army's birthday, **Independence Day marks the birth of our Nation...the inheritance of freedom and democracy from our founding fathers. Whether you are deployed or in CONUS, it is a time for reflection and a time for celebration.**

Wherever you are this Independence Day, **celebrate your own and your Family's service to the Nation...reflect on the meaning of the historically unprecedented declaration that inspired the establishment of a nation based on the recognition of individual rights.**

And when you celebrate, do so responsibly. Give special consideration to those you care most about. Independence Day activities can traditionally involve inherently dangerous activities: driving, boating, swimming, fireworks, and barbeque cooking, among others. Alcohol consumption compounds these dangers. If your holiday plans include any of these activities, or alcohol, **do the smart things...the right things...to**

prevent this celebration from turning into a tragedy.

Leaders at all echelons play a major role in enhancing Soldiers, civilians, and Family members' understanding of the risk factors that affect their safety during this potentially dangerous weekend. At a minimum, I expect leaders to:

- Conduct POV inspections, awareness briefings, and risk assessments for their units.
- Ensure their subordinates traveling outside of the immediate area conduct a POV Risk Assessment using TRiPS (found at: https://crcapps2.crc.army.mil/ako_auth/TRiPS/).
- Identify your at-risk personnel and counsel them. Identify risk prone behaviors and implement controls appropriately.

Have a smart, safe, and enjoyable Independence Day.

Patton's Own!



Lt. Gen. James J. Lovelace, U.S. Army Central and Coalition Forces Land Component commanding general, addresses the Camp As Sayliyah community in Qatar, May 8. (Official Army Photo by Dustin Senger)



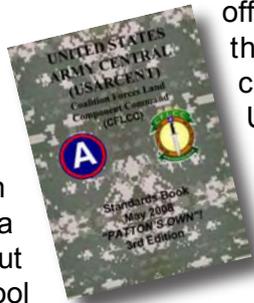
John D. Fourhman

Command Sergeant Major
Command Sergeant Major
USARCENT



The new Standards Book
– live the standards

Standards are a part of military life and like anywhere else in the Army, U.S. Army Central has standards that are unique to our mission and our area of operation. As many of you may know, we have updated the USARCENT Standards Book. The new edition of this book is not just a reprint of old information, but provides Soldiers with a tool to help them know and live the standards while in USARCENT.



While each of you will have a chance to read the standards, I want to point out some of the significant changes in the new book. This book includes updates on all Army guidance including the new wear policy for the Army Combat Shirt and the wear of ballistic glasses on the authorized protective eyewear list. We also address the wear of the flag on the right shoulder of the Army Combat Uniform. The only authorized flag for our forward deployed Soldiers is the IR flag, not the subdued U.S. flag. We also address the wear of the Improved Physical Fitness Uniform during common physical training hours and the need to wear the reflective belt in that uniform.

Another change to the previous editions of the Standards Book is a section on composite risk management. Too many people in USARCENT are injured in preventable accidents. We have included this section to help Soldiers and leaders think about safety measures before they begin a mission or activity.

Soldiers should pay special attention to the sections on military customs and courtesies and Soldier conduct. Make sure you salute all officers when you recognize them and render proper customs and courtesies. Use the USARCENT motto, "Always First," and expect to hear "Patton's Own" in response.

Each of our Soldiers must take the time to read the information in the book and implement it in their lives. Each and every leader must take the time to learn the standards and enforce them in their Soldiers. They should never be afraid to enforce a standard because they are unsure of a policy or practice.

These standards are not just rules we come up with to make Soldiers' lives more difficult; they exist to help each of you remain safe and professional.

As I have said before, noncommissioned officers are the standard bearers for U.S. Army Central. I expect NCOs to know, practice and enforce the standards. Not only the standards found

in this book, but all Army standards. Leaders should never be complacent when they see something wrong. If you see something or someone that is not up to standard, make an on-the-spot correction. If you can't fix it yourself, report it to your supervisor or chain of command.

These standards are not just rules we come up with to make Soldiers' lives more difficult; they exist to help each of you remain safe and professional. I encourage you to carry this new book with you, learn the standards and practice them daily.

Patton's Own!





A message from the installation commander



David G. Cotter

Colonel

Commander

Area Support Group Qatar

This edition of the *Desert Mesh*, should reach you just before Independence Day. The 4th of July is a day to celebrate our nation's history, successes and prosperity. Remember to reflect and rediscover what it means to be a citizen of the United States, as well as a member of the U.S. Armed Forces. Take time to honor the selflessness of our nation's warriors – past and present.

As the model of universal rights and freedom – absent of oppression and tyranny – the United States depends on the efforts of those serving on foreign soil. In support of U.S. Central Command military commitments, unit and community achievements at Camp As Sayilyah are consistently highlighted and rewarded.

As an Army component headquarters on the Arabian Peninsula, Area Support Group Qatar has repeatedly presented itself as a leader in excellence. Back in April, the ASG-QA food service team was presented with the Army Phillip A. Connelly Award for organizing the best large garrison dining experience in the Army. On June 21, ASG-QA was presented with the Secretary of the Army and Chief of Staff of the Army Exceptional Organization Safety Award. Robert East earned the Secretary of the Army and Chief of Staff of the Army Individual Award of Excellence in Safety, contractor category.

ASG-QA intends to defend these pinnacle positions this year, in addition to obtaining some additional Army-level awards. Our logistics team is competing this year for the Supply of Excellence Award. Both installation dining facilities will compete for the Connelly Award – the small dining facility is currently closed for major renovations. Our safety program will also recomplete for top honors. These are important awards for an installation executing the USCENCOM rest and recuperation pass program, providing a recharge for over 160,000 war fighters since its 2004 inception.

I want to offer my whole-hearted welcome to everyone who recently arrived

to Camp As Sayilyah. Summer transitions to Qatar can be difficult due to the extreme summer weather conditions. The heat and humidity can hit hardest on those coming from cooler regions, but the outdoor conditions get easier to endure after some climate acclimation. It's critical to stay well hydrated and avoid outdoor activities during the daylight hours. Luckily, the installation has several world-class recreational facilities located within the confines of air-conditioned warehouses.

If you haven't done so already, be sure to grab an events calendar from the morale, welfare and recreation team at the big gym. On Independence Day, our MWR team will endeavor to enable everyone the ability to enjoy activities during this important day. On July 4th, the eight-lane bowling alley in the Top-Off Club will provide games free-of-charge from noon to 5 p.m. on a first-come, first-serve basis. Later into the evening, several local bands will battle out for the best performance at the Top-Off Club stage. Additionally, see a list of pool-side competitive events in this *Desert Mesh*, page 21.

MWR activities will provide a channel for everyone on Camp As Sayilyah to celebrate our independence throughout the installation. We recently celebrated the Army's 233rd birthday, now it's time to commemorate a new year for our nation.

Camp As Sayilyah continues to be a great place to serve during an overseas deployment. There are many opportunities to excel in work and recreational environments. If you have been on camp for several months, help someone new find their way around the maze of warehouses and bunkers. If you just arrived, be sure to allow plenty of time to acclimate to the weather and get involved in our numerous community activities. At Camp As Sayilyah, we work hard, play hard, stay safe and watch out for our battle buddies.

Patton's Own!

Michael D. Howard

Command Sergeant Major

Command Sergeant Major
Area Support Group Qatar

Soldiers and leaders, it's easy to get complacent over time. As such, it is important to understand an Army career is much more rewarding when striving for constant development. Many basic Soldier skills diminish relatively quickly without continual rehearsal; especially while serving in a garrison environment.

Inspection boards are long-held Army traditions. The competitive atmosphere helps participants stay sharp and professional. It is something everyone should consistently experience during a military career – from junior Soldiers to senior leaders.

During an inspection board process, participants focus on expanding and exhibiting their military knowledge – concepts required to remain technically and tactfully sound. Senior noncommissioned officers benefit by becoming mentors to the unit's most motivated individuals during a board's selection process.

Several Area Support Group Qatar Soldiers recently competed for top honors amongst their peers in a rigorous inspection of military skills and leadership. On June 16, Sgt. Iraq Blackledge, from Philadelphia, Pa., earned the title of ASG-QA Noncommissioned Officer of the Year and Spc. Teddy Thelwell, from Jacksonville, Fla., was announced as the ASG-QA Soldier of the Year.

Subsequently, Blackledge and Thelwell flew to Atlanta, Ga., to compete against their peers across U.S. Army Central.

Honoring military traditions is a testament to an organization's commitment to staying professional. Besides inspection boards, military birthday balls set aside time to remember how each organization played critical roles in the growth and development of our nation. On June 14, the Army reached its 233rd birthday. The Army birthday ball committee did an excellent job organizing the time-honored ceremony at Camp As Sayliyah on June 21.

Never forget: today's Soldiers are tomorrow's Army. The men and women today are better trained and smarter than we were when I first enlisted, but it will always be the noncommissioned officer's responsibility to keep them strong. Leaders must stay on the cutting edge of training and development. Our noncommissioned officer corps continues to be the back bone of the Army. As we pass the torch from one Army generation to another, we must carry on the traditions that continue to cultivate the best warriors in the world.

"Soldier First, Leader Always"



Stay strong and pass on our Army traditions



U.S. Army Sgt. Iraq Blackledge, from Philadelphia, Pa., Command Sgt. Maj. Michael D. Howard, Area Support Group Qatar command sergeant major, and Spc. Teddy Thelwell, from Jacksonville, Fla. (Official Army Photo by Dustin Senger)



THE WIRE

Qatar base provides best Army safety program

By DUSTIN SENGER
ASG-QA public affairs



Lt. Gen. James J. Lovelace, U.S. Army Central commanding general, presents the Secretary of the Army and Chief of Staff of the Army Exceptional Organization Safety Award to Col. David G. Cotter, Area Support Group Qatar commander, June 21.



Lt. Gen. James J. Lovelace, U.S. Army Central commanding general, talks about safety programs with Robert East, from Ocala, Fla., at Camp As Sayliyah, Qatar, June 21. For his premier installation safety program in fiscal 2007, Lovelace presented East with the Secretary of the Army and Chief of Staff of the Army Individual Award of Excellence in Safety, contractor category. (Official Army Photos by Dustin Senger)

CAMP AS SAYLIYAH, Qatar – Lt. Gen. James J. Lovelace, U.S. Army Central commanding general, officially presented the Secretary of the Army and Chief of Staff of the Army Exceptional Organization Safety Award to Col. David G. Cotter, Area Support Group Qatar commander, June 21. ASG-QA was announced as the best garrison safety program in the Army, fiscal year 2007, at a March safety conference in Kuwait. The command facilitates base operations services and security at Camp As Sayliyah, Qatar.

Each year, Army officials commend installations, units and individuals for accident prevention efforts and safety-minded service. They strive to identify Army components that clearly reflect dedicated service in supporting Army readiness and mission success.

