



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

DESERTMESH MAGAZINE

Edition 59 February/March 2009

- ⌘ Commander
COL David G. Cotter
- ⌘ Command Sergeant Major
CSM Michael D. Howard
- ⌘ Deputy Commander
LTC Scott S. Naelitz
- ⌘ Public Affairs Coordinator
Lakia Clarke-Brown
- ⌘ Public Affairs Specialist
Dustin Senger
- ⌘ Visual Information Manager
William R. McLeod
- ⌘ Photographer
Ding Alcayde
- ⌘ Desert Mesh Contributors
COL Doug Castle
Isidoro Geverola

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



Astronauts arrive to base
9



Qatar beach activities
28



Troops travel to camel race track
26

300 safe days
34



Commander's corner

- USARCENT 4-5
- ASG-QA 6-7



Edition 59

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) U.S. Air Force Capt. Aubrey Davis, from Woodbury, Minn., meets Army Lt. Col. Robert S. Kimbrough, NASA astronaut, at Camp As Sayliyah, Qatar, Feb. 2. (Middle) U.S. Air Force Staff Sgt. Ieaka Jones, from Cartersville, Ga., holds a falcon at the beach home of Qatar Army Maj. Gen. Hamad bin Ali Al Attiyah, armed forces chief of staff, in Al Khor, Qatar, Feb. 10. (Bottom) U.S. Army Maj. Isaac Peay, from Cassat, S.C., rides a camel in Al Shahaniyah, Qatar, Feb. 21. (Cover Photo-illustration by Dustin Senger)

CONTENTS

DM59: Team support

THE WIRE

- Troops talk politics during pass 3
- Desk officer visits Qatar base 8
- Astronauts arrive at Qatar 9
- Tae Bo creator back on tour for troops 10
- Rodeo riders support troops in Qatar 11
- Billy Blanks Tae Bo class 12
- Xpose dancers visit troops 14
- Football players travel for Super Bowl Sunday 15
- Overseas fundraising results peak despite recession 16
- Deployed Soldiers battle rising suicide trend 17
- Spiritual fitness 18
- MWR events and AAFES movies schedules 19
- Black history 20

FITNESS

- Powerbuilding 22
- Soldier Strong – Fitness Q&A 24

CULTURE

- Troops attend Qatar camel races 26

DOHA LIFE

- Top Qatar general hosts beach outing 28
- Commander honors Qatari hospitality 30

SAFETY

- Beat the Qatar heat 32
- Qatar base safety record breaks 300 34

The year of the noncommissioned officer

By Command Sgt. Maj. John D. Fourham
USARCENT

Corps and the enormous contributions that it has made in shaping our great nation, and our Army.

The Army has officially recognized 2009 as the Year of the Noncommissioned Officer. This recognition is a tribute to our elite NCO

During the Year of the NCO, the Army will showcase stories of

(Continued on page 5)

Camp profile: Troops talk politics during pass

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

CAMP AS SAYLIYAH, Qatar – “We just want to get things done in Iraq,” said U.S. Marine Corps Lance Cpl. Thomas Chamberlin, from Diamond Bar, Calif., at Camp As Sayliyah, Qatar, Jan. 27. Chamberlin was enjoying a four-day break from duties