



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

DESERTMESH MAGAZINE

Edition 57 October/November 2008

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



Charity campaign begins

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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: (Insert) Area Support Group Qatar servicemembers and civilians line up in an A-formation at Camp As Sayliyah, Oct. 16. (Bottom) Qatar Army Maj. Gen. Hamad bin Ali Al Attiyah, armed forces chief of staff, greets U.S. Army Maj. Frank O. Pfau, from Butte, Mont., prior to a traditional Islamic feast during the holy month of Ramadan, Qatar, Sept. 23. (Cover Photo-illustration by Dustin Senger)

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Ask the chaplain

By Lt. Col. Curtis Muldrow
Installation ministry team

Q. This is my first deployment away from home during the holidays. How can I make this separation easier for my family?

A. For over seven years now, our nation has been engaged in the third longest war in America's history and the longest war our nation has ever sustained without a draft. This military conflict will continue into the foreseeable future resulting in numerous deployments, separations and...

(Continued on page 18)

Camp profile: Walumbala continues a tradition of giving

Soldier begins fourth fundraiser overseas

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

CAMP AS SAYLIYAH, Qatar – The 2008 Combined Federal Campaign Overseas fundraiser has officially begun at Camp As Sayliyah, Qatar, Oct. 14. From now until Dec. 12, several servicemembers will operate as local CFC-O representatives to help charitable organizations change lives. U.S. Army Sgt. Lumbala Walumbala, from Sacramento, Calif., had a commemoration of his own: this is his fourth consecutive year promoting philanthropy at the U.S. military installation in the Gulf state.

“With your help, we raised over \$15.7 million in 2007,” said Bruce Dreger, CFC-O Central Command coordinator, while meeting with servicemembers at Camp As Sayliyah, Sept. 28. Only legitimate organizations with low-overhead costs qualify under CFC-O’s strict guidelines. With over 2,000 national and international charitable organizations listed, Dreger insists “there truly is something for everyone.”

“We’ve been setting up this kick-off ceremony since early this morning,” said Walumbala, Area Support Group Qatar unit coordinator and alternate community/area project officer for the installation. “We wanted to be sure everything was ready – first impressions count.” At the installation level, a CAPO assigns unit coordinators, who then pass information to key persons to provide potential contributors with one-on-one assistance. Campaign

representatives strive to reach 100-percent contact.

Walumbala arrived to the Qatar base in December 2004; the year’s campaign had begun but he immediately became involved nonetheless. According to Lumbala, the installation commander recognized how well he interacted with people and told him: “the CFC needs people with your communication skills.”

“I have gained a lot of experience over the past four campaigns,” said Walumbala. “Experience is a key ingredient for success. It helps people adapt to changes faster and work more productively. I also have a lot of confidence – I know exactly what needs to be done and how to do it. We have a command that supports us, and more people than ever excited about it. Even though the economy is doing poorly, I am sure this will be our best year supporting CFC-O charities at Camp As Sayliyah.”

Local representatives do not influence anyone’s choice. It’s the individual’s decision to select which organizations warrant their support. Donations can be accepted in a variety of ways to ensure a successful fundraising year; such as payroll deduction, personal check, money order

and credit card. If required, cash can also be accepted, including foreign currency.

As a local charity, donating to Family Youth and Support Programs benefits the installation of origin. In 2007, the CFC-O campaign raised over \$714,000 in FYSP pledges. ASG-QA FYSP raised almost \$3,000 to support the U.S. Central Command rest and recuperation pass program at Camp As Sayliyah – recharging over 165,000 war fighters since its 2004 inception.

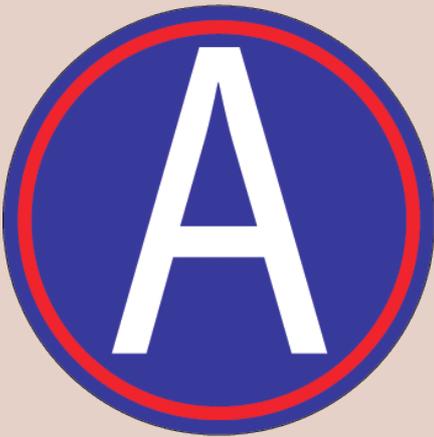
“I donate what I can in the spirit of helping Soldiers,” said Walumbala. “There is need here, just as there is back home. People have always helped my family while I have been overseas, so I feel this is a way for me to give something back.” 



U.S. Army Sgt. Lumbala Walumbala, from Sacramento, Calif., explains the Combined Federal Campaign Overseas fund raiser at Camp As Sayliyah, Qatar, Oct. 14. Walumbala is the Area Support Group Qatar CFC-O unit coordinator and alternate community/area project officer for the installation. He is thrilled to begin his fourth consecutive year supporting the CFC-O mission. “I have gained a lot of experience over the past four campaigns,” said Walumbala. “Experience is a key ingredient for success.” (Official Army Photo/ Dustin Senger)



Retaining quality Soldiers



James J. Lovelace

Lieutenant General

Commanding General
USARCENT

I am encouraged to see that we met our retention goals for fiscal year 2008. We closed out our mission during the last week of August with all subordinate commands accomplishing their respective missions... great job to all of you who worked so hard to make this happen.

We should be very proud of this accomplishment; however, the business of reenlisting quality Soldiers is never complete. I ask all to continue to encourage our Soldiers and Families to stay with the team and in the Army. Routinely discuss reenlistment options and how the Army can best support their personal and professional goals, as well as the needs of their Families.

Retaining quality Soldiers is the job of all leaders and begins very early on with the chain of command. Reenlistment starts before Soldiers and their Families arrive in the organization by creating positive expectations. Leaders must then work to fulfill these expectations by providing a climate of dignity and respect where Soldiers are challenged, developed as leaders, and empowered to contribute to the overall success of the team.

Meeting retention goals is a start, but an even better measure of our success is our ability to meet the expectations of our Soldiers over the long-term. When our Soldiers and Families move on to their next assignments... we want them to measure all others against U.S. Army Central. We want to create an environment in which the team thrives and a climate in which they will hope to find in their next units.

This is our command and retaining our quality Soldiers will help to strengthen our winning team. When the command has a reenlistment goal... all leaders must look at that goal and determine how they can support. Leaders, whether a team

leader or a staff directorate, must take the time to talk to Soldiers about how important they are to accomplishing our complex missions.

We have a great team of retention personnel that are here to support our command. They can assist Soldiers with making important career decisions and processing reenlistment options and incentives, but it's the leaders who can impact a Soldier's decision to reenlist on a daily basis.

To reenlist during a time of war is a powerful commitment. It says a great deal about our Soldiers, their Families and the Army as a whole. Leaders must involve the Family in discussions about a Soldier's decision to reenlist. We must ensure that our appreciation for all the sacrifices of our Families are echoed in all that we do. As many of you have heard me say before... Soldiering is an affair of the heart.

Our Army's doing a lot of great things... make sure you know what they are and share them with your people. Our Soldiers are the vital ingredient to accomplishing the mission and protecting the force. I ask us all to make a point, each and every day, to ask a Soldier to reenlist and stay with the team. Talk to them, but more importantly create an environment in which they want to work and live... and feel personally and professionally rewarded.

We need everyone to get involved to make sure we keep quality Soldiers in the ranks. Retention is a continuous process and we have a lot of work ahead of us, but I am confident you are all up to the challenge.

I am honored to serve with you. It is you all who make this a winning team... and I see evidence of that each and every day... it's what makes me look forward to coming to work. Thank you for all that you do.

Patton's Own!

John D. Fourhman

Command Sergeant Major

Command Sergeant Major
USARCENT



Yellow Ribbon newsletter

Teamwork is one of our core organizational values and U.S. Army Central is a team that operates together to achieve collective goals and accomplish our assigned mission.

Inclusive in that team are our great Family members who continue to support each other and us day after day, year after year, through thick and thin.

Recently, the Family Readiness Group leaders and the Public Affairs Office combined efforts to reorganize and makeover our long-standing newsletter, The Yellow Ribbon to make it more informative and relevant.

Our strength as Soldiers relies heavily on the strength of our Families. Whether stationed in the U.S. or at one of the bases overseas, the importance of a strong Family is extremely important... Army Families are Army Strong.

The monthly newsletter is aimed at keeping everyone, regardless of location, well informed of the activities and events that are taking place in and around USARCENT. It provides a forum for Soldiers and Family members to come together to support each other.

One of the key focuses of The Yellow Ribbon is to welcome our new Soldiers and their Families into the USARCENT Family; it is an extension of our sponsorship program.

We do this by providing them

information about USARCENT, which includes:

- ✓ Messages from key leaders in the FRG program
- ✓ USARCENT and Army news
- ✓ Volunteer and recreation opportunities
- ✓ Civilian career opportunities for spouses
- ✓ Phone numbers of FRG leaders in their local area
- ✓ Calendar of events; which includes FRG meetings, newcomer's orientations, marriage enrichment retreats and video teleconference's for Family members, living near Fort McPherson, whose spouse is deployed to Camp Arifjan, Kuwait.

The FRG members, who take the time to write, photograph, publish and participate in The Yellow Ribbon newsletter, demonstrate their commitment to our USARCENT Family.

The FRG members, who take the time to write, photograph, publish and participate in The Yellow Ribbon newsletter, demonstrate their commitment to our USARCENT Family. To those who contribute to the newsletter, I thank

you for making The Yellow Ribbon a great publication for our Soldiers and Family members and solicit your suggestions to make it even better.