“ASG-QA earned the [garrison-level] award by making the most significant contribution to accident prevention,” said Brig. Gen. William H. Forrester, Director of Army Safety, in formal correspondence to the USARCENT commanding general. “They demonstrated a thorough understanding of the theory and practice of composite risk management and applied it in achieving an

outstanding safety record.”

Robert East, from Ocala, Fla., is the installation safety manager at Camp As Sayliyah. Commonly known as “Safety Bob,” he reaches out to tenant units and organizations trying to construct and implement effective safety programs. For his premier efforts in fiscal year 2007, East earned the Secretary of the Army and Chief of Staff of the Army Individual Award of Excellence in Safety, contractor category.

“Maintaining an outstanding safety record is paramount to the success of the R&R program,” said Cotter. ASG-QA executes the U.S. Central Command rest and recuperation pass program at Camp As Sayliyah. “Our goal is to provide our visiting war fighters with a brief and effective recharge – so they can return to the war fight physically and emotionally refreshed. Out of harm’s way, families can find peace of mind knowing loved ones are in a safe location. This program truly is a labor of love.” Since 2004, over 160,000 participants have received a brief respite from military operations in the USCENTCOM area of responsibility.

Troops in Qatar are receiving the Army’s best in support and sustainment services. In April, the ASG-QA food services team was presented the Phillip A. Connelly Award for the best large garrison dining facility in the Army. According to the Connelly Award project manager, Camp As Sayliyah is the first feeding facility evaluated in Southwest Asia. According to Cotter, ASG-QA will compete to retain its top positions in 2008.

“Right now, the Area Support Group Qatar safety office is in good posture to repeat,” said East. “In fact, the installation is doing even better than last fiscal year. If we stay focused on composite risk management, we will be a strong contender in the fiscal year 2008 awards.” **A**

Army medics share life-saving concepts in Qatar

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

DOHA, Qatar – U.S. Army medics completed the first combat lifesaver seminar in Qatar on May 29, as part of a U.S. military information exchange program offered to allied forces in the Middle East. Thirty participants from the Gulf State's armed forces spent four consecutive days learning U.S. Army combat life-saving concepts, which centered on tactical combat casualty care at a point of injury – when seconds count toward saving a life.

Qatar is a small country with a large global impact. The emirate's fast growing economy is boosted by exporting an abundance of fossil fuels. Since 2004, over 160,000 war fighters have participated in the U.S. Central Command rest and recuperation pass program in Qatar. Executed by U.S. Army Central Area Support Group Qatar, the program provides troops various venues for relaxation, recreation, shopping, and cultural expeditions. The medical information exchange seminar was a relationship-building effort coordinated by U.S. Army Central and the U.S. Embassy in Qatar.

"All of our units should experience this," said Qatari Army Lt. Col. Adel Khamis Al Noobi, during the third day of the seminar. "If you find an injured person, it's important to know how to keep them alive until medics arrive." According to Noobi, most Qatari military servicemembers learn field medical support from basic textbook instruction. Hands-on training is usually reserved for specialized emergency response units. Of the 30 participants, 21 held non-

medical military occupations, such as infantry, logistics, transportation and administration.

"Being on the field playing is much different than learning in the locker room – in the field, you learn more," said Noobi. As part of the information exchange, U.S. Army medical officials staged exercises simulating real medical emergencies. "I hope we can continue these courses but make them longer. Two weeks would have been much better than four days."

"The Qataris were willing to learn and put forth a lot of effort," said U.S. Army Sgt. Michael Beck, from Chesapeake, Va. "The participants definitely wanted to be here." The event was Beck's first international symposium as a combat medic instructor. "Coming to Qatar was a unique experience. I am not use to speaking through an interpreter but we had a great linguist. We monitored our success by asking

questions and observing practical exercises." During one hands-on scenario, participants prepared and administered intravenous solutions to each other.

"Qatar turned out to be one of our best information exchange seminars in the Middle East," said U.S. Army Lt. Col. Gordon Mayes, from Haines City, Fla. "If the Qataris request it, this could continue to happen several times a year." Mayes is the USARCENT medical operations officer who led the team of five instructors. Prior to Qatar, he completed health services support seminars in Yemen, Bahrain and Oman. The team leader says he always receives immediate feedback asking for return visits.

"Aside from our medics, we are also building the knowledge base of our Arabic linguists by submerging them in the culture," said Mayes. "This

(Continued on page 10)



Qatari soldiers listen to U.S. Army combat medics explain how to administer an intravenous solution in Qatar, May 28. Thirty participants from the Gulf State's armed forces spent four consecutive days learning U.S. Army combat life-saving concepts. Information exchange seminars are offered to numerous nations throughout Southwest Asia, as a cooperative effort between U.S. Central Command and local embassies. (Official Army Photo by Dustin Senger)

Camp Policies

Policies are posted on the
ASG-QA Intranet Web site:

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

*ASG-QA domain access required.

U.S. Army Central Standards Book

- Army Values
- Military Customs and Courtesies
- Soldier Conduct
- Wear and Appearance of the uniform
- Safety/Force Protection
- Various References

The 3rd Edition (May 2008) is
now available. Download here:
<http://www-qa.arcent.army.mil>

CAS in the news!

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

THE WIRE

(Continued from page 9)

interaction provides an excellent opportunity for both nations to get together and see how each operates." Information exchange seminars are offered to numerous nations throughout Southwest Asia, as a cooperative effort between USCENTCOM and the local U.S. Embassies.

The programs in the Middle East focus on many facets of global military readiness; such as aviation, artillery, air-defense artillery, communications, counter-terrorism, professional development, staff planning, military intelligence, engineering, women serving in the military, special operations, security forces and infantry tactics.

Other than troop training, the seminars create a forum for senior military officials discuss regional requirements and plan future advancements. Qatar's combat lifesaver seminar was an introduction to continued medical security cooperation efforts. U.S. Army officials plan to continue support to their armed forces – in an effort to enhance host nation

support capabilities and joint military readiness.

"This event in Qatar wasn't training but a demonstration of U.S. military capabilities," said U.S. Army Warrant Officer Scot Hector, from Fayetteville, N.C. He is a Civil International Military Affairs operations officer coordinating the events for USARCENT. "We provide over 50 similar seminars a year to build relationships in the Middle East. These type of sessions plant the seeds that later grow into major training events – such as Bright Star, a combined forces exercise that has been reoccurring for 30 years." Bright Star, hosted in Egypt, is the largest USARCENT coalition training exercise overseas. It combines air, ground, naval and special operations forces from several nations.

U.S. Army Lt. Gen. James J. Lovelace, USARCENT commanding general, encourages cooperative events similar to the combat lifesaver seminar in Qatar. "It is a tremendous opportunity for us to work with the Qatari Army which strengthens our relationship and allows us to exchange ideas," said Lovelace. **A**



Qatari soldiers practice casualty care with U.S. Army Sgt. 1st Class Stephen Maley, from Buffalo, N.Y., during the final day of an information sharing seminar in Qatar, May 29. Thirty participants from the Gulf State's armed forces spent four consecutive days learning U.S. Army combat life-saving concepts, which centered on tactical combat casualty care at a point of injury – when seconds count toward saving a life. (Official Army Photo by Dustin Senger)

Survivors support troops overseas

► U.S. Army Master Sgt. Kieth Caraman, from Tampa, Fla., takes a photograph with Yau-man Chan, Eliza Orlins and Cirie Fields at Camp As Sayliyah, May 20. Chan, Orlins and Fields are former participants in the popular reality-television series "Survivor." They were touring U.S. military installations in Southwest Asia to show their support of the troops. In the show, each contestant was isolated in a remote location to compete for cash and prizes. "My family is full of 'Survivor' addicts – nobody is allowed to work Thursday nights when the show is on! I think it's awesome they came out here."



◀ "How did you climb all those trees – did you practice a lot?" U.S. Air Force Tech. Sgt. Ben Barlow, from Dayton, Ohio, asks Ozzy Lusth at Camp As Sayliyah, May 20. "I am a big 'Survivor' fan," said Barlow. "It's nice to see people from back in the States showing they care about the troops." Barlow was enjoying a brief respite from military commitments in Iraq while participating in the U.S. Central Command rest and recuperation pass program in Qatar. The program has provided a recharge for over 160,000 war fighters since 2004.



▲ "The entire Byron family is full of 'Survivor' fans!" said U.S. Air Force Capt. Dona Byron, from Auston, Texas, after receiving an autograph from Ozzy Lusth at Camp As Sayliyah, May 20. "We are pretty crazy about the show," said Byron. "Everyone in the family has their favorite person – we all try and guess the winner each season." (Official Army Photos by Dustin Senger)



▲ U.S. Army Sgt. Derrick Caudle, from Clarksville, Tenn., receives an autograph from Eliza Orlins at Camp As Sayliyah, May 20. "I have only seen bits and pieces of 'Survivor,'" said Caudle, "but it's not everyday you get to see somebody from television. It's pretty cool they came to show their support." Caudle was enjoying a brief respite from military commitments in Iraq while participating in the U.S. Central Command rest and recuperation pass program in Qatar.

Family Readiness Group Web site

FRG site includes:

- USARCENT magazines
- ASG-QA news and photos
- Contact information
- Important links

http://www-qa.arcent.army.mil/qa_frg

Contact CPT Luella Wallace, ASG-QA personnel officer, for more details.

THE WIRE

College football coaches visit fans in Qatar

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

CAMP AS SAYLIYAH, Qatar – Five National Collegiate Athletic Association football head coaches met hundreds of U.S. troops in Qatar, May 22. The NCAA coaches were traveling to various military installations in the Middle East to visit deployed servicemembers. This is a first-of-its-kind event for Armed Forces Entertainment, the U.S. Department of Defense agency providing entertainment to military personnel overseas.

The assembly of coaches included: Mark Richt, University of Georgia; Randy Shannon, University of Miami; Jack Siedlecki, Yale University; Tommy Tuberville, Auburn University; and Charlie Weis, University of Notre Dame. Morale Entertainment organized the tour in association with Armed Forces Entertainment. A possible television broadcast is being developed by Morale Entertainment and Big Dog Productions during the coaches' Middle East expedition.



U.S. Marine Corps Lance Cpl. Casey Stellmach, from Virginia, Minn., meets Mark Richt, University of Georgia head coach, at Camp As Sayliyah, May 22. (Official Army Photo by Dustin Senger)

“College football is an all-American sport – it truly showcases the drive, determination and teamwork that is similar to the U.S. Armed Forces,” said U.S. Air Force Col. Edward Shock, chief of Armed Forces Entertainment, in an official press release announcing the visit on March 22. “We are proud to bring this tour to our military men and women, and my hat goes off to these coaches for spending their downtime with our troops.”

In Qatar, the hometown heroes greeted numerous war fighters participating in the U.S. Central Command rest and recuperation pass program at Camp As Sayliyah. Executed by U.S. Army Central Area Support Group Qatar, the venue offers troops a nearby respite from contingency



Five National Collegiate Athletic Association football coaches line up for a photograph, at Camp As Sayliyah, Qatar, May 22. The assembly of coaches included: Jack Siedlecki, Yale University; Mark Richt, University of Georgia; Randy Shannon, University of Miami; Tommy Tuberville, Auburn University; and Charlie Weis, University of Notre Dame. Morale Entertainment organized the tour in association with Armed Forces Entertainment. (Official Army Photo by Dustin Senger)

areas throughout Southwest Asia. Over 160,000 servicemembers have participated in the program since its inception in 2004.

"It's pretty cool to come here for a break and see people who take you away from everything going on in Iraq," said U.S. Marine Corps Lance Cpl. Casey Stellmach, from Virginia, Minn., while enjoying his break from military operations.

"I am a big college football fan," said U.S. Air Force Lt. Col. Joe Turk, from

Wichita Falls, Texas, after meeting the coaches. "I think it's the purest form of football. After 12 years in the Air Force, I have pretty much lived everywhere these guys have coached. I really appreciate them coming out here."

Turk was enjoying a brief break from operations in Iraq.

"I have been a Georgia fan for years!" said U.S. Army Staff Sgt. Emily Dye, from Jackson, Miss. "This is my fourth tour to Iraq

but I still follow the games every year – even though I have to watch them in the middle of the night from over here!

This shows some returned support for their fans serving overseas."

"I never thought I would be deployed and meet all these coaches – I normally root for either Penn State or Notre Dame," said U.S. Army Pvt. Donald Taylor, from Elmira, N.Y. He was enjoying a rest from duties in Afghanistan. "It is spring season for college football and we have the head coach from Notre Dame here, signing t-shirts!"

"We love the Soldiers and their willingness to sacrifice for our country," said Mark Richt, University of Georgia head coach. "We want to support them not only in prayer but also in person." **A**

“ College football is an all-American sport – it truly showcases the drive, determination and teamwork that is similar to the U.S. Armed Forces.” Air Force Col. Edward Shock



▲ U.S. Army Capt. Randy Sherman, from Marshall, Mo., meets Charlie Weis, University of Notre Dame head coach, at Camp As Sayliyah, May 22. "My in-laws are huge Notre Dame fans," said Sherman, participating in the U.S. Central Command rest and recuperation pass program. He was enjoying a brief break from military commitments in Iraq. "I had to get a shirt signed for them; to show my appreciation for helping my wife and their grand kids while I am overseas." (Official Army Photos by Dustin Senger)



▲ Randy Shannon, University of Miami head coach, talks with U.S. Air Force Lt. Col. Joe Turk, from Wichita Falls, Texas, at Camp As Sayliyah, May 22.



▲ U.S. Army Staff Sgt. Emily Dye, from Jackson, Miss., receives an autographed t-shirt from Mark Richt, University of Georgia head coach, at Camp As Sayliyah, May 22. "I have been a Georgia fan for years!" said Dye.



Optical Fabrication Laboratory

The optical fabrication lab provides: glasses and inserts; repairs and adjustments; and replacement parts.

- Monday thru Thursday:
9 a.m. to 4 p.m.
- Friday:
Appointments only
- Saturday:
Closed
- Sunday:
8:30 a.m. to 11:30 a.m.

Contact SGT Katrina Waynar, 388th MLC optical lab noncommissioned officer in charge, for more details.

Town Hall

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

Town Hall Meeting

- Aug. 4: Quarterly Town Hall meeting from noon to 1 p.m. in the big dining facility.

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

THE WIRE

Medical opticians hit milestone in Qatar

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

CAMP AS SAYLIYAH, Qatar – The 388th Medical Logistics Company reached an important milestone after completing the 1,000th pair of eyewear at the U.S. Army Medical Materiel Center Southwest Asia optical fabrication lab, May 15. The Camp As Sayliyah optical fabrication facility provides standard-issue, Frame of Choice and combat eyewear for troops serving in Southwest Asia. By improving efficiency and facilities, the 388th MLC continues to outperform Army medical logistics' requirements.

The mission of the USAMMC-SWA is to provide theater medical

supplies, biomedical repair, medical logistics information management and optical fabrication to the U.S. Central Command area of operations. The 388th MLC, an Army Reserve unit from Hays, Kansas, took over medical logistics operations at Camp As Sayliyah in October 2007.

The optical fabrication lab, staffed with two Army opticians, provides fabrication services to personnel at Camp As Sayliyah and the nearby air base in Qatar. When requested to sustain operations, the lab assists other optical labs in USCENTCOM.

Additionally, USAMMC-SWA supports the USCENTCOM rest and recuperation pass program by providing visiting war fighters an opportunity to replace or repair required eyewear. Located at Camp As Sayliyah, the USCENTCOM respite program has recharged over 160,000 troops since its inception in 2004.

"There are optician labs available to troops all over Southwest Asia," said U.S. Army Sgt. Katrina Waynar, from Fort Dodge, Iowa. She is the 388th MLC optical lab technician overseeing production at the Qatar facility. "Right now, Iraq has the most support capabilities. We don't have production numbers exceeding the larger labs, but our goal is to keep increasing our support to the war fighter."

"Because of the groundwork laid down at Camp As Sayliyah, the door has been opened for more opportunities," she said. "We have increased our numbers which means we have increased our capabilities." The previous unit had completed 164 pieces of eyewear during their 12-month deployment. Waynar intends to fulfill at least 1,500 prescriptions before her unit prepares to depart the installation this summer. The actual production number will be



U.S. Army Sgt. Katrina Waynar, from Fort Dodge, Iowa, prepares a glass fabrication process at Camp As Sayliyah, May 15. She is the 388th Medical Logistics Company optical lab technician overseeing lens production at the Qatar facility since October 2007. The 388th MLC reached an important milestone after completing the 1000th pair of eyewear on May 15. (Official Army Photo by Dustin Senger)

largely regulated by troop rotations and requirements.

“When we first arrived, we had a small building with a short supply of materials and no hard-wire electrical power or network access,” said Waynar. “We needed to put this new lab together. Once it was finished, we started to take on more and more work by reaching out to units elsewhere. With the help of Area Support Group Qatar and the installation commander, many have been surprised by what we have made available. I think it’s safe to say we have the largest frame stock in Southwest Asia.”

Currently, the lab offers single-vision eyewear, repairs, adjustments and replacement parts. Since USCENTCOM rest and recuperation participants are only on the installation for a few days, the opticians attempt to complete prescriptions within the same day – sometimes while they wait.

Important for many servicemembers, the lab also offers Frame of Choice fashion eyewear in all available colors and sizes. In the past, military-issued eyewear was restricted to a thick and durable design – perfect for combat and training environments but less comfortable in everyday use. The thinner Frame of Choice options are much more modern in design.

“Some people lose their glasses; many get destroyed,” said Waynar. “We try everything to find their prescription, which is easily available for all glasses ordered through the military.” Lenses are made based on the servicemember’s

“ I don’t micromanage – I just give command guidance, intent and vision. I trust my NCO leadership to optimize their work environments. Who knows best how to improve a section than the people working in it everyday?” Army Lt. Col. Scott Carpenter, Morehead City, N.C.

most recent prescription. “We are working toward becoming a multi-focal lab as well.”

“The 388th noncommissioned officer corps has really raised the bar in efficiency,” said Army Lt. Col. Scott Carpenter, from Morehead City, N.C. He is the USAMMC-SWA commander. “I don’t micromanage – I just give command guidance, intent and vision. I trust my NCO leadership to optimize their work environments. Who knows best how to improve a section than the people working in it everyday?”

According to Carpenter, every section in the medical logistics company has improved. The 388th MLC repaired more medical equipment in eight months than the previous unit finished in a year. Inventory accuracy is currently at 99.6 percent, exceeding Army standards.

“The 388th MLC has taken ownership in their areas and continue to exceed Army requirements by regulation,” said Carpenter. **A**



U.S. Army Lt. Gen. Eric B. Schoomaker, Army surgeon general, listens to Lt. Col. Scott Carpenter, from Morehead City, N.C., discuss medical logistics operations at Camp As Sayliyah, May 14. Carpenter is the U.S. Army Medical Materiel Center Southwest Asia commander. (Official Army Photos by Dustin Senger)



U.S. Army Lt. Gen. Eric B. Schoomaker, Army surgeon general, listens to Air Force Staff Sgt. Silvia Ingram, from Freemont, Ohio, discuss medical logistics operations at Camp As Sayliyah, May 14. As a medical logistician, she supports the U.S. Army Medical Materiel Center Southwest Asia mission to provide medical supplies, biomedical repair, optical fabrication and medical logistics information management to the U.S. Central Command area of operations.

Equality Observance

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

Women's Equality Day

• Aug. 26: Observance at 11 a.m. in the big dining facility.

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

Desert Mesh online!

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

Voting Assistance

Obtain your Federal Post Card Application for the November Presidential elections.

Overseas Citizens' Voters Week

• June 28 to July 7

Contact CPT Luella Wallace, installation voting assistance officer, for more information.

THE WIRE

ASG-QA HHC change of command



▲ U.S. Army Col. David G. Cotter, Area Support Group Qatar commander, receives the headquarters and headquarters company colors from Capt. John Bond, from Silver Spring, Md., during a change of command ceremony, June 26. The Army tradition of passing the colors signifies the fulfillment and subsequent acceptance of command responsibilities. Cotter then passed command on to Capt. Christopher Crane, from Chicago, Ill. (Official Army Photos by Dustin Senger)



Camp As Sayliyah celebrates Army's 233rd birthday



Lt. Gen. James J. Lovelace, U.S. Army Central commanding general, cuts an Army birthday cake with Pfc. Chyna Williams, from Crestview, Fla., during the an Army birthday celebration at Camp As Sayliyah, June 21. By Army tradition, the official cutting it carried out by the ceremony's oldest and youngest Soldiers. (Official Army Photos by Dustin Senger)



Lt. Gen. James J. Lovelace, U.S. Army Central commanding general, delivers a speech during an Army birthday celebration at Camp As Sayliyah, June 21.



Rest and Recuperation Pass Program Donations

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



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

Contact CPT Christopher A. Spencer, ASG-QA rest and recuperation pass program officer, for more information.

Eagle Cash

Eagle Cash eliminates the need to carry paper pogs, loose change or pay costly ATM fees.

Eagle Cash kiosks:

- Finance
- Big dining facility
- 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:
8:30 a.m. to noon

Contact CPT Luis Martinez, ASG-QA finance officer, for more details.

THE WIRE

On-post venues at Camp As Sayliyah

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

Area Support Group Qatar provides and maintains numerous outlets for products, services and recreation for servicemembers at Camp As Sayliyah. Most amenities are designed to accommodate the U.S. Central Command rest and recuperation pass program participants, war fighters enjoying a brief break from contingency commitments throughout the USCENTCOM area of responsibility. The on-post facilities are designed to provide a world-class program while maintaining mobility; conforming to the installation's temporary posture.