I encourage everyone in the command to take time and familiarize yourself with The Yellow Ribbon, and provide information to your spouses so they can become an involved and informed Family member in our great organization. The Yellow Ribbon can be found online at <http://www.arcent.army.mil/frg>. You can also be added to the mailing list or receive an electronic copy by sending an e-mail to frg@arcent.army.mil; be sure to include your name and e-mail address again in the text box and indicate in the subject line, "Electronic Yellow Ribbon."

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 the last week of October. We are entering an eventful period, at Camp As Sayliyah and back home.

On Nov. 4, the general election will begin – a race for the highest elected position in the U.S. government. As U.S. citizens, we must make every effort to involve ourselves in the process that appoints our commander in chief.

A lot of support is available for citizens to participate in general and state elections from locations overseas. In today's society, electronic communication methods are standard due to their ability to provide quick dissemination. Many states allow residents to e-mail or fax registration documents and absentee ballots. Do your best to complete an absentee ballot before your state's deadline. Installation voting assistance representatives continue their outstanding contributions toward promoting participation in upcoming elections. Contact Capt. Thomas Crane, installation voting assistance officer, if you still need further guidance.

As we enter another holiday season at Camp As Sayliyah, there are various community activities to support the traditions of togetherness. This is an important time to increase participation at installation events, while continuing routine contact with family back home. If you see someone who looks down in the dumps, encourage an optimistic attitude while promoting more social involvement. You will find the MWR holiday events schedule inside this *Desert Mesh*, page 19.

Outside the gates of Camp As Sayliyah, the installation populace continues to demonstrate personal responsibility in respecting our host nation's Islamic beliefs and customs.

Most recently, I appreciate the respectful intentions and unwavering patience exhibited during the holy month of Ramadan, a significant religious period for members of the Muslim faith. Everyone continued to build and maintain a strong relationship with our host nation. Eid Al Adha festivities begin in early December. During off-post travel, remember to remain considerate during this family holiday for Muslims. Read more about Eid Al Adha inside this *Desert Mesh*, page 26.

Fire safety is becoming a growing concern, due to the holiday season. We need constant vigilance as holiday décor garnishes workplaces and the barracks. Immediately report any unsafe use of seasonal items to the installation safety office or fire department. Exercise extra caution with electrical devices and flammable materials. Broadcast your holiday spirit, but don't let your area become responsible for a major catastrophe.

Once again, it's time for the Commander's Cup, Camp As Sayliyah's semi-annual two-day team fitness challenge! During the spring competition, Area Support Group Qatar earned the highest score out of nine participating units, battling it out over 14 events. Since it was their first win in over four years, the current team is fired up to turn an isolated victory into a full-blown winning streak. Good luck to everyone!

Even though the weather is getting cooler, remember to stay hydrated during outdoor activities. Thank you for everything you do to stay safe while meeting daily mission requirements. Have a happy holiday season!

Patton's Own!



Michael D. Howard

Command Sergeant Major

Command Sergeant Major
Area Support Group Qatar

Now is the time to vote! Honoring this democratic process is part of why we all serve our great nation. The ability to participate in government elections is a liberty that citizens of many nations around the world are not afforded. Leaders should reiterate the importance of this to every Soldier, Sailor, Airman and Marine on Camp As Sayliyah – everyone's vote counts.

I want to thank our voting assistance officer and postmaster for providing a great voter registration booth in October. During a five-day campaign to take the process to registered voters, their teams helped over 500 people submit their absentee ballots from Camp As Sayliyah.

The Combined Federal Campaign Overseas is underway. With the recent shake up in the U.S. economy, this is an opportunity to help people in need. Everyone should take a second look at the approved CFC-O charities list. You have over 2,000 organizations to target your giving to something near and dear to your heart. Even small contributions make large differences in desperate hands.

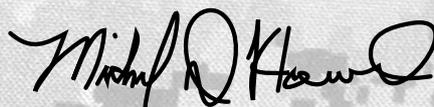
We have a lot coming up – the Commander's Cup fitness challenge, a U.S. Army Central 90th birthday run and numerous holiday events. As always, the dining facility will provide a great Thanksgiving

dinner. However, another option is to sponsor a few of our guests on a rest and recuperation pass for dinner off the installation. I am sure this gesture would create a long lasting memory during a holiday away from home. I would appreciate it but most important: their families would be grateful.

I would be remiss if I did not bring up safety before a holiday season. We have a lot of servicemembers traveling during the up and coming months – back to the United States and abroad. We have reached a time when weather makes some big changes. In Qatar, we will start seeing some rain and fog. Ice and snow is piling up in many parts of the United States and Europe.

Leaders, encourage everyone to allow enough time to absorb unforeseen events during holiday travels – such as delays or early departures due to inclement weather conditions and peak season congestion. Practice proper planning by creating a check list to avoid forgetting something. Accidents tend to happen when we rush at the last minute. Always get a good night sleep before any road trips.

Soldier First, Leader Always!



Time to vote; support charitable organizations



Equality Observance

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

American Indian Heritage Month

- Nov. 5: Opening ceremony at noon in the large dining facility.
- Nov. 13: Observance from 11 a.m. to noon in the community activity center.

Contact Sgt. 1st Class Tammy Theis, ASG-QA equal opportunity advisor, for more information.

Desert Mesh online!

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

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: 9 a.m. to 3 p.m.

Contact SPC Armond Alphabet, 427th MLC optical lab specialist, for more information.

THE WIRE

Soldiers help voters beat state deadlines

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

Over 500 voters took advantage of a five-day absentee ballot drive at Camp As Sayliyah, Qatar, Oct. 13. Voting assistance officers and postal representatives campaigned to encourage all registered voters to complete their Federal Write-In Absentee Ballot before their state deadline.

"We wanted to help support overseas voters," said U.S. Army 1st Lt. John Santos, from Carson, Calif. He is the installation post master. "During the voting assistance drive in Qatar, we took the process to the

servicemembers. We tried to explain everything, just like voting locations do in the states."

Since 2004, the Department of Defense Federal Voting Assistance Program and the Military Postal Service Agency have collaborated to support citizens working or serving overseas during election periods. This includes primary and special elections – most importantly, the general election for the presidential office.

Each year, MPSA allocates resources to ensure balloting material is properly moved through the U.S. Postal Service mail system. According to USPS, over 17 million absentee ballots were delivered last year. Today, the most common method of casting an absentee vote is by mail. It's a convenient method for citizen's to exercise their right to vote, regardless of where they live.

This year, MPSA introduced an on-line tracking system. An absentee voter is now able to trace their ballot through the postal system. To facilitate the tracking method, bar codes are affixed to the mailing envelopes containing ballots. Each voter is given a nine-digit corresponding code to trace their envelope



U.S. Air Force Maj. David Phillips, from Valrico, Fla., fills out his absentee ballot form during a voting assistance drive at Camp As Sayliyah, Qatar, Oct. 13. (Official Army Photo/Dustin Senger)

in the United States, by visiting: <http://www.grayhairsoftware.com/ballotrack>.

"It's an excellent service," said Air Force Maj. David Phillips, from Valrico, Fla., while taking

advantage of the voting assistance initiative in Qatar. "There are people, like me, who are deployed and didn't receive a ballot before leaving home. If it wasn't for this service, I probably would not have voted." **A**

CAS-TV 3.0

The Camp As Sayliyah command access channel was upgraded to its third revision. Turn your on-post television to channel 36 (may vary).

- ☒ Presentation length was decreased; from over 200 slides to less than 50. The slideshow recycles faster to reiterate important information.
- ☒ Slide information was reduced for quicker comprehension. A minimum 18-point font size provides greater legibility, especially on smaller televisions. Slides contain clip art for quick topic recognition.
- ☒ The presentation's download size is decreased by over 50 megabytes. This is due to less photo-quality images and more index-color and vector-based clip art. Downloads are faster and require less server resources (less than 5 MB; less than 50 slides).
- ☒ The layout and sections mirror the installation news magazine (*Desert Mesh*). Matching design concepts helps market both command information tools - by developing brand recognition for Camp As Sayliyah.



U.S. Army Pfc. Chyna Williams, from Crestview, Fla., assists Staff Sgt. Janeen Butler, from Seabrook, Md., complete an absentee ballot at Camp As Sayliyah, Qatar, Oct. 16. The last-minute voting assistance drive at the U.S. military installation was an effort to help deployed servicemembers send their ballots in time for local and general elections. "This is convenient," said Butler, "I started the process on the Internet and finished it here, today." Each voter was provided a tracking identification number for their absentee ballot.



U.S. Army Maj. Ashantas Cornelius, from Macon, Ga., fills out her absentee ballot form while Pfc. Crystal Miller, from Auburn, N.Y., looks for her city's mailing address during a voting assistance drive at Camp As Sayliyah, Qatar, Oct. 16. Operating out of the base dining facility, voting assistance officers helped mail over 200 ballots within the first three days. A bar code was affixed to each parcel, allowing absentee voters to track their ballots online. (Official Army Photos/Dustin Senger)



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

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>

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 information.

THE WIRE

USO Qatar increases support for family connections

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

CAMP AS SAYLIYAH, Qatar – “This book always makes my daughter smile when I read it,” said U.S. Army Sgt. Anthony Henderson, from Memphis, Tenn., holding a children’s book in a United Service Organization lounge at Camp As Sayliyah, Qatar, Oct. 13. The Soldier is enjoying a four-day break from the daily grind of military duties in Iraq, by participating in

the U.S. Central Command rest and recuperation pass program in the Gulf state of Qatar. The father hopes to return home by Christmas.