There are many active components providing and sustaining the

on-post relaxation and recreation venues. ASG-QA Morale, Welfare and Recreation work cooperatively with the Army, Air Force Exchange System, to provide relentless service for installation residents. Since 1895, AAFES has consistently provided outstanding service for men and women serving in the Armed Forces while stationed overseas. In December 2006, the AAFES Post Exchange at Camp As Sayliyah was remodeled and expanded to provide a substantial increase in stocked items; such as: military and civilian clothing items, jewelry, movies, shoes, CDs, books and magazines. A mall complex was added to consolidated AAFES concession venues; creating a one-stop-shop.

Camp As Sayliyah enhances combat strength, readiness and retention by providing services troops need in the overseas location. In the spirit of providing an accommodating atmosphere, suggestion boxes are located throughout the installa-



A Soldier reads in Camp As Sayliyah's USO lounge.



U.S. Army Sgt. Edmond Burkhalter, from New Orleans, La., Norman Smith, sports and fitness supervisor, and Sgt. 1st Class Marcus Nix during a two-minute push up challenge at Camp As Sayliyah's big gym. (Official Army Photos by Dustin Senger)

tion. Quarterly Town Hall meetings also provide an opportunity to voice opinions, recommendations and concerns – or to simply give thumbs up!

The following list provides an overview of the Camp As Sayliyah venues:

R2P2 Building

- Internet cafe
- DSN phone center
- Reading room
- TV room
- Big-screen TV lounge
- Toiletry closet
- Donation closet
- Chaplain's support room
- Green Beans
- Kitchen
- ⇒ Snacks and beverages
- USO room
- ⇒ X-Box / PlayStation
- ⇒ Big-screen TV lounge

MWR Top-Off Club

- Mularkeys' Irish Pub
- Cactus Restaurant and Bar
- Plasma TVs
- Wireless Internet
- Big-screen TV lounge
- Eight-lane bowling alley
- Electronic darts
- Electronic gaming systems
- Basketball cage
- Pool tables
- Foosball
- Air hockey
- Darts
- Batting cage
- Night-life entertainment

MWR Oasis Club

- Restaurant
- Pool tables
- Foosball
- Plasma TVs
- Night-life entertainment
- Post Office (adjacent to Oasis Club)

MWR Big Gym

- Endurance-training section
- ⇒ Broadcast Vision
- Resistance-training section
- ⇒ Towell check out
- Internet cafe
- Phone center
- Video rentals
- X-Box game room
- Big-screen TV lounge
- Ping-pong tables
- Foosball
- Nine-Hole miniature golf
- Golf driving range
- Outdoor basketball courts
- Dairy Queen/Orange Julius
- Smart Lady Braiding Salon
- The Spa
- Barber shop

MWR Small Gym

- Endurance-training section
- Resistance-training section
- ⇒ Towell check out
- Indoor basketball court
- Barber shop
- Finance office
- Personnel office

MWR Pool Area

- Swimming pool
- Hot tub
- Chili's restaurant

AAFES Post Exchange mall complex:

- Barber shop
- Dry cleaners
- Alteration shop
- Gift shops
- Jewelry shops
- Popeye's Chicken and Biscuits
- Subway
- Pizza Inn
- Green Beans
- Western Union



Niki Barr performs at Camp As Sayliyah's Top-Off Club. (Official Army Photos by Dustin Senger)



U.S. Army Sgt. 1st Class Jeremy Myers, from Coon Rapids, Minn., guards the net with teammate Mike Whitmarsh, an Olympic beach volleyball player from San Diego, Calif., at Camp As Sayliyah's indoor basketball court.



Servicemembers bowl at Camp As Sayliyah's eight-lane bowling alley; while competing in an installation-wide fitness challenge.



Servicemembers pass the time at Camp As Sayliyah's nine-hole miniature golf course.

Chaplain Services

Attend the installation ministry team's spiritual support services:

Prayer Luncheon

- July 30: Monthly prayer luncheon at 12 p.m. in the big dining facility.
- Aug. 27: Monthly prayer luncheon at 12 p.m. in the big dining facility.

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

Equality Observance

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

Women's Equality Day

- Aug. 26: Observance at 11 a.m. in the big dining facility.

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

THE WIRE

Ask the Chaplain

By Capt. JAMES HENDRICK
Installation ministry team

Q. How can chapel programs benefit me while at Camp As Sayliyah?

A. That's a great question! It's one I pray everyone asks. I believe chapel programs benefit people in three specific areas. These include spiritual fitness, relational support and success guidance.

Spiritual fitness describes the necessary maintenance and development of our hearts – by heart, I don't mean the blood pumping organ in your chest, but rather the deepest truest you. The heart is the source of origin for our thoughts, words, deeds and emotions. It's central to who we

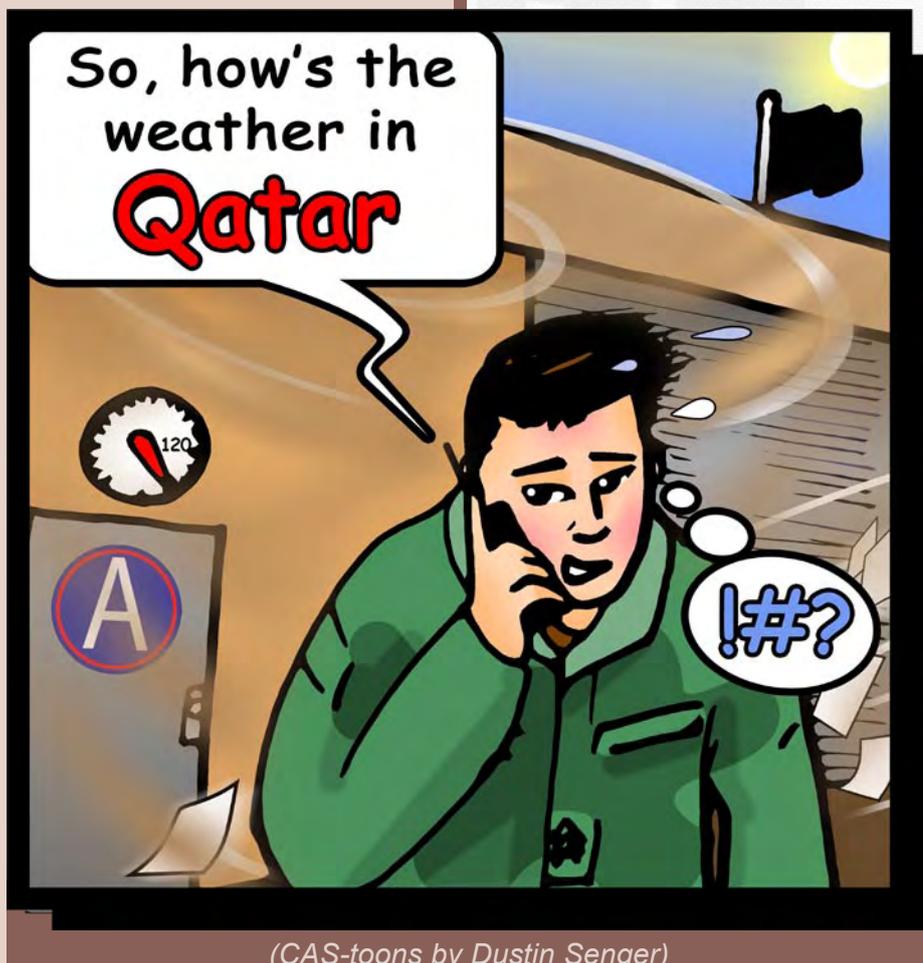
are as human beings. To neglect the heart is to neglect the very essence of our composition. To neglect the heart is like neglecting the fuel, oil and coolant levels in your vehicle.

Spiritual fitness is necessary because people with unhealthy or broken hearts don't reach their potential in life. They usually view the categories of life incorrectly, typically from false-fear (insecurities), thus diminishing their success in them. Chaplains serve as 'heart-shepherds' to facilitate spiritual health. Chapel programs serve as spiritual measures and methods to accomplish this foundational objective.

Relational support, the second benefit, comes naturally from chapel programs as people experience the joy of healing, nourishing and developing their hearts with others. In this process, burdens are shared and bonds are made that create the heart-to-heart environment that spiritually feeds and sustains our relational cravings while separated from loved ones. The military family is indeed a second family. Filtered through chapel programs, its relational support can become a heavenly-treasure.

Success guidance, the third benefit, flows from spiritual fitness and relational support. Success doesn't occur without mentoring. Chapel programs are designed to enlarge our potential by helping people replace fear (a negative outlook) with faith (a positive outlook). They also connect you to people growing in their understanding and application of success-principles from the God in which America has placed its trust. In both areas, personal success is progressively enhanced and enlarged. This, in return, positively impacts marriages, parenting, careers, finances, etc.

How can chapel programs benefit you? They do in three areas that have the ability to produce an abundant life chock full of significance and meaning. **A**

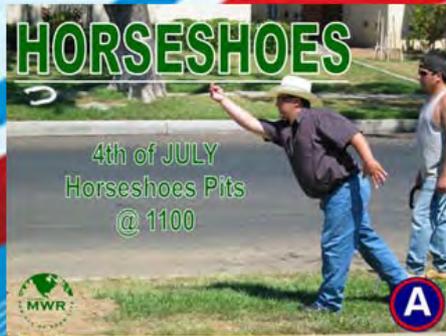


(CAS-toons by Dustin Senger)

4th of JULY POOL FUN DAY



4x200M SWIM
ASG POOL
@ 1000



HORSESHOES
Horseshoes Pits
@ 1100

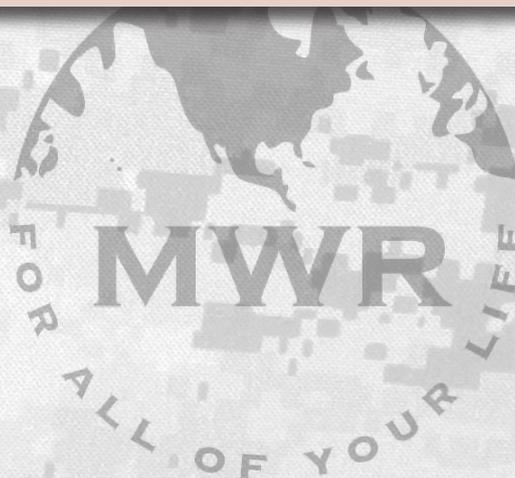


WATER POLO
ASG POOL
@ 1400

For further information please contact
Norman Smith, MWR sports and fitness supervisor

MWR events schedule

- ♦ **Battle of the Bands**
July 3-5 • 8:30 p.m. • Top-Off Club
 - ♦ **Independence Day**
July 4 • All Day (see above)
 - ♦ **Sevendust rock band**
July 7 • 8:30 p.m. • Top-Off Club
 - ♦ **Armed Forces Entertainment Comedy Tour**
July 11 • 8:30 p.m. • Top-Off Club
 - ♦ **American Idol Celebrity Tour**
Aug. 6 • TBD
- Contact Tony Randall, MWR community services manager, for more information.