Henderson has served in Southwest Asia for over a year. To help stay connected with his young daughter, he took advantage of the new reading program at the USO in Qatar. First, servicemembers choose a donated book from a hefty selection. Then a video camera is switched on to record them reading it out loud; simultaneously saving the session to DVD. Family members are left alone to read and talk aloud to their loved ones – everything is kept private. Afterward, the USO team packages the video and mails it to a provided address. The entire



Pamela Russell, from Ontario, Ore., organizes a shelf of children's books and DVDs in a room adjacent to the United Service Organization lounge at Camp As Sayliyah, Qatar, Oct. 13. “A picture or phone call is nice, but something living and interactive really helps family members connect,” said Pamela Russell, from Ontario, Ore., about the recorded reading sessions. Russell is the USO Qatar duty manager and an active advocate of the United Through Reading military program. “Disney recently donated almost 300 movies for the troops in Qatar. During this holiday season, each participant is able to choose a Disney DVD to send home, with the book they just read.” (Official Army Photo/Dustin Senger)



U.S. Army Sgt. Anthony Henderson, from Memphis, Tenn., reads a children's book in a private room located in the United Service Organization lounge at Camp As Sayliyah, Qatar, Oct. 13. "This book always makes my daughter smile when I read it," said Henderson. The Soldier is enjoying a four-day break from the daily grind of military duties in Iraq, by participating in the U.S. Central Command rest and recuperation pass program in the Gulf state of Qatar. The father hopes to return home by Christmas. (Official Army Photo/Dustin Senger)

program is offered at no cost.

"I think this is a great benefit for us," said Henderson about the USO support of the United Through Reading military program for troops overseas. "My daughter can hear my voice while watching me read to her." United Through Reading is a non-profit organization intended to help children feel the security of caring family relationships and develop a love for reading.

"A picture or phone call is nice, but something living and interactive really helps family members connect," said Pamela Russell, from Ontario, Ore., about the recorded reading sessions. Russell is the USO Qatar duty manager and an active advocate of the United Through Reading military program. "Disney recently donated almost 300 movies for the troops in

Qatar. During this holiday season, each participant is able to choose a Disney DVD to send home, with the book they just read."

"We get a lot of feedback from families back home," said Russell. "Many are playing the DVDs every day to reinforce relationships. We encourage them to take photos of children enjoying the videos, to create a full circle of connections. We want servicemembers to see the impact a video has on a child." Russell understands family separation issues first-hand. "All three of my children are in the Army. My son is scheduled to return to Iraq this fall and my son-in-law leaves early next year."

"Some parents record a book for each one of their children, others return multiple times for just one," said Russell. "We also have chapter

books for older children." There is no restriction set on how many times servicemembers can use the free program. However, everyone is limited to 30-minute recordings, but family members can complete large books over several sessions – routinely sending home chapters until the book is complete.

On Oct. 31, USO Qatar will begin offering the United Through Reading military program at a second location, where USCENTCOM war fighters arrive to treat minor medical injuries.

USO Qatar and the United Through Reading military program is helping children of deployed servicemembers learn the joys of reading, while developing meaningful connections and enhancing self esteem. **A**

CAS in the News!

DVIDS provides a timely connection between media organizations around the world. See ASG-QA public releases at: <http://www.dvidshub.net/units/asg-qa>



Content in this Desert Mesh was picked up by the following agencies (source: DVIDS 360 distribution report, Oct. 30):

- ❖ ABC News; New York, NY
- ❖ ABC Radio; New York, NY
- ❖ Alexandria Times; Alexandria, VA
- ❖ AP-TV; NY
- ❖ Bethesda/Chevy Chase Gazette; Bethesda, MD
- ❖ Bloomberg News; New York, NY
- ❖ Bradford County Telegraph; Starke, FL
- ❖ Broadcast50.com; Honolulu, HI
- ❖ CBS; New York, NY
- ❖ Cherokee Scout; Murphy, NC
- ❖ Cherokee Sentinel; Murphy, NC
- ❖ Citizen; Auburn, NY
- ❖ Clinton/Fort Washington Gazette; Laurel, MD
- ❖ CNN Radio
- ❖ CNN-TV; Atlanta, GA
- ❖ Connersville News-Examiner; Connersville, IN
- ❖ Crestview News Bulletin; Crestview, FL
- ❖ C-Span; Washington, DC
- ❖ Detroit Free Press; Detroit, MI
- ❖ Florida Star; Jacksonville, FL
- ❖ Folio Weekly; Jacksonville, FL
- ❖ Fort Hood Sentinel; Fort Hood, TX
- ❖ FOX News; New York, NY
- ❖ Good Morning America Radio; New York, NY
- ❖ Hill Rag; Washington, DC
- ❖ Islamic Horizons; Herndon, VA
- ❖ Jacksonville Free Press; Jacksonville, FL
- ❖ Lake Region Monitor; Starke, FL
- ❖ Leader-Tribune; Fort Valley, GA
- ❖ Military Press; San Diego, CA
- ❖ MSNBC; New York, NY
- ❖ Muslim Journal; Homewood, IL
- ❖ Navy Compass; San Diego, CA
- ❖ NBC; New York, NY
- ❖ News Extra; Crestview, FL
- ❖ Okaloosa Publishing Company; Crestview, FL
- ❖ Progress-Index; Petersburg, VA
- ❖ Reuters; New York, NY
- ❖ Reuters-TV New York, NY
- ❖ San Diego Navy Dispatch; San Diego, CA
- ❖ Star Press; Muncie, IN
- ❖ Tanker Times - McConnell AFB; Wichita, KS
- ❖ Telegraph; Macon, GA
- ❖ Thunderbolt; Tampa, FL
- ❖ Union County Times; Starke, FL
- ❖ Washington Afro American; DC
- ❖ Washington Post; Washington, DC

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

THE WIRE

New ambassador to Qatar honors 9/11 with troops

is the only authorized respite venue for U.S. Central Command war fighters in Southwest Asia.

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

CAMP AS SAYLIYAH, Qatar – Joseph Evan LeBaron, recently sworn in as ambassador to the State of Qatar, joined U.S. servicemembers and civilians serving at Camp As Sayliyah, Qatar, to honor Patriot Day, Sept. 11. The 7th anniversary of the terrorist attacks in the United States marked the ambassador's first observance at the U.S. military installation, since assuming his duties at the embassy on July 18.

Camp As Sayliyah hosts numerous tenant units supporting the Global War on Terrorism. Furthermore, it

“My wife, Ellie, and I are delighted to have arrived in Qatar, where it will be my honor to represent the American people and the U.S. government.” said LeBaron, in a press conference announcing his appointment. “We began our diplomatic career here in Doha, more than 25 years ago, and we look forward to re-discovering this beautiful country and its people. I also look forward to supporting the thousands of Americans living in Qatar as they work to strengthen the bonds between our countries people.”

LeBaron joined the U.S. Foreign Service in 1980, after earning his doctorate in Near Eastern Studies at Princeton University. His first assignment was vice consul at the



Joseph Evan LeBaron, and wife, Ellie, stand as the national anthem is played during a Patriot Day ceremony at Camp As Sayliyah, Qatar, Sept. 11. LeBaron was sworn in as U.S. ambassador to the State of Qatar on July 18. He joined the U.S. Foreign Service in 1980, after earning his doctorate in Near Eastern Studies at Princeton University. His first assignment was vice consul at the U.S. embassy in Qatar. (Official Army Photo/Dustin Senger)

ASG-QA Soldier and NCO of the Quarter



U.S. Army Sgt. Wavney Clery, from Brooklyn, N.Y., and Pfc. Chyna Williams, from Crestview, Fla., are announced as the Area Support Group Qatar Noncommissioned Officer of the Quarter and Soldier of the Quarter, respectively, at Camp As Sayliyah, Qatar, Sept. 18. "Earning the honors was challenging and tough, but we excelled through it all," said Clery, a noncommissioned officer in charge of front desk operations for the U.S. Central Command rest and recuperation pass program in Qatar. Since its 2004, the program has provided a local respite for over 165,000 war fighters. (Official Army Photo/Dustin Senger)

U.S. embassy in Qatar. Most recently, he served as the U.S. ambassador to the Islamic Republic of Mauritania.

"It's great to see you back after your 20-year hiatus," said U.S. Army Col. David G. Cotter, Area Support Group Qatar and installation commander, prior to the remembrance ceremony. "Welcome to Camp As Sayliyah and welcome back to Qatar."



Joseph Evan LeBaron, recently sworn in as U.S. ambassador to the State of Qatar, lays a wreath with U.S. servicemembers during a Patriot Day ceremony at Camp As Sayliyah, Qatar, Sept. 11. (Official Army Photo/Dustin Senger)

The ambiance of the Patriot Day observance was set after a loud rendition of "The Star-Spangled Banner." The national anthem was followed by a chaplain's invocation, a message from the installation commander, the president's

proclamation and an official wreath laying – a tribute to the lives lost on Sept. 11, 2001. The ceremony closed with a moment of silence, leading into taps and the retiring of the national ensign. **A**

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 information.**

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

Camp Policies

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

Veterans Day

All are invited to attend the Camp As Sayliyah Veterans Day ceremony. The evening's events will begin with a chaplain's invocation followed by the National Anthem. An official wreath laying will honor veterans everywhere. A moment of silence will be observed with the playing of Taps, before the flag is lowered by a joint color guard.



ARMY STRONG.

• Nov. 11: ASG-QA headquarters at 4:30 p.m.

Contact Edmond Williams, ASG-QA protocol officer, for more information.