FITNESS MANIA!

U.S. Army Capt. Luis Martinez, Area Support Group Qatar finance officer, scored 2,330 points to win the May fitness challenge at Camp As Sayliyah.

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



Education Center

Take advantage of the education center's counseling services:

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

Contact the installation education center for more information.

CAS Bowling Alley



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

Free Bowling

- Fridays, from noon to 5 p.m.

Free Tuesdays

- July 1: Open bowling from 6 p.m. to 8 p.m.
- July 8: Moonlight bowling from 8 p.m. to 10 p.m.
- July 15: Open bowling from 6 p.m. to 8 p.m.
- July 22: Moonlight bowling from 8 p.m. to 10 p.m.
- July 29: Open bowling from 6 p.m. to 8 p.m.

Contact MAJ John Willets, MWR director, for more details.

FITNESS

Exercise individual needs

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

Despite the various magic solutions presented in numerous publications, no one-size-fits-all answers exist in proper exercise prescription. Several training theories are supported by accredited research, but conclusions are based on statistical averages. Studies examine how exercise affects the majority of particular populations – trained, untrained, young, old, men, women, healthy, sick – as well as combinations thereof. If a study finds one exercise performed to failure works for most participants, what about the few who didn't benefit?

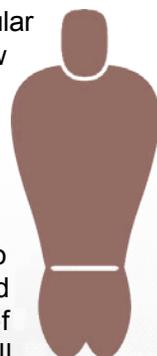
Humans contain numerous similarities; yet there are several distinct differences. Each individual has a unique capacity to tolerate and develop athletic abilities. Ideal methods for reaching fitness goals – more muscle, less fat, sports specific – will be affected by these variations. It's the responsibility of the trainee, or coach, to discover individual physiological and psychological requirements, to overcome or exploit genetic traits.

All humans are made up of bones, muscles, organs and a central nervous system; yet the species varies in how these components interact and adapt under strain. Genetic differences can be seen in blood chemistry test, which identify indicators of a competent metabolism, proper hormonal output or productivity of filtering organs. They are exhibited in teenagers with substantial muscular size despite limited exposure to resistance training. Structural differences are

quite noticeable; such as limb or torso lengths and thicknesses. Physical diversity calls for customization in training to become bigger, faster or stronger.

Understanding training needs based on body characteristics can help customize exercise prescription. To simplify this, *somatotypes* categorize the body into three basic groups: *mesomorphs*, *endomorphs* and *ectomorphs*.

Mesomorphs are muscular with reasonably low body fat. They display mature muscle mass on a thick skeletal frame, with good posture and broad shoulders. Their hands may also appear muscular and powerful. The body of a true mesomorph will taper to a relatively low and narrow waist. A mesomorph will have prominent features in their face, such as clearly defined cheek bones and a square jaw. Their hair and skin is often thick and they tan well under sunlight. Generally speaking, a trained mesomorph will thrive on high-intensity, low-volume and low-frequency training. Since they are naturally powerful people, true mesomorphic athletes enjoy a lot of flexibility in their training.



Endomorphs are bulky and soft. Their narrow shoulders taper to a thick and high waist. An endomorph's upper arms and thighs are often more developed than the lower portions of their extremities. Limbs are often short with relatively small hands and feet, as



compared to the overall body size. Endomorphs generally have soft skin and fine hair. Their head is frequently round and large. Endomorphs have similar training requirements to mesomorphs but may need more initial training volume. Although they can become strong athletes, they fall short when tested for endurance. For suitable body composition and stamina, endomorphs must adhere to a restricted diet and spend a significant amount of time training their aerobic energy systems.

Ectomorphs are slender and lean. Strength coaches usually refer to them as “hard gainers.” Ectomorphs have a delicate build; thin bones, flat chest, small shoulders and lightly muscled. Their limbs may appear long in comparison to shoulder girth. Ectomorphs are not as strong as the other two somatotypes but have a greater endurance threshold. They have a tendency to succeed using high-volume training with a greater tolerance to frequent sessions. To train with progressive overloads, ectomorphs must overfeed their fast metabolisms to ensure enough substrate is available for an adaptive response.

Identifying genetic needs with the somatotypes theory is not an exact science, but it does offer direction based on similarities in populations. Since human beings are so diverse, there are variances within the three basic somatotypes. In fact, people are usually rated between two somatotypes; resulting in subgroups based on shared characteristics, such as an endo-mesomorph. Championship basketball players often share ectomorphic and mesomorphic traits. In studies analyzing Olympic boxers, mesomorphic and endomorphic tendencies are greatest – especially in



the higher weight classes. Top-placing bodybuilders are almost exclusively mesomorphs. Analyzing an athlete’s physical condition during adolescents makes it easier to identify their strongest somatotype tendencies, before aging and environmental issues influence body composition.

Although not universally accepted, body types may offer some direction in psychologically profiling individual personalities. William H. Sheldon, a 20th century American psychologist, was the originator of somatotypes in the 1940s. Aside from physical characteristics, he also attributed personality traits to body types. According to Sheldon, mesomorphs are assertive, adventurous, courageous and competitive. Endomorphs are relaxed, sociable, even-tempered and open-minded with a healthy appetite. Ectomorphs are private, insecure, introverted and emotionally restrained at times.

Mental preparation is useful prior to training, for focused and sustained effort. It won’t compensate for a lack of skill, but numerous world-class athletes believe in the power of visualization prior to competition. Many sports psychologists believe world-class champions contain inherited psychological traits that help them reach and maintain 100 percent effort during strenuous competitions. However, learning to “toughen up” through mental exercises can certainly add to anyone’s athletic potential. Oddly enough, too much motivation can be detrimental to improved performance. Simply put: some trainees try to apply too much, too often. Volume, intensity and frequency must all balance out to optimize training adaptations, in addition to meeting daily

nutritional and rest requirements.

Proper attitude and goals are important but expectations must remain reasonable. It’s critical to understand personal limitations and set realistic goals. Great marathon runners have an appropriate skeletal structure for long-distance running, which are propelled by genetically superior aerobic energy systems. Only a fraction of recreational bodybuilders own the muscular aesthetics and symmetry to compete in regional and national competitions – and an even smaller percent will make it to the International Federation of Bodybuilding and Fitness Olympia stage, a pinnacle event for bodybuilders. The world’s most successful powerlifters – athletes tested for relative and limit strength – have a unique combination of mental and physical potential that presents powerful results. Succeeding in the elite ranks of human performance requires a unique union of uncanny physiological and psychological talent.

Simply beginning a fitness program is a great first step, but eventually individual training needs must be addressed to succeed through advanced levels of physical conditioning. A person may possess a genetic disposition to become a successful athlete, but lack the internal drive and subsequent consistency to make it happen. On the other hand, he or she may have the

desire and dedication but lack the physical characteristics. The body and mind must positively work in tandem for peak physical performance. **A**

Many sports psychologists believe world-class champions contain inherited psychological traits that help them reach and maintain 100 percent effort during strenuous competitions.

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 CPT Christopher A. Spencer, ASG-QA rest and recuperation pass program officer, for more information.

FITNESS

Sports celebrities meet and greet

► *U.S. Army Pfc. Evangelina Martinez, from Dallas, Texas, stands with former professional baseball players at Camp As Sayliyah, May 6. The major league legends included: Jeff Nelson, Tim Salmon, Mike Remlinger and Dean Palmer. The athletes were traveling to various U.S. military installations in southwest Asia. Remlinger, a retired pitcher, is currently building up his strength for a possible return to major league baseball later this year. "I would like to go back to the Cubs," said Remlinger. "I had a great time playing in Chicago but where I go all depends on the need of the teams. Right now, I'll just get myself in shape." (Official Army Photos by Dustin Senger)*



▲ *U.S. Army Staff Sgt. Sandra Gaines, from Peoria, Ill., receives autographs from four members of the St. Louis Rams Cheerleaders at Camp As Sayliyah, Qatar, June 18. "These autographs are addressed to my boys, but I am a St. Louis Rams fan too," said Gaines. "I think it's great the cheerleaders come out here to support us – they seem to enjoy it as much as we do." Qatar was the first stop for the four cheerleaders, who were visiting various U.S. military installations in Southwest Asia.*



◀ *U.S. Army Sgt. 1st Class Lamar Cook, from Buffalo, N.Y., lets Shawn Bradley, a former professional basketball player, rest on his shoulder at Camp As Sayliyah, Qatar, June 2. "At 7 feet 6 inches tall, he is one of the tallest to play in the NBA," said Cook after meeting Bradley. "It's an awesome feeling to meet a former NBA superstar – he was also one of the monsters in the movie Space Jam with Michael Jordan."*



▲ *“This is my wingspan, so you can see how much damage I could do in the air with you,” said U.S. Marine Sgt. Sergio Jimenez, from Fresno, Calif., while posing for a photograph with four former professional basketball players at Camp As Sayliyah, Qatar, June 2. The four players included: Elden Campbell, Shawn Bradley, Rushia Brown and Tom Gugliotta. The former NBA and WNBA players were traveling to military installations in Southwest Asia to meet deployed servicemembers. “I knew they were tall, but this is ridiculous,” said Jimenez jokingly. “I have been a fan for years but this is the first time I have ever met anyone in the NBA or WNBA.” (Official Army Photos by Dustin Senger)*



▲ *U.S. Army Capt. John Bond, from Silver Spring, Md., poses for a photograph with three X Games competitors at Camp As Sayliyah, Qatar, June 23. The extreme action sports stars included: Nate Holand, Grete Eliassen and Danny Kass. The group was touring various U.S. military installations in the Middle East during an X Games tour to show their support. “I have seen them all on ESPN,” said Bond. “They are so much fun in person. I saw Danny Kass skateboarding with some troops last night – it was amazing!”*

▶ *Danny Kass jumps over three Area Support Group Qatar servicemembers at Camp As Sayliyah, Qatar, June 23. Kass is a two-time Olympic silver medal champion and seven-time Winter X Games medalist in snowboarding events. “This is too easy,” he said after completing the jump.*



▲ *Minnesota Vikings cheerleaders greet U.S. Air Force Master Sgt. Eric San Pedro, from Colorado Springs, Colorado, at Camp As Sayliyah, May 14. The football cheerleaders were visiting troops at U.S. military installations throughout Southwest Asia. “Actually, I am a Broncos fan,” said San Pedro, “but, to me, they represent all cheerleaders in the NFL! This is a great way for them to support us and our missions. To me, it’s a statement saying ‘we’re here for you guys!’”*



▲ *U.S. Air Force Staff Sgt. Allen Moon, from Glens Falls, N.Y., meets four professional volleyball players at Camp As Sayliyah, Qatar, June 11. “I have been a volleyball fan ever since I was stationed in California – about 13 years now,” said Robinson. The athletic celebrities visiting troops in Southwest Asia included: Canyon Cemen, Carrie Dodd, Nancy Mason and Dain Blanton. “It’s a huge thrill to see them. We watch them back home – I have seen all four of them play in tournaments.”*



Troop Medical Clinic

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

- Saturday thru Thursday:
8 a.m. to 10:30 a.m.
- Friday:
No sick call sign-in (EMS coverage only)

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

- Saturday thru Wednesday:
1 p.m. to 4:30 p.m.

Contact MAJ Bascom Bradshaw, TMC director, for more details.

Photography Support

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

*ASG-QA domain access required.

FITNESS

Fitness Q&A

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

Q. What is the right way to warm up before exercise?

A. The human body is a magnificently adaptive organism. In response to a progressive training stimulus, muscles are capable of increasing fiber diameter, transforming architecture and manipulating energy systems. To truly maximize a training session, the period immediately prior to exercise must not be spent carelessly. Properly preparing for resistance training can greatly impact performance, to include: warming up their core temperature, stretching a muscle belly and massaging an exercised area.

Warm up but don't burn

Warming up prior to training can improve performance. However, there is a threshold to respect; a point when performance is negatively impacted. Based on biochemical research, increases in body temperature speed up chemical reactions. A study dated back to 1945 demonstrated that anaerobic exercise performance improves by roughly five percent for each degree the muscle's temperature is increased. In contrast, excessive elevation of the core temperature impairs performance, primarily related to changes in the central nervous system that result in central fatigue. Hyperthermia can also impair cardiovascular function, causing reduced arterial oxygen delivery and limited efficiency of the aerobic energy systems.

Several studies indicate that a peak internal temperature exists where a person will stop voluntarily exercising. This effect is tightly connected to core temperature and not local muscle

temperature. A core temperature of 100 degrees Fahrenheit is considered a normal active state but may impair performance over long durations.

In March 2008, Lars Nybo published a study in the Journal of Applied Physiology to examine the effects of hyperthermia and fatigue. In his research, exercise on a bicycle was maintained for an hour at core temperatures of 100 degrees, without exhaustion. On the other hand, when core temperature stabilized at 104 degrees, fatigue resulted within 50 minutes. Researchers noted that untrained individuals will fatigue sooner than trained athletes. Competitive events can also delay fatigue due to the heightened motivation. Certain dietary supplements, such as caffeine and ephedrine, can dangerously counteract feelings of fatigue at high core temperatures.

Based on current research, it seems evident muscles must be warm for maximum performance but core temperatures need to remain less than 104 degrees during activity. Cases of hyperthermia, which can become life threatening, are often reported while training in a hot environment. It's possible to increase core temperature to 104 degrees in less than 10 minutes in warm conditions. Allowing some passive recovery and staying well hydrated will support the body's cooling mechanisms. It's important to warm up before exercise, but overdoing it can disable any possible performance-enhancing effects.

Avoid massaging muscle

The act of massaging a muscle prior to training is less common today – this lack of popularity is supported by science. Massage was once thought to enhance lactate clearance by stimulating intramuscular blood flow; however, recent studies have challenged this claim. In fact, research reveals that blood flow in the skin, not muscle, is aided by massage. Furthermore, this could negatively impact performance and recovery

ability by diverting blood from the muscle.

In a study published in the *Journal of Strength and Conditioning Research* in March 2008, researchers supported that massage does not provide significant benefit during resistance training. Additionally, massaging a working muscle was not noticeably successful in combating delayed-onset muscle soreness. The study compared the effects of massage, body part elevation and rest periods during resistance training. Of all the treatments, rest period duration had the most impact on resistance exercise performance; the others had little value.

Stretch after a session

It's commonly assumed that muscles must be stretched prior to resistance training by strength coaches, therapists, physicians and athletes. Fitness enthusiasts often stretch prior to training; hoping to increase flexibility, reduce the chance of injury and enhance performance. Increased flexibility is a well understood effect of chronic static and ballistic stretching, but current research provides inconsistent evidence that stretching will prevent injury during training or improve performance. It may be important to stretch a trained muscle, but doing so prior to training can negatively affect subsequent performance.

Stretching before training can decrease sensitivity of muscle proprioceptors, receptors responsible for sending positioning feedback to the brain and spinal cord. It may relax stiffness, but a reduced efficiency in voluntary and reflex-induced muscle contractions can negatively affect performance. Stretching can impede force-producing potential of skeletal muscle by limiting its capacity to store energy. A loosened muscle has a lower work absorption capacity which makes heavy resistance training more difficult. This performance



Strength challenges at Camp As Sayliyah include: squats, bench press, push-ups and pull-ups. (Official Army Photos by Dustin Senger)

inroad can last hours – even days in some extreme instances.

A study published in the *Journal of Strength and Conditioning Research* in March 2008 reviewed chronic stretching and voluntary muscle force. Their study involved four-week static (30-second holds) and ballistic stretching (repetitive bouncing movements) protocols. Researchers concluded that routine stretching over many workouts has no apparent negative effects on muscle force development from reduced reflex ability or decreased work absorption. However, the authors strongly supported the avoidance of stretching prior to activities requiring force and power – such as resistance training.

Stretching may increase flexibility and performance as part of the overall fitness program, but it must be restricted to post-workout activities to avoid neurological and physiological changes that can negatively effect succeeding force production. Prior to training, individuals may perform – and benefit from – dynamic exercises with moderate-to-light training loads for increased local blood flow, metabolic activity, motor control and temperature.



An old military acronym suggests: prior proper planning prevents poor performance. When planning exercise prescription, it's important to properly enter and exit a training session to avoid poor performance. Before training, warm up muscular systems but limit increases in core temperature. During training, massaging a muscle has little benefit – it may even delay recovery. After the session is over, stretch the muscles and surrounding fascia. Remember these current training concepts when constructing a resistance training program. **A**

CULTURE

Qatar's royal family

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

Qatar, an Islamic nation situated on the eastern coast of the Arabian Peninsula, is a constitutional monarchy ruled and administered by an emir. Hamad Bin Khalifa Al Thani is currently ruling one of the richest countries in the world; however, it was not always this way. Today, Qatar exhibits a glamorous and prosperous exterior, but the Al Thani royal family understands success is a product of struggle.

Qatar has sustained human existence for thousands of years. Recent archeological excavations have unearthed evidence of human existence during the Stone Age and Neolithic periods. In the 7th century, Islam swept across Arabia. Many early settlers were simply passing through or hiding from regional conflicts.

By the 17th century, the Khalifa family occupied much of northern Qatar. They established an important seaport at Zubara, which they later used to later conquer Bahrain.

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

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

presence in 1868. This initiated the Al Thani family's increased power and influence in Qatar.

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

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

British attention continued to stem from Qatar's strategic location to their colonial holds in India. Discovery of oil and other hydrocarbons would further spike their interest. British negotiations declared a promise to help protect the Al Thani royal family against forceful opposition.

A 1916 treaty with the British officially recognized Abdullah bin Jassim Al Thani as his father's successor. In 1934, another treaty provided further British protection. In August 1948, Ali bin Abdullah Al Thani succeeded his father as ruler of Qatar.

In December 1949, the first shipment of onshore oil was sent from Mesaieed. The next several years would lead to the discovery of high-



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



Hamad bin Khalifa Al Thani, Qatar emir, with one of his sons, Khalifa Bin Hamad Al Thani. (Courtesy Photo)

quality oil at Dukhan, in western Qatar. Qatar flourished with expanding immigration and social progress as resources became plentiful and oil became a major export. Pressure from the Arab emirates led to Britain officially announcing their political disengagement in 1968. On Sept. 3, 1971, Qatar became an independent and sovereign state.

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

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

Hamad bin Khalifa Al Thani, born in 1950, would later depose his father on June 26, 1995 after a bloodless coup. Rivalries and factions are not uncommon in large royal families. The emir and his father reconciled in 1996. Qatar's current emir is popular among the nation's people. It's common to see demonstrations of loyalty to his ruling, and pride in the nation's present posture.

The Gulf state's oil and natural gas revenues quickly earned them the highest per capita income in the region. Qatar ranks fourth in the world, according to the U.S. Central Intelligence Agency World Factbook estimates in March 2008. The nation is expected to climb to the world's top position as they increase refinement

and exportation of natural resources. Onshore and offshore oil production has risen to around 835,000 barrels per day – which is expected to reach 1.1 million by 2009. U.S. companies are major partners in the development of the nation's oil and gas sector and petrochemicals.

Qatar is the world's largest producer of liquefied natural gas, with an export capacity of more than 31 million metric tons per year that is likely to increase to 77.5 million metric tons by 2010. Dry gas exports are estimated to reach around three billion cubic feet per day, for use in United Arab Emirates and Oman. Furthermore, Qatar's abundance of fossil fuels led to an inevitable expansion of the petrochemical industry. Before long, a few million tons of these derivative petroleum products are projected to leave the peninsula each year.

The small Arabian nation has made enormous strides in business, investment opportunities and international athletic competition. The Pearl, a major investment project on a reclaimed island, is expected to contain over 16,000 luxurious properties and marinas by 2011 – offering the first freehold residential rights to international investors in the Gulf state. After successfully hosting the 15th Asian Games Doha in 2006, Qatar submitted a proposal to host the 2016 Olympic Games. According to the Doha 2016 official Web site, the bid exemplifies how the nation "embraces the modern world," by providing a venue for "first-class business, technological and sports facilities."

Qatar also focuses on building a world-class educational system. Education City, a 2500-acre campus, hosts some of the world's leading universities and aims to become the center of educational excellence in the Gulf. Several U.S. universities have positioned branch campuses

in Qatar, to include Texas A&M University, Weil Cornell Medical College, Carnegie Mellon University, Virginia Commonwealth University, Virginia Commonwealth University School of the Arts, Georgetown University School of Foreign Service and Northwestern University.

The emir has announced his intentions to move toward democracy while introducing numerous economic and social reforms. In April 2003, the country's constitution was approved by a democratic referendum, which came into full force in June 2005. The same year Qatari citizens approved the new constitution, the first woman was appointed to the cabinet as minister of education. Municipal elections were held for a third time in April 2007.

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



Qatari Army 1st Lt. Hassan Al Sheeb explains artifacts located at Fort Zubara in Qatar on June 17, 2007. The fort is located in Al Zubara, a rural area on Qatar's northern coastline. A 1981 to 1982 excavation unearthed old artifacts from Qatar history; many dating back to the 17th and 18th century. After many years of occupation and conflicts, Al Zubara is now deserted. (Official Army Photo by Dustin Senger)



U.S. servicemembers visit The Pearl, a new residential area in Qatar, May 31. "First we saw a huge model of the project and satellite imagery of the grounds," said U.S. Army Staff Sgt. Johnny White, from Hopkinsville, Ky. "Then we saw them building it. It's amazing how it all comes together." (Official Army Photo by Dustin Senger)

Drove a Little Fast?