THE WIRE

Ambassador tours Qatar base

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

CAMP AS SAYLIYAH, Qatar – Joseph Evan LeBaron, U.S. ambassador to the State of Qatar, arrived for his first tour of Camp As Sayliyah, Qatar, Sept. 15. U.S. Army Col. David G. Cotter, Area Support Group Qatar commander, provided LeBaron with a brief overview of U.S. military activities – many directly supporting Operation Iraqi Freedom and Operation Enduring Freedom.

On July 18, LeBaron was sworn in as U.S. ambassador to the state of Qatar, where his diplomatic career first began as vice consul in 1980. More than 25 years later, LeBaron is happy to be back and astonished

by the nation's rapid growth.

LeBaron has studied Arabic, Middle Eastern and international affairs. Published in 2006, he authored "For God or Country," a study of the interrelationship between economic development and two political movements – one Islamist, the other secular – during a decisive period in pre-independence Sudan. LeBaron has received: the Presidential Meritorious Service Award; the State Department's Superior, Meritorious and Senior

On July 18, LeBaron was sworn in as U.S. ambassador to the state of Qatar, where his diplomatic career first began as vice consul in 1980.

Performance Awards; and the Sinclaire Language Award for the distinguished study of Persian. Prior to his assignment in Qatar, he served as U.S. ambassador to the Islamic Republic of Mauritania.

Cotter explained the close relationships the Qatar and U.S. military forces have cultivated over recent years. Since 2004, U.S. servicemembers have participated



Tim Armstrong, General Dynamics Land Systems site manager from Detroit, Mich., and Joseph Evan LeBaron, U.S. ambassador to the State of Qatar, listen to U.S. Army Col. David G. Cotter, Area Support Group Qatar commander, discuss the Stryker combat vehicle restoration facility at Camp As Sayliyah, Qatar, Sept. 15. Once they pass a thorough final inspection, the armored vehicles return to securing troops involved in military movements in Iraq. (Official Army Photo/Dustin Senger)



U.S. Army Spc. Ross Sizemore, from Connerville, Ind., meets Joseph Evan LeBaron, U.S. ambassador to the State of Qatar, at Camp As Sayliyah, Qatar, Sept. 15. Sizemore was about to depart the installation after participating in the U.S. Central Command rest and recuperation pass program. "This is a good way to relax after being in Iraq," said Sizemore. "We can sit around in civilian clothes and pretend we're not even over here – this place makes you feel closer to home." (Official Army Photo/Dustin Senger)

in the annual Qatar armed forces sports competitions – a major success of sociable interaction between the two nations' military forces. According to Qatar Army Brig. Gen. Khalifa Al Khulaifi, Qatar Military Sports Association deputy director, the events are "more for fun than competition, but they are challenging." LeBaron was amazed by the development of the area surrounding both nations' military facilities.

His introductory travels around Camp As Sayliyah included a walk through a Stryker combat vehicles repair facility, where a constant stream of battle-damaged vehicles are received and repaired. Once they pass a thorough final inspection, the armored vehicles return to securing troops involved in military movements in Iraq.

Before departing the installation, LeBaron met troops participating in the installation's rest and relaxation pass program. Since 2004, over 165,000 U.S. Central Command war fighters have traveled to the

Qatar base for a brief recharge – a break from the daily grind of combat zones. Camp As Sayliyah is home for the only authorized respite program in the USCENTCOM area of responsibility.

"This is my second day in Qatar and it's great!" said Army Lt. Col. Kevin Extine, from Muncie, Ind., after meeting LeBaron at the R&R program's main facility. Extine was on pass from Iraq. "We can sleep all day and play all night. Most importantly, we can get away from the adrenalin rush we live in every day."

"This is an optimistic time to be an American envoy in Qatar," said LeBaron in a press release announcing his arrival on July 28. "The strong friendship forged between our countries is based on a shared vision between our leaders and our people of a prosperous and stable Middle East whose development knows no bounds. I look forward to doing all that I can to nurture this dynamic relationship." **A**

USO Qatar

The USO Qatar offers servicemembers at Camp As Sayliyah movies, games and reading corners in the warm ambiance of a traditional Arabic setting.



USO is seeking volunteers

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

USMC 233rd Birthday

- Nov. 10: Birthday Cake Cutting Ceremony at 3 p.m. in the R2P2 building.



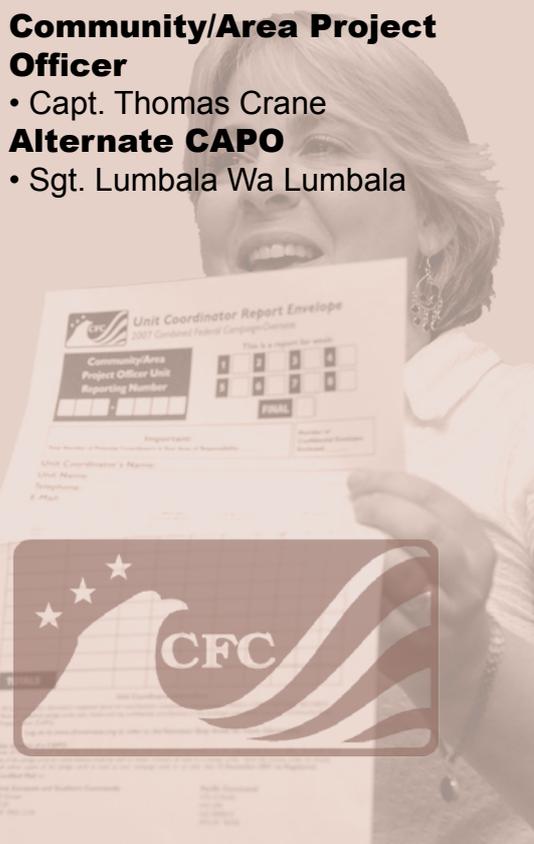
Contact Larry Cooke, USO Qatar director, for more information.

CFC-O

Contact your unit representative to place your pledge for the Combined Federal Campaign Overseas. This year's fund raiser will end on Dec. 12.

Community/Area Project Officer

- Capt. Thomas Crane
- Alternate **CAPO**
- Sgt. Lumbala Wa Lumbala



THE WIRE



U.S. Army Lt. Col. Antonio Oquendo, from Margate, Fla., addresses an audience during a Hispanic-American Heritage Month observance at Camp As Sayliyah, Qatar, Oct. 9. (Official Army Photo/Dustin Senger)

Thanksgiving

Participate in the installation festivities and gatherings:

- Nov. 22: Turkey Trot 5K Fun Run at 6 a.m. in the CAC.
- Nov. 22: Thanksgiving Day Celebration at 11:30 a.m. to 2 p.m. in the Big DFAC

Contact Tony Randall, MWR deputy director, or SFC Herman Smith, installation food advisor.

Hispanic heritage celebration

By DUSTIN SENGER
ASG-QA public affairs

CAMP AS SAYLIYAH, Qatar – With help from a local Salsa club, a theater filled with U.S. servicemembers celebrated Hispanic-American Heritage Month at Camp As Sayliyah, Qatar, Oct. 9.

On Sept. 12, a presidential proclamation announced the month-long ethnic observance to recognize outstanding Americans of Hispanic descent, from Sept. 15 until Oct. 15. Camp As Sayliyah residents gathered while forward deployed on the Arabian Peninsula to support contingency areas throughout the U.S. Central Command area of responsibility.

Army Lt. Col. Antonio Oquendo, from Margate, Fla., highlighted the strong tradition of Hispanic-American service in the Armed Forces. He received his commission in 1984, after graduating from the University of Puerto Rico with a Bachelor's Degree of Arts in Education.

Nadim Mansour and Bona Bech, Salsa Qatar instructors and performers, demonstrated Latin dance for the audience at the U.S. military installation.

"There are around 1,000 Hispanics in Qatar," said Mansour, who has taught Salsa dancing in the Gulf state since 2001. His studio also provides classes for Meringue, Cha Cha, Rumba, Tango and Waltz. "Most of our students are expatriates of Hispanic heritage – many are Americans." 



Nadim Mansour and Bona Bech, Salsa Qatar instructors and performers, demonstrate Latin dance for an audience at Camp As Sayliyah, Qatar, Oct. 9. Their studio provides classes for Salsa, Meringue, Cha Cha, Rumba, Tango and Waltz. "Most of our students are expatriates of Hispanic heritage – many are Americans," said Mansour. (Official Army Photo/Dustin Senger)

:: Sweethearts for Soldiers support troops



◀ U.S. Army Sgt. Jonathan Hershman, from Atlanta, Ga., poses for a photograph with Sweethearts for Soldiers calendar models at Camp As Sayliyah, Qatar, Sept. 15. The former NFL cheerleaders took their passions for supporting U.S. troops to overseas military installations; hoping to boost morale by bringing a touch of home to the brave men and women fighting for freedoms. "By them taking the time to come out here, it shows us people in the United States are paying attention to what's going on," said Hershman. "The girls are beautiful – I think I got high off the perfume!"

▶ U.S. Army Lt. Col. Kevin Extine, from Muncie, Ind., receives autographs from Sweethearts for Soldiers calendar models at Camp As Sayliyah, Qatar, Sept. 15. The former NFL cheerleaders took their passions for supporting U.S. troops to overseas military installations; hoping to boost morale by bringing a touch of home to the brave men and women fighting for freedoms. Extine was on pass from Iraq, participating in the U.S. Central Command rest and recuperation pass program at Camp As Sayliyah. Since 2004, over 165,000 war fighters have traveled to Qatar for a brief recharge. (Official Army Photos/Dustin Senger)



▼ U.S. Air Force Tech. Sgt. Jeff Bean, from San Antonio, Texas, poses for a photograph with Sweethearts for Soldiers calendar models at Camp As Sayliyah, Qatar, Sept. 15. "It's great they came out here! They gave us something to look forward to in the morning and now something to talk about all afternoon. Actually, we've been discussing this visit since Saturday."

▲ Cheryl O'Brien, Sweethearts for Soldiers calendar model, chats with U.S. Navy Cmdr. J.R. Scritchfield, from Vienna, Va., at Camp As Sayliyah, Qatar, Sept. 15. "I had to get their autographs for my daughters," said O'Brien. "I didn't know Cheryl was going to be here – I know her husband. We were in the same squadron in Jacksonville." Scritchfield is an SH-60B Seahawk helicopter pilot. "It's amazing to see people come out here, but it's even better when you know them!"



Chaplain Services

Attend the installation ministry team's spiritual support services:

Prayer Luncheon

- Nov. 26: Monthly prayer luncheon at noon in the big dining facility.
- Dec. 31: Monthly prayer luncheon at noon in the big dining facility.

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

Family Readiness Group Web site

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

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

Contact Capt. Thomas Crane, ASG-QA HHC commander, for more information.

Town Hall

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

Town Hall Meeting

- Nov. 3: Quarterly Town Hall meeting at noon in the big dining facility.

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



THE WIRE

chaplain

(Continued from page 2)

challenges to our servicemembers and their families.

Servicemembers and their families need strong coping skills to successfully manage the challenges imposed by today's up-tempo operations. Keeping a relationship healthy during deployment is a sign of strength and will make the transition back home smooth. Here are some practical tips to manage separation.

Talk about your upcoming separation.

You can set aside quiet time to talk about your feelings and plan how each of you will manage during your time apart. Be honest and don't pretend you're feeling fine when you're not. Discuss how you will stay in touch during the separation. Explore the available options, such as e-mail, phone calls, regular mail and Webcam. You can also use audio cassettes, DVDs and video recordings. Be sure to be clear and communicate effectively.

Ask your spouse to send care packages. He or she can send special treats, funny notes and items of special meaning.

The deployed spouse can also send care packages; Send home a batch of short "I love you" notes for your spouse to tuck into your children's Lunchboxes or under their pillows.

Try not to worry if you don't get a quick response. Your family member may be too busy to respond right away. It's important to keep busy and stay active. The more fulfilled you feel, the better you will handle separations and difficult times. Be sensitive to responsibilities at home as a 'temporary single parent' – this will help you better understand his or her experiences while you are apart. The spouse at home should keep in mind that their partner may be in an area with limited mail service (e-mail and postal service). Each spouse should make every effort to share daily happenings, in order to remain close while deployed.

Think of your family members at a regular time each day.

Set up a time each day, adjusting for time zone differences, when you will stop what you're doing for a moment, if possible, and think about each other.

Share what you know with children. Have a regular "show-and-tell" where you teach your children something new in an e-mail, letter or telephone call. In return, your children can tell you about something new they learned in school, or discovered from a book or friend. Send individual e-mails to your children. For a young child, you can create text documents with big letters.

Be sure to integrate your family members into your units Family Readiness Group. He or she can benefit greatly from the mutual support and experiences of others facing similar difficulties. **A**

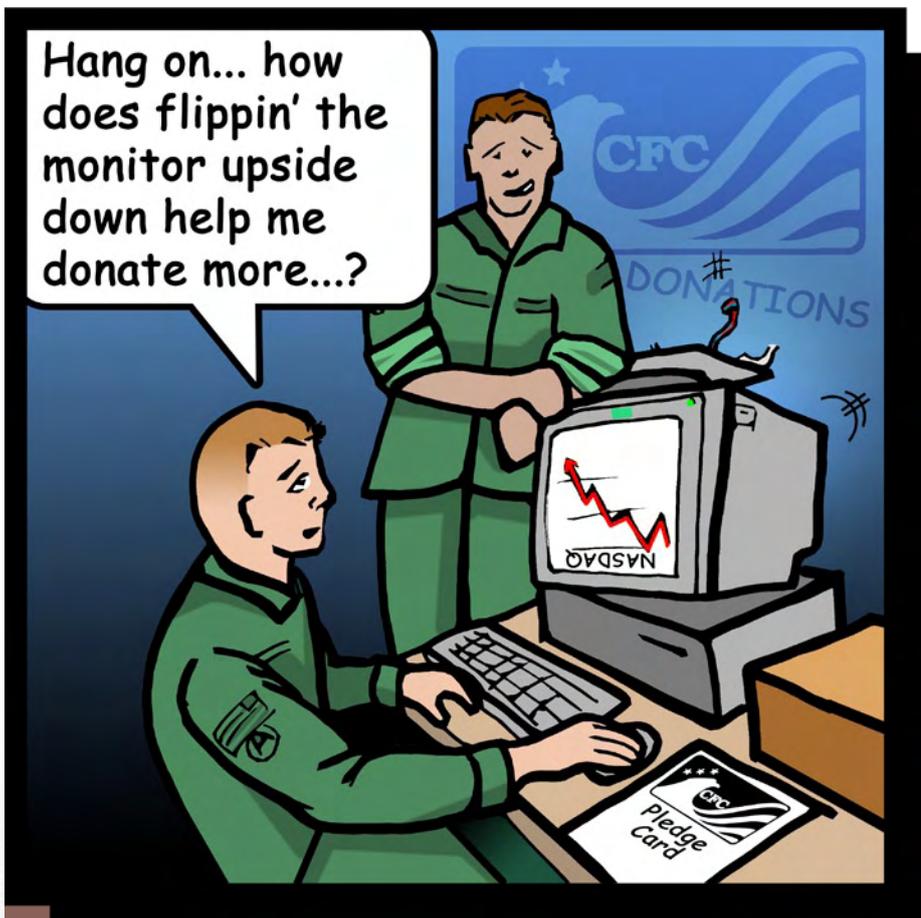


Illustration by Dustin Senger. Submit ideas for future CAS-toons to dustin.senger@qatar.army.mil



November 7 and 8



Happy Holidays!

MWR holiday events schedule

- ♦ **Halloween 5K Fun Run**
Oct. 31 • 5:30 p.m. • CAC
- ♦ **Halloween Costume Party**
Oct. 31 • 8 p.m. • Top-Off
- ♦ **USARCENT 90th Birthday Run**
Nov. 7 • 6 a.m. • ASG-QA compound
- ♦ **Commander's Cup**
Nov. 7-8 • All Day • ASG-QA compound
- ♦ **Holiday Door Decorating Contest**
Nov. 8 - Dec. 1 • Various areas
- ♦ **Veteran's Day 5k Fun Run**
Nov. 11 • 6 a.m. • CAC
- ♦ **Outdoor Greeting Card Contest**
Nov. (TBD) • Outside ASG-QA compound
- ♦ **Holiday Door Display**
Nov. (TBD) • All Day • Various areas
- ♦ **Turkey Trot 5k Fun Run**
Nov. 27 • 6 a.m. • CAC
- ♦ **Thanksgiving Day Celebration**
Nov. 27 • 11:30 a.m. to 2 p.m. • Big DFAC
- ♦ **Christmas Tree Lighting Ceremony**
Dec. 4 • 6 p.m. to 7 p.m. • ASG-QA HQ
- ♦ **Pictures w/Santa**
Dec. 10 • USO
- ♦ **Christmas Day 5k Fun Run**
Dec. 25 • 6 a.m. • CAC
- ♦ **Christmas Day Celebration**
Dec. 25 • 11:30 a.m to 2 p.m. • Big DFAC
- ♦ **New Year's Eve 5K Fun Run**
Dec. 31 • 6 a.m. • CAC
- ♦ **New Year's Eve Celebration**
Dec. 31 • 8 p.m. • Top-Off

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

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

Photography Support

Photos are available on the ASG-QA Intranet Web site:

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

*ASG-QA domain access required.

USARCENT 90th Birthday Run

U.S. Army Central will celebrate 90 years of service to the nation on Nov. 7. Everyone at Camp As Sayliyah is encouraged to participate in a morning run.

• Nov. 7: 2K Birthday Run at 6 a.m. in the ASG-QA compound.

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

FITNESS

Commit to fit

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

“Man cannot discover new oceans unless he has the courage to lose sight of the shore,” said Andre Paul Guillaume Gide (1869-1951), a French writer and critic. Many years have passed but Gide’s wisdom is timeless and applies to individuals training for greater levels of physical conditioning. Reaching new levels of performance requires a deep inner desire to exceed current fitness thresholds. Eventually plateaus in progression call for athletes to distance themselves from comfort zones; in order to become leaner, stronger or more muscular.

Telling goal-focused trainees to work progressively sounds patronizing – almost like an infomercial solution – but it’s alarming how many report to fitness centers to constantly accomplish the same thing, over-and-over again. The real shame is when this redundancy turns from months to years! People tend to limit themselves by simply going through effortless motions. A new trainee can lift 10-pound weights everyday and never really get “toned.”