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

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

- The Iranian souqs
- The Industrial area
- Al Wakra
- Areas serving alcohol, other than hotel restaurants with security in place

Soldiers tour The Pearl – Qatar's island masterpiece

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

DOHA, Qatar – Soldiers participating in the U.S. Central Command rest and recuperation pass program at Camp As Sayliyah visited The Pearl, a new residential area in Qatar, May 31. To the people of Qatar, the 4-million square-meter island represents a booming economy and architectural prominence in the Gulf. To the Soldiers enjoying a respite from military operations, the budding community symbolizes the possibilities of peace and prosperity elsewhere in the Middle East.

"The Pearl is an architectural masterpiece!" said U.S. Army Spc. Patrick E. Miller, from Dixon, Ill., while enjoying a brief break from duties as a combat engineer in Iraq. "I am so glad I got this opportunity to see Qatar. It has been a long time since I have seen a building without bullet holes in it. I hope one day the Iraqi people can enjoy something new age and free from oppression."

United Development Company is

bringing the multi-billion dollar project to life in Qatar. Roughly 350 meters off the coastline of a prominent residential district, over 32 miles of coastline was reclaimed to construct the massive undertaking. The community rising atop of the man-made island is the first to offer freehold residential rights to international investors in the Gulf State.

By 2011, over 16,000 properties will house more than 40,000 residents, within 13 themed districts. The island will contain clinics, schools and recreation venues. Three marinas will supply moorings for over 1,000 boats. Approximately 2 million square feet is devoted to upscale shopping and dining areas. The Pearl will unveil four more lavish hotels to Qatar.

"I am amazed at how fast they are getting this finished," said Miller. "They mentioned over 30,000 people are working throughout three shifts; 24 hours per day, seven days per week. I would hate to be working mid shift with this heat!" By May, average daily temperatures are routinely reaching over 100 degrees Fahrenheit on the Arabian Peninsula, with little chance of precipitation.

"First we saw a huge model of the project and satellite imagery of the grounds," said Staff Sgt. Johnny White, from Hopkinsville, Ky. "Then we saw them building it. It's amazing how it all comes together." White, a combat medic in Iraq, was also participating in the USCENTCOM relaxation program and joined Miller during the tour of The Pearl.



U.S. servicemembers walk through a large model of The Pearl, a new luxurious residential area in Qatar, May 31. (Official Army Photo by Dustin Senger)

"It's easy to obtain a greater appreciation of architecture when you can see where ideas originate – especially something of this magnitude," said White. "The architects who came up with all this must have gone through a lot of planning." **A**



U.S. Army Staff Sgt. Johnny White, from Hopkinsville, Ky., and Spc. Patrick E. Miller, from Dixon, Ill., visit The Pearl, a new residential area in Qatar, May 31. The Soldiers were participating in the U.S. Central Command rest and recuperation pass program at Camp As Sayliyah. (Official Army Photo by Dustin Senger)

Marhaba!

(Continued from page 2)

500,000 people. According to the U.S. department of state June 2008 statics, the population is now around 1.4 million residents.

Hamad Bin Khalifa Al Thani, Qatar emir, became a major promoter of Qatar's expansion projects after succeeding his father's rule in 1995. Establishments in the country have become more contemporary under his reign. Over the last decade, Qatar has progressed from a modest emirate in the Gulf region to one of the most popular tourist attractions in the Middle East. The country's massive influx of visitors has initiated a \$15-billion expansion project at the Doha International Airport, to provide a multifaceted passageway. Doha, the capital city, is now an immense kaleidoscope of cultures, heritages and traditions. The architecture and ambience provided in the hottest venues are consistent of those in the United States and Europe.

The Villaggio was introduced in 2006, Qatar's newest mall featuring a Venetian theme. The mall neighbors

Khalifa stadium, a popular sports complex that hosted the 15th Asian Games Doha in 2006. Villaggio patrons can shop at popular retail stores and upscale boutiques, or eat in various well-known Western restaurants. A gondola service, or water taxi, allows mall patrons to survey the area using the traditional Italian transport. An ice-skating rink offers a welcomed social activity during hot summer months. Upon its final completion, Villaggio will feature several additional recreational venues – a 13-screen multiplex with an Imax widescreen is expected soon.

“Souq” is an Arabic word for “market.” The Arabic souqs in Doha are popular places to look for souvenirs, or simply absorb a traditional Arabic ambience.

Qataris enjoy and promote many sporting events; such as soccer, tennis, golf, bowling, fishing and water sports. The national sport in Qatar is soccer; undoubtedly played with competitive passion. Even the time-honored Arabic sport of camel racing has maintained a presence in the country

– merging tech and tradition with the recent addition of robotic camel jockeys.

The country's superb stadiums support international sporting events and world-renowned athletes, competing for awards, prizes and recognition. International competitions include: the Qatar Masters golf tournament,

the Qatar Airways Squash Challenge, the Qatar Tennis Open and the 15th Asian Games Doha. The competitions have attracted many businesses, investors and thousands of visitors; many have remained in Qatar long after the events' conclusion.

There are several recreational activities available in Qatar, some just beyond the city limits. Without too much effort or financial obligation, residents enjoy sand-dune camps, a day at the luxurious Doha Golf Club or relaxation at Sealine Beach resort. Enormous sand dunes present an opportunity for ATV and four-wheel drive vehicle motorists to satisfy

(Continued on page 32)



U.S. Army Sgt. Marvin Tabinas, from Modesto Calif., takes photographs with his wife, Spc. Margarita Tabinas, while enjoying a romantic Venetian-type gondola boat ride at the Villaggio Mall in Qatar, Feb. 13. (Official Army Photo by Dustin Senger)

DOHA LIFE

(Continued from page 31)

their needs for a thrill – an Arabian past time similar to riding snow mobiles through sand-covered hills. Horse and camel races offer something for visiting equestrians. Many other outdoor excursions are arranged by local tour companies.

Qatar's numerous five-star hotels and resorts house a great deal of daytime and evening entertainment; such as the Ritz-Carlton, Four Seasons, InterContinental, Marriott and Sheraton. Major hotels also include beautiful indoor and outdoor swimming pools, saunas, spas and fitness centers. Sharq Village and Spa, a new Ritz-Carlton attraction, features fourteen breathtaking waterfront properties, an attractive Arabic market and six exquisite restaurants.

"Al Dana delivers a chic dining experience combined with the impeccable Ritz-Carlton service standards," said Hoss Vetry, general manager of Sharq Village and Spa, about the resorts signature seafood restaurant in an official press release. "The design approach meets the high standards, for which The Ritz-Carlton brand is known, whilst the interior design evokes an authentic sense of place. The décor was inspired by the vibrant colours of the sea and the rugged landscape that are symbolic of Qatar"

"Souq" is an Arabic word for "market." The Arabic souqs in Doha are popular places to look for souvenirs, or simply absorb a traditional Arabic ambience. The gold souqs are a great place to order custom-made jewelry.

Qatar has elaborate plans for the near future. The Pearl, a new 4-million square-meter residential island is designed to accommodate over 40,000 residents. The man-made island is the country's first international real-estate venture. The Pearl is expected to define the concept of luxury living for its residents. The multi-billion dollar project will reinforce Qatar's position as a first-class destination in the Middle East.

Qatar is a tolerant multi-cultural host nation with tons of venues for tourist to enjoy. It is an illustration of the rise of a contemporary Arab-Islamic society accepting Western differences. Doha has attracted a large community of various nationalities; each able to maintain their national characteristics and customs. There are countless social and recreational activities available in Qatar – enjoy your stay! **A**

The Villaggio was introduced in 2006, Qatar's newest mall featuring a Venetian theme.



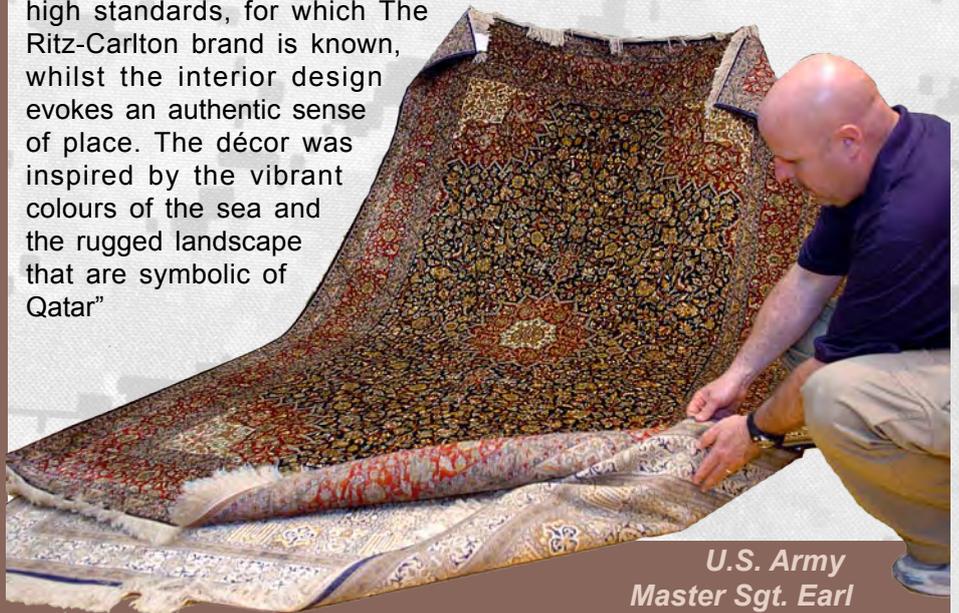
Doha, Qatar's capital city has various architectural developments related to Arabic culture and Qatari history located along the corniche, or water front.



An Indian businessman negotiates pearl prices at the gold "souq," an Arabic word for "market." The gold souq is a popular place to find jewelry; even custom-made orders.



U.S. Army Spc. Mark Perrenoud (right), from Redlands, Calif., watches an Arabic man polish a Middle Eastern musical instrument at Souq Waqif, a shopping and trading area in Doha, Qatar. (Official Army Photos by Dustin Senger)



U.S. Army Master Sgt. Earl Andrews, from Aberdeen, Wash., at the City Center Mall in Doha, Qatar.

Off-post reference

Supermarkets – Grocery stores can be found throughout the city and in major malls. The markets stock local brands and international goods.

- Lulu Hypermarket, 466-7780
- Lulu, 432-4324
- MegaMart at Landmark Mall and The Center, 488-3008 or 444-0019
- Carrefour at City Center and Villaggio Mall, 484-6265 or 413-9888
- Giant Stores at Hyatt Plaza, 464-2994
- Dasman Center, 487-7868

Recreation – Recreation venues provide a way to expend some energy or simply relax.