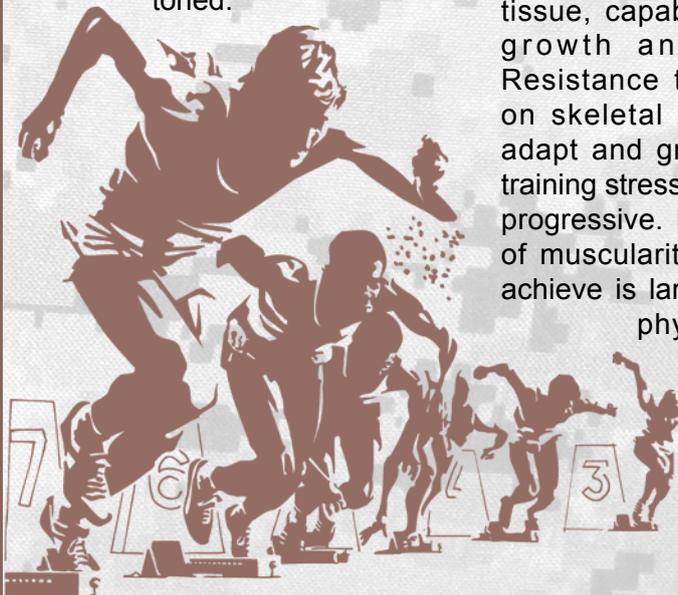
Becoming more active results in some preliminary changes in body composition, but results fade quickly if the stimulus doesn’t continue to evolve. Training progress requires an effort greater than what the body is comfortable with accomplishing. Otherwise, it considers the current body composition as good enough. The stimulus does not warrant any adaptation to transpire and stagnant periods keep a trainee from obtaining satisfaction with their program’s results. At this point, one would be equally served – yet probably more comfortable – at home, watching television.

On the other hand, if the training output is increased over subsequent workouts, the stimulus for change becomes rewarding. With heightened mental motivation and proper nutrition, change is demanded. Striving for average frequently results in settling for failure; while reaching high with great ambitions results in settling somewhere above average – perhaps within the realm of serious prominence. Always remember: you’ll never be great while aiming for good.

The human body is an amazingly adaptive organism. It’s a living multifaceted network of organic tissue, capable of reproduction, growth and maintenance. Resistance training capitalizes on skeletal muscle’s ability to adapt and grow, in response to training stress that is repeated and progressive. However, the extent of muscularity an individual can achieve is largely limited by their

physical genetics and ability to cope with stressful training.

Successful bodybuilders have great genetic disposition with phenomenal ability



to handle intense training protocols. Competitive bodybuilders may further augment their potential with professional assistance and various ergogenic aids.

There are a couple general rules for body re-composition. For one, daily energy intake (food calories) must exceed daily energy output (activity levels) to increase body mass. On the other hand, activity levels must exceed caloric intake to decrease it. This generalization gets complicated when differences between metabolizing lipids (fat) and proteins (muscle) are considered, but the basic laws of thermodynamics and metabolism remain the same.

To increase muscle mass, bodybuilders typically undergo periods of "bulking." During this stage, two primary conditions are applied to encourage the desired effect: first, energy intake is elevated enough to assure the body that an increase in metabolically expensive muscle mass will not cause a life-threatening situation; second, a progressively applied resistance training program must signal a need for greater limit strength.

To lose fat, periods of "cutting" involve maintaining strength with progressive endurance training. Progressive cardio respiratory training helps provide a stimulus for a more fuel-efficient body composition, while liberating fat stores to meet energy demands. Stationary cycling for 30 minutes on level two won't encourage much change or calorie consumption. However, repeated bouts with

increasing intensities build up cardiovascular fitness; resulting in a more fuel-efficient body while burning increasingly more calories. A body burning 600 calories in 30 minutes on a stationary cycle is in far better physical condition than another burning half the calories in the same amount of time. To support metabolism and spare muscle wasting, cycling calorie intake is common – using periods of long deficits contrasted by short-lived surpluses.

Reaching new levels of performance requires a deep inner desire to exceed current fitness thresholds.

Before beginning any fitness program, it's important to outline the actual goal; such as, obtaining more muscle or decreasing body fat. Recent

research into concurrent training methods suggests periods of progressive strength and endurance training create diverse events within the body – many making the two incompatible. Inadequate nutrition may further stall results, due to the heavy demands a progressive resistance training program places on the body's recovery processes.

Blinded attempts toward a progressive overload will not maximize training periods. The body and mind will naturally resist increasingly greater training stressors. A means to record training efforts must be employed, such as a training journal or spreadsheet. Every training session can be guided toward what would constitute a progressive response. Even in small increments, progress always means a change is taking place.

Strive to push your body into a new level of fitness by forcing an adaptation to occur through hard work and heavy resistance training. Be ready to lose sight of the shore for new-found results. Read numerous training and nutritional theories to maximize your knowledge base. Once you reach dimensions that satisfy your urge to train, switch to a standard maintenance routine and relish in your accomplishments. **A**

EDITOR'S NOTE: Senger has spent nearly 15 years researching theories in human performance. To properly introduce new concepts, his knowledge stems from reviewing the research of many authorities, personal application and coaching others.



FITNESS MANIA!

U.S. Army Capt. Luis Martinez, Area Support Group Qatar finance officer, scored 3,610 points to win the September fitness challenge at Camp As Sayliyah - a three-time champion! Lt. Col. Antonio Oquendo, ASG-QA strategic planner, earned second place with 1,770 points.

Sign up for November's Fitness Mania at the big gym's front desk.



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 Capt. Luis Martinez, ASG-QA finance officer, for more information.

FITNESS

SOLDIER STRONG

Fitness Q&A

By 1st Sgt. DONALD WILLIAMS
ASG-QA HHC

Q. What dietary supplements can help me get strong?

A. To tell you the truth, the best dietary supplements for strength athletes are the nutrients found in whole foods. I do not use supplements; only natural foods rich in protein and other nutrients, such as meats, eggs, rice, nuts, fruits and vegetables.

Never confuse the word "supplement" with "replacement." I have seen people take dietary

supplements to gain muscle, yet they never work out! You must participate in aggressive physical training in order to make favorable changes in muscle size and strength.

No matter how expensive or promising, supplements do not replace the need for challenging workouts and proper food selections.

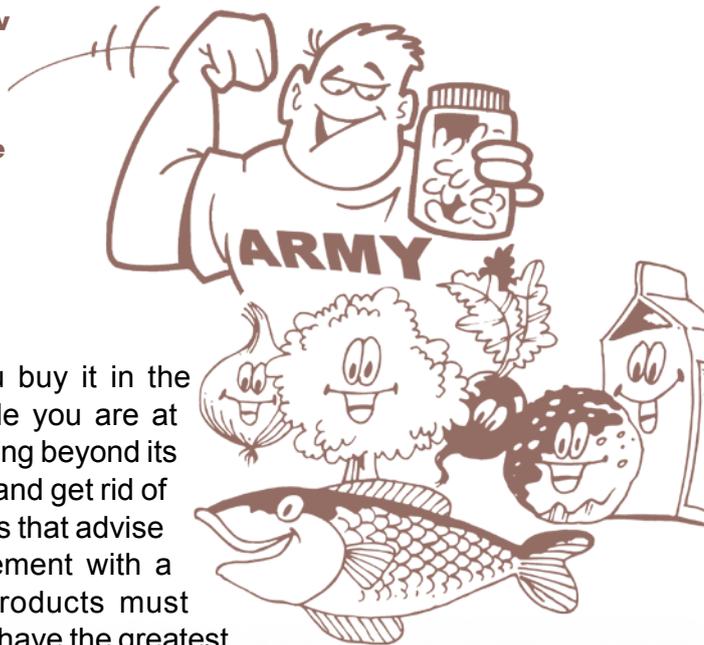
Before you attempt to overload your body with a specific nutrient – whether through whole foods or dietary supplements – you must understand its assumed effects. You are likely to waste money and time by not pre-aligning supplement use with training goals, so they compliment each other. If you have been taking a supplement for over six months but have little to show for it, you could be using the wrong product for your goal, or you could be taking it incorrectly. Many times, failing to respond to a supplement has nothing to do with a product's usefulness; rather the discipline it takes to routinely follow manufacturer recommendations.

Take a look around and be real with yourself. What's on your shelves? You may be wasting time and money if your cabinets are beginning to look like a health food store. If you have a supplement with only a few scoops missing, try and remember



U.S. Army 1st Sgt. Donald Williams.
(Official Army Photo/Dustin Senger)

No matter how expensive or promising, supplements do not replace the need for challenging workouts and proper food selections.



what made you buy it in the first place. While you are at it, look for anything beyond its expiration date and get rid of it. Look for labels that advise taking a supplement with a meal. These products must mix with food to have the greatest potential for effectiveness – to avoid most of it ending up in the toilet. Countless products require multiple daily doses or precise nutrient timing, such as post workout.

Increasing protein intake will promote muscle development during recovery periods. Be sure to eat enough protein, especially if your strength training journal hasn't been showing much improvement lately. Carbohydrates provide energy for explosive sports – like powerlifting. If your workouts need more energy, step back and evaluate whether you're ingesting enough carbohydrates.

Many people swear by the effectiveness of supplemental creatine for high-intensity and short-duration training. After taking it for awhile, it's common to start feeling stronger during explosive training events – like sprinting and strength training. It is possible to obtain creatine through whole foods; red meats and fish are high in this nutrient. Supplements are commonly sold in powder forms

and are the most efficient way to load up on large amounts. As always, remember to check labels for the recommended serving size and frequency, as well as any safety guidelines.

The best advice I can give you about supplements: do some research before taking them. All professional trainers have their own opinions – they don't all agree. Their recommendations are based on their athletes' results. To truly find out which supplements work best, you must get to know your body. Routine evaluations by a doctor are helpful to identify genetic health risks and avoid overuse injuries. Above all, you must consistently eat right and train hard to know which supplements work best. **A**

EDITOR'S NOTE: Williams has over 34 years of powerlifting experience. While stationed at Fort Polk, La., he set a state record by bench pressing 350 pounds, while weighing only 170 pounds. He retired from competitions, but continues to coach individuals interested in ways to increase their strength.

Commander's Cup

All units on Camp As Sayliyah are encouraged to participate in the installation's premier fitness event.



**November
7 and 8**

Contact Tony Randall, ASG-QA MWR deputy director, 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

• Nov. 4: Open bowling from 6 p.m. to 8 p.m.

• Nov. 11: Moonlight bowling from 8 p.m. to 10 p.m.

• Nov. 18: Open bowling from 6 p.m. to 8 p.m.

• Nov. 25: Moonlight bowling from 8 p.m. to 10 p.m.

Contact Tony Randall, MWR deputy director, for more information.

CULTURE

Top Qatar general invites troops to Iftar

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

DOHA, Qatar – Qatar Army Maj. Gen. Hamad bin Ali Al Attiyah, armed forces chief of staff, invited several U.S. military officers to experience a traditional Islamic feast during the holy month of Ramadan, Sept. 23.

"This is my first time accepting the hospitality of our Qatari hosts away from the military installation," said U.S. Army Maj. Frank

O. Pfau, from Butte, Mont. "It was a generous invitation and it's important for soldiers to learn cultural sensitivity and understanding while overseas."

Qatar is an Islamic state located along the eastern coast of Saudi Arabia. The nation is currently observing Ramadan, a month of daily fasting and increased prayer for Muslims. Ramadan is believed to be the month in which the Koran was first revealed to the prophet Mohammed in the

6th century. The fourth pillar of Islam requires followers to fast from sunrise to sunset – no eating, drinking, profanity or impure thoughts which would distract Muslim's from daily prayers.

"Iftar," is an Arabic word for the fast-breaking meal following the sunset prayer during Ramadan.



Qatar Army Maj. Gen. Hamad bin Ali Al Attiyah, armed forces chief of staff, greets U.S. Army Maj. Frank O. Pfau, from Butte, Mont., prior to a traditional Islamic feast during the holy month of Ramadan, Qatar, Sept. 23. The Qatari general invited several U.S. military officers to experience the cultural and religious tradition in the Gulf state. "This is my first time accepting the hospitality of our Qatari hosts away from the military installation," said Pfau. "It was a generous invitation and it's important for soldiers to learn cultural sensitivity and understanding while overseas." (Official Army Photo/Dustin Senger)

After sunset is announced, Muslims congregate to break their fasts and pray as a community. In the Gulf countries, the fast is traditionally broken with water, tea, milk and dates. "Iftar," is an Arabic word for the fast-breaking meal following the sunset prayer during Ramadan.

"Every year the general invites

foreign military officers to Iftar," said Hani Abukishk, U.S. Army Central Area Support Group Qatar civil affairs officer. "Participation helps everyone understand the importance of the holy month of Ramadan while assigned to Qatar. It's one of many relationship building events." ^A

Qatar Armed Forces Competitions

The annual Qatar Armed Forces competitions are underway. Take part of an outreach effort to build friendly relationships between the U.S. and Qatari military forces.

Volleyball Tournament

- Oct. 19 to Oct. 30
- Nov. 4 to Nov. 10

Pistol Competition (Officers)

- Nov. 3 to Nov. 16

Marksmanship Competition

- Nov. 11 to Nov. 30

Table Tennis Tournament

- Dec. 17 to Dec. 26



More to be announced.

Contact Capt. Thomas Crane, ASG-QA HHC commander, or Hani Abukishk, ASG-QA civil affairs officer, for more information.



U.S. Army Lt. Col. Scott S. Naelitz, from Cartersville, Ga., is served camel meat while attending a traditional Islamic feast during the holy month of Ramadan, Qatar, Sept. 23. The Qatar armed forces chief of staff invited several U.S. military officers to experience the cultural and religious tradition in the Gulf state. "Iftar" is an Arabic word for the fast-breaking meal following the sunset prayer during Ramadan.



Qatar Air Force Col. Ahmed Bin Nasser Al Thani and U.S. Army Col. David G. Cotter, Area Support Group Qatar commander, attend a traditional Islamic feast during the holy month of Ramadan, Qatar, Sept. 23. (Official Army Photos/Dustin Senger)

The meaning of Eid Al Adha for Muslims

Eid Al Adha, the Festival of the Sacrifice, takes place on the tenth day of the last month on the Islamic calendar, Dhul-Hijjah. This is one of two annual Islamic Eid celebrations: Eid Al Fitr follows immediately after Ramadan, the sacred period of Eid Al Adha occurs approximately 70 days afterward.

Each year, millions of Muslims from around the world make an annual pilgrimage to Mecca to worship Allah during this time. The pilgrims re-enact a significant scene from Muslim history by slaughtering sheep.

The annual celebration of Eid Al Adha commemorates the prophet Ibrahim's willingness to sacrifice his son, Ishmael, in response to a command from Allah. Ibrahim and Ishmael completed a journey to Mina, Saudi Arabia to complete the sacrifice. Satisfied with Ibrahim's devotion, Allah replaced Ishmael with a sheep at the last second. The sheep was slaughtered instead.

The first day of Eid Al Adha is the primary holiday. Muslims are expected to dress in their best attire and perform prayer in a large congregation. Muslims around the world participate in the sacrificial rite; they offer sheep and other livestock. The meat is distributed in thirds to ensure that no impoverished Muslim is left without an opportunity for sacrificial food during this day. One part is given to the poor, another to neighbors and the remaining kept for the family of the person who provided the sacrifice.

Contact Hani Abukishk, ASG-QA civil affairs officer, for more information regarding cultural awareness and sensitivity in Qatar.

CULTURE

Soldiers experience Ramadan tradition

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

DOHA, Qatar – U.S. Soldiers stationed in Qatar absorbed a traditional Islamic custom by attending a Ramadan celebration at the Four Seasons Hotel, Qatar, Sept. 14. Qatar is an Islamic nation located off Saudi Arabia's eastern coastline. Currently, healthy adult Muslims are observing Ramadan, a month when much of the nation is desolate throughout daylight hours due to devout fasting requirements. Daily abstinence is ended with "Iftar," an Arabic word for the fast-breaking meal at sunset. Following Iftar, extravagant festivities begin throughout the nation – from private

family get-togethers, to extensive social gatherings.

"I am amazed by all the decorations," said U.S. Army Sgt. 1st Class Teresa Bozeman, from Hazlehurst, Miss., while entering a Four Seasons Hotel ballroom, lavishly decorated to resemble an enormous tent-like structure. "Everything is very elegant – the music, people and food." Several five-star hotels in Qatar provide Ramadan tents that combine Arabic tradition with modern hospitality.

"Suhur" is an Arabic word referring to the meal fasting Muslims eat prior to dawn. Suhur celebrations begin around 9 p.m. and carry on throughout the night. People of all religious faiths assemble to experience international cuisines immersed in Arabic music, dancing and singing. Muslims seek evening venues for family get-togethers and community celebrations – others



Arabic musicians perform at the Four Seasons Hotel Ramadan tent in Qatar, Sept. 14. The hotel's lavishly decorated ballroom, resembling an enormous tent-like structure, combined a large evening feast with Arabic entertainment during Islam's holy month. (Official Army Photo/Dustin Senger)

Things to know about Eid Al Adha in Qatar

- ❑ Eid Al Adha is expected to begin Dec. 9.
- ❑ Muslims will begin a four-day celebration with family and friends.
- ❑ An official announcement by the Qatar Ministry of Civil Service will close all government agencies for several days.
- ❑ Most malls and stores will be open during the holiday.
- ❑ U.S. citizens should practice extra caution in Qatar; be especially vigilant around large gatherings.

Eid Al Adha is a time to remember your Muslim friends. Congratulate them for the arrival of this special time of year. "Eid Mubarak," an Arabic phrase meaning "blessed Eid," is an appropriate phrase to express well wishes to any Muslim in Qatar.

Contact Hani Abukishk, ASG-QA civil affairs officer, for more information regarding cultural awareness and sensitivity in Qatar.



U.S. Army 1st Sgt. Donald Williams, from Houston Texas, is served lamb at the Four Seasons Hotel Ramadan tent, Qatar, Sept. 14. Williams joined a group of U.S. Soldiers to attend a large evening feast during Ramadan, a month when much of the nation is desolate throughout daylight hours due to devout fasting requirements for all adult Muslims. "I recommend everyone fasts before eating here," said Williams. "The food is pretty good!" (Official Army Photos/Dustin Senaer)



Nagi Shnuda, Four Seasons Hotel Ramadan tent manager, explains evening traditions during Ramadan, Islam's holy month, in Qatar, Sept. 14. Shnuda escorted the group of U.S. Soldiers through the hotel and into a lavishly decorated ballroom, resembling an enormous tent-like structure.

join to gain cultural understanding and soak in the country's prolific Arabic atmosphere.

"I have experienced Ramadan in Kuwait, Iraq, Afghanistan and now Qatar," said 1st Sgt. Donald Williams, from Houston Texas. "I attended a Ramadan feast in Afghanistan, but this is much bigger. It's a good representation of the Qataris ability to hold huge celebrations in exclusive hotels." Nagi Shnuda, Four Seasons Hotel Ramadan tent manager,

escorted the group through the hotel, providing explanations of the event's traditional customs and religious significance. "The hotel management was hospitable and really set the tone by explaining the sequence of everything, and each step's meaning in Islam."