- Sealine Beach Resort (sand buggies and dune trips), 476-5299
- Al Sultan Beach Resort, 472-2666
- City Center bowling, 483-1047
- Qatar Bowling Centre, near the British Embassy, 444-3355
- Winter Wonderland at City Center, 483-9163
- Khalifa Tennis & Squash Complex, 440-9666
- Al Shahhaniya Race Track, 487 2028
- The Racing & Equestrian Club, 480-3098
- The Art of Living Foundation, behind Lulu Hypermarket, 443-2900/465-3612
- Line Dancing, Doha Rugby Club, 442-9149
- Doha Zoo, 468 2610
- Qatar National Museum, Muthae Street, 444-2191

Hotels – Hotels are classified with official star-rated standards, generated and monitored by the International Tourism Organization for Development and Investment and the Qatar Tourism and Exhibitions Authority. All hotels have restaurants, cafes, swimming pools, spas and night clubs. Most of the fine dining restaurants require reservation.

Five-star favorites

- Marriott, 429-8888
- Ritz-Carlton, 484-8000
- Sharq Village and Spa, 425-6666
- Four Seasons, 494-8888
- InterContinental, 484-4444
- Mövenpick Tower and Suites, 496-6600
- La Cigale Hotel, 428-8888
- Grand Regency Hotel, 436-3363
- Sheraton, 485-4444

Popular four-star options

- Rydges Plaza, 438-5444
- Mövenpick, 429-1111
- Ramada Plaza, 441-7417
- Mercure Grand Hotel, 446-2222

Restaurants – Qatar has an extraordinarily wide variety of restaurants, cafes and bistros.

- Al Sayyad (Arabic), 483-9000
- Balhambar Restaurant (Arabic), 483-781
- Layali (Lebanese), 431-0005
- Benningan's (Irish-American), 483-8400
- Mint (Mediterranean), 467-5577
- Ciao Pizzeria (Italian), 468-9100
- Korean Garden (Asian), 442-1820
- The Great Wall (Chinese), 431-2812
- Applebees – (American), 436-0747
- Starbucks – (Café/Bistro), 483-9519
- Café Batteel - (Café/Bistro), 441-1414 or 431-6283

Shopping Centers – Qatar's malls carry new and contemporary brand names. There are a lot of European garments, as well as some popular American attire.

- City Center, 483-9990
- Landmark, 487-5522
- Villaggio, 413-5222
- Centrepoint, 428-9141
- Hyatt Plaza, 469-4848
- Royal Plaza, 413-0000
- Highland (The Mall), 467-8678
- Salam Plaza, 483-2050
- Al Muftah Center, 444-6867
- Blue Salon, 446-6111
- The Centre, 444-0202

Souqs - A souq is resourceful place for shopping since you can bargain with local merchants.

- Souq Waqif (fabric, spices, souvenirs, coffee shops and restaurants), Al Ahmed Street
- Doha Souq (fabric, souvenirs), Al Ahmed Street
- Souq Al Asiery (fabric, luggage, shoes, perfumes), Al Ahmed Street
- Souq Nasser Bin Saif (electronics, CDs and DVDs, toys), Al Ahmed Street
- Souq Al Ahmad (tailors, toys, sporting and household goods), Grand Hamad Street
- Souq Faleh (discount item outlets), corner of Grand Hamad Street on Al Ahmed Street
- Souq Al Deira – (beaded fabrics, designer fabrics, perfumes, shoes), Al Ahmed Street
- Souq Al Jabor (footwear, baby wear, luggage, small gifts, toys), Al Ahmed Street
- Gold Souq (gold, diamond, genuine-stone and customized jewelry), small road behind Al Ahmed Street



Safety/Fire Training

Attend the installation safety training.

Confined Space Training

- July 15: 9 a.m. to noon

Fire Warden/Prevention

- July 17: 9 a.m. to 10 a.m.

Unit Safety Representative

- July 17: 9 a.m. to 4 p.m.

HAZWOPER Supervisor

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

HAZWOPER Emergency Response

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

First Aid Training

- July 22: 9 a.m. to 2 p.m.

CPR Training

- July 23: 9 a.m. to 5 p.m.

HAZWOPER Refresher

- July 28: 9 a.m. to 4 p.m.

Fire Extinguisher Training

- July 29: 9 a.m. to 10 a.m.

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

SAFETY

Stay active, stay safe

By **ROBERT EAST**
ASG-QA safety

Qatar's summer season is here. Heat and humidity has increased and will continue its upward trend over the next several months. As we witnessed in June, Qatar's harsh summer climate often combines heat, humidity, wind, sand and dust – these elements force us to change how we promote safe environments outdoors.

Outdoor recreational activities are an important part of our lives and well-being at Camp As Sayliyah. They allow for a reprieve from the daily grind of a monotonous work schedule. Team sports present social opportunities. The running trail, wrapped along the camp's inner perimeter, allows everyone to pursue personal fitness interests. The swimming pool offers an attractive retreat from hot air temperatures. Many unit morale activities include grilling at the pavilion or traveling off the installation.

Whatever your interests, summer recreational activities involve many hazards. If not identified and regulated, everyone involved is left vulnerable to personal injury and possibly serious bodily harm. A planning process involving individual risk assessment

is important before any activity in Qatar's summer weather. Ensure you have identified potential hazards associated with the activity and the necessary control measures to protect yourself and others from the possibility of injury. If the risks start to outweigh the benefits, don't

be afraid to cancel or reschedule an event. Although basking in the sun may be tempting, overexposure can damage skin. It's important to protect yourself with sun screen. Apply it liberally on all exposed skin areas, throughout the entire period you are outdoors. High winds can also cause skin injuries, regardless of the concurrent temperature.

Outdoor exercise that stresses the body to its limits requires excellent physical conditioning for performance in the outdoor heat. No matter your fitness level, an acclimatization process is needed for anyone arriving to Qatar in the middle of summer.

It's paramount to stay properly hydrated during the summer; to avoid heat exhaustion, rash, cramps or stroke. Especially when engaged in sports that require personal protective equipment to prevent injury. Drink water throughout the day, interspersed with some type of sports beverage that helps maintain a proper electrolyte balance. Drink frequently during strenuous activities in the heat, at a rate of a quart of fluids lost through sweating and heavy breathing at a steady rate. Drinking too much water, too fast, can lead to water intoxication, which can be just as dangerous as becoming dehydrated.

Taking part in outdoor events during the summer months can be a lot of fun. However, if proper risk assessment is taken lightly, these activities become dangerous, quickly. In extreme cases, reckless behaviors become deadly. Have a great time this summer season but be sure to protect yourself and others from harm. Here is good website to visit to get more information on surviving hot weather conditions: http://www.nsc.org/resources/Factsheets/hl/surviving_hot_weather.aspx

Army Safe is Army Strong! **A**

HEAT STRESS MANAGEMENT							
HEAT CATEGORY	WBGT INDEX (°F) °C	EASY WORK		MODERATE WORK		HARD WORK	
		WORK REST	WATER INTAKE (Qt/hr.)	WORK REST	WATER INTAKE (Qt/hr.)	WORK REST	WATER INTAKE (Qt/hr.)
1	(78°-81.9°) 25.6-27.7	NL	1/2	NL	3/4	40/20 MIN	3/4
2 GREEN	(82°-84.9°) 27.8-29.4	NL	1/2	30/10 MIN	3/4	30/10 MIN	3/4
3 YELLOW	(85°-89.9°) 31.1-32.2	NL	3/4	40/20 MIN	3/4	30/30 MIN	1
4 RED	(90°-94.9°) 32.2-35.5	NL	3/4	30/30 MIN	3/4	20/40 MIN	1
5 BLACK	(>90) 32.2	50/10 MIN.	1	20/40 MIN	1	10/50 MIN.	1

CAUTION

HOURLY FLUID INTAKE SHOULD NOT EXCEED 1 1/2 QT. DAILY FLUID INTAKE SHOULD NOT EXCEED 12 QTS.

The colored flags, corresponding to the above chart, are flown at the big gym and the TMC. This information is also announced via the Giant Voice System.

is important before any activity in Qatar's summer weather. Ensure you have identified potential hazards associated with the activity and the necessary control measures to protect yourself and others from the possibility of injury. If the risks start to outweigh the benefits, don't

Safety month aims to make a difference

By **ROBERT EAST**
ASG-QA safety

The U.S. House of Representatives voted unanimously to designate June 2008, National Safety Month, an annual public awareness event of the National Safety Council. While introducing the resolution, U.S. Congressman Danny Davis (D-IL) pointed to a significant increase in unintentional injuries after years of decline. The theme for 2008 is "Make a Difference." Americans everywhere are called to action, to reverse a dramatic increase in accidental injuries and deaths.

"By providing a public service

campaign around the theme 'Make A Difference,' the National Safety Council promotes public awareness by highlighting the most significant causes for unintentional injuries and deaths in the workplace, on the road, and in the home and community," said Davis in a National Safety Council press release announcing the passed resolution on June 9.

According to members of the House of Representatives, National Safety Council Data reveals:

- Accidental injuries cost Americans more than \$650 billion annually.
- Unintentional injuries cost workers and their employers nearly \$165 billion annually.
- Around 120 million days of lost productivity are lost to accidental injuries in the workplace.
- Sixteen workers die every day as a result of accidental injuries on the job.

Even as a community working abroad, this theme touches our daily lives in many ways. The National Safety Council defines a safe community as "one that comes together to promote the safety and well-being of all its members, whether at home, at work or on the road." Thinking and acting in a safe manner enables us to enjoy our lives while meeting our daily missions at Camp As Sayliyah.

Everyone is a safety manager and this year's theme is focusing our efforts on injury prevention. Now is the time to increase awareness for maintaining safe environments at Camp As Sayliyah. Servicemembers, DOD civilians, contractors and our foreign national workforce must help establish higher safety standards on the installation. Your organization can help reduce increasing accidental injury numbers by promoting on- and off-the-job safety and health during National Safety Month, and throughout each year.

"Far too many lives are lost and too many suffer because of preventable accidents," said Congressman John Yarmuth (D-KY). "Protecting the citizens of this nation from these accidents requires the cooperation of federal, state and local institutions, as well as help from the citizenry. This June we must encourage all Americans to take time to learn how they can help make this country safer."

Our current national trend in preventable injuries compels us, each of us, to re-evaluate how we think and act regarding safety. We all have a responsibility to maintain a safe workplace and promote safe work practices. The need for a safe atmosphere also extends to our off-duty hours. We owe it to ourselves, our friends and our loved ones. Let's all take part in making a difference this year. **A**



U.S. Army Spc. Marcus Bailey, from Salisbury, Md., explains food-handling and storage procedures at Camp As Sayliyah, Qatar, June 25. Bailey, an installation food inspector, provided examples of products that spoiled prematurely due to improper storage conditions. The health tips were offered during an information safety day at Camp As Sayliyah; to include: veterinarians, firefighters, medical personnel, as well as environmental and safety specialists. (Official Army Photo by Dustin Senger)

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