"Several palaces in Iraq look like they were once just as nice as the five-star hotels in Qatar," said Williams. "This event reminds us of what Iraq can become: a beautiful and peaceful Islamic country." ^A

Christmas in the Gulf

Although Qatar is an Arab-Islamic nation, many non-Muslim Arabs live and work in the prosperous nation. There is a large population of Arab-Christian expatriates in the Gulf region. Many Christians in the Middle East celebrate Jan. 7 as the actual birthday of Christ, according to the Gregorian calendar. They celebrate Jan. 7 just as other Christians celebrate Dec 25.

Contact Hani Abukishk, ASG-QA civil affairs officer, for more information regarding cultural awareness and sensitivity in Qatar.

Drove a Little Fast?

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

Education Center

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

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

American Education Week

- Nov. 16-22

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

DOHA LIFE

Troops visit Qatar shops during respite

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

DOHA, Qatar – Three U.S. servicemembers spent a day shopping in Qatar, while participating in the U.S. Central Command rest and recuperation pass program at Camp As Sayliyah, Oct. 11. Due to a wide array of on-post activities, there is no reason to leave the military installation during a standard four-day pass. Even so, off-post excursions allow participants to submerge themselves in Arab-Islamic culture. For many, it's an opportunity too difficult to dismiss.

"I'm trying to get everything the

"It feels great to see different cultures," said U.S. Army Spc. Kimmone Malloy, from Fayetteville

program offers," said Army Spc. Kimmone Malloy, from Fayetteville, N.C. "I appreciate all the time I have in Qatar, and I am not wasting any of it." She left a remote location in Iraq yesterday and hasn't slept yet. "I wish there was more time but I won't be greedy – I'll sleep when I get back." The respite program provides a safe venue for war fighters serving within Southwest Asia. Since its 2004 inception, over 165,000 servicemembers have participated.

"Souq" is an Arabic word for trading establishments. Souqs in Qatar are located in multi-level malls and outdoor complexes. Unlike larger commercial outlets, tourists are able to bargain with merchants while shopping for souvenirs; such as artwork, textiles, antiques, spices, perfumes and jewelry. With help from a sponsor familiar with Qatar culture, Malloy joined two other respite program participants



U.S. Navy Petty Officer 2nd Class Emecher Jacobs, from Wilmington, N.C., pets a donkey at a shopping area in Doha, Qatar, Oct. 11. Jacobs was enjoying a four-day pass from military commitments in Kuwait, by participating in the U.S. Central Command rest and recuperation pass program. (Official Army Photo/Dustin Senger)

to visit the Gulf state's oldest and most famous shopping areas.

"I only spent half the money I withdrew for today – this is great!" said Navy Petty Officer 2nd Class Emecher Jacobs, from Wilmington, N.C. "I bought sunglasses, perfumes and souvenirs; a pair of sandals for each one of my girls; and pearls for my aunt."

"In Qatar, we get more freedoms," said Navy Petty Officer 2nd Class Javont Whitt, from Detroit, Mich., comparing his trip to off-post experiences in Kuwait, which are mostly spent in military convoys. "This was my first time to a Souq. The shop owners give us a price, then we give them a price – after that, we meet somewhere in the middle. It's how they do things."

"We did get a better understanding of the time people put into hand-crafted items," said Whitt. "One shop owner was carving beautiful wooden instruments in an incredibly

small room. You want to bargain, but you also want to respect their efforts."

"It feels great to see different cultures," said Malloy. "It helps us appreciate what we have back home – and compared to where I have been in Iraq, this place is paradise." **A**



A Syrian shop keeper bargains store prices with U.S. Army Spc. Kimmone Malloy (far right), from Fayetteville, N.C., at a shopping area in Doha, Qatar, Oct. 11. Malloy was enjoying a four-day pass from military commitments in Iraq, by participating in the U.S. Central Command rest and recuperation pass program. (Official Army Photos/Dustin Senger)

New traffic law

For minor accidents, drivers must move vehicles to avoid traffic congestion and a 1,000 Qatari Riyal (roughly \$275) fine as articulated in the new Qatari traffic law:

• Qatari Traffic Law, Article 23: "Not removing the vehicle from the accident's site to the nearest parking after non-casualty accident if it is possible to move it and report to the police immediately."

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

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



U.S. Navy Petty Officer 2nd Class Javont Whitt, from Detroit, Mich., plays a handmade Arabic instrument at a shopping area in Doha, Qatar, Oct. 11. "We did get a better understanding of the time people put into hand-crafted items," said Whitt. "One shop owner was carving beautiful wooden instruments in an incredibly small room. You want to bargain, but you also want to respect their efforts."



Fire prevention is important at work and home.

If a fire breaks out, call the installation fire department (911). Do not waste time – if possible, fight the flames with a fire extinguisher.

Pull the pin (or other motion) to unlock the extinguisher. Aim at the base (bottom) of the fire and stand 6-10 feet away.

Squeeze the lever to discharge the agent.

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

Other points to remember:

- Smoke and deadly gases rise during a fire. Crawl below the smoke, where the air is cleaner.
- Check smoke detectors at least once per month.
- Change smoke detector batteries if the device starts “chirping”.

Contact Daniel Guzman, installation fire chief, for more information regarding fire prevention.

SAFETY

Rain arrives to Qatar

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

On Monday, Oct. 13, residents of Camp As Sayliyah gazed outdoors – amazed to see rain had finally arrived in the Gulf state of Qatar. Statistically a month late, the first rain of the year only lasted long enough to calm the humid day.

According to the Qatar Embassy in Washington, D.C., the country is classified as a hot subtropical desert with an annual rainfall of only 3.24 inches. The nation has no rivers or lakes. Its primary source of fresh water is ground water – besides the limited annual rain.

From May until October, the weather is extremely hot in Qatar. Temperatures become much more bearable during the cooler months. Isolated rain showers may occur as early as September, but heavier downpours aren't expected to emerge until December and remain likely until March. During Qatar's inclement weather season, heavy fog frequently arises in the early morning.

In December 2006, Qatar residents witnessed record-breaking downpours – the wettest season in over 40 years. Heavy rain accompanied by strong winds left major roads and highways completely submerged in water.

Heavy rain introduces additional safety concerns on the roads. Existing hazards, such as potholes and reckless driving, are amplified during periods of rain and fog. Accidents are often caused by unprepared drivers – unfamiliar with driving during poor weather conditions. Due to the widespread desert climate, nationals throughout the Arabian Peninsula rarely ever drive during heavy rain.

The majority of Qatar's intersections and roundabouts are crowned in a way that allows water to run off the shoulders. However, the nation's infrastructure lacks sufficient irrigation systems to properly displace substantial amounts of water. Steer clear of deep puddles to lessen your chance of losing control.

Plan to drive slowly when roads are wet. Brake earlier than you normally would to increase the stopping distance between the vehicle in front of you, and the car

Weather averages for Doha, Qatar

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Average high °C (°F)	22.0 (72)	23.0 (73)	26.0 (79)	31.0 (88)	38.0 (100)	40.5 (105)	40.8 (105)	40.1 (104)	38.0 (100)	35.0 (95)	29.5 (85)	24.0 (75)	
Average low °C (°F)	12.5 (55)	13.0 (55)	16.0 (61)	20.5 (69)	24.5 (76)	27.5 (82)	29.0 (84)	28.5 (83)	26.0 (79)	23.0 (73)	19.0 (66)	14.8 (59)	
Rain Fall mm (inches)	12.5 (0.49)	17.0 (0.67)	16.0 (0.63)	09.0 (0.35)	03.5 (0.14)	00.0 (0)	00.0 (0)	00.0 (0)	00.0 (0)	01.0 (0.04)	03.0 (0.12)	12.0 (0.47)	74.0 (2.91)

Source: Allmetsat.com (July 5, 2008)

behind. At the sight of rain, switch on your headlights to help you see the road, and most importantly pedestrians.

Take extra caution when visibility is limited and roads are slick. Precautionary driving habits will help you prevent an accident and arrive to your destination safely. So far this year we have seen meager showers, but it's likely that several downpours will occur within the next month or two. **A**



From May until October, the weather is extremely hot in Qatar. Temperatures become much more bearable during the cooler months. Isolated rain showers may occur as early as September, but heavier downpours aren't expected to emerge until December and remain likely until March. (Courtesy Photo/Dustin Senger)

Chemical safety

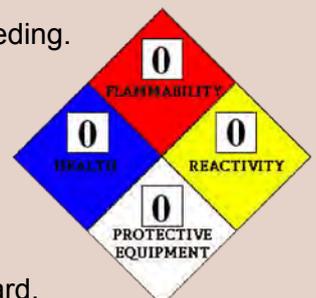
The Occupational Health and Safety Administration attempts to ensure chemical safety in the workplace. OSHA's Hazard Communication Standard requires the development and dissemination of the following:

- ⇒ Chemical manufacturers and importers are required to evaluate the hazards of the chemicals they produce or import.
- ⇒ Prepare labels and material safety data sheets (MSDSs) to convey the hazard information to their downstream customers.
- ⇒ All employers with hazardous chemicals in their workplaces must have labels and MSDSs for their exposed workers, and train them to handle the chemicals appropriately.

In summary, the HCS says employees have "the right to know" about potential chemical hazards within the workplace. Everyone also has the right to understand proper personal protective equipment associated with a chemical, because many can cause injury, illness, or even death – if handled improperly. Before using any chemical, it is important to read the container's warning labels and review the item's MSDS. This information serves to inform of potential hazards. It is important to handle and use chemicals correctly, wear appropriate personal protective clothing and equipment, and know what first aid measures should be taken in the event of exposure.

Workplace chemical safety tips:

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



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

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We need your feedback!

Fill out the form below, call or e-mail
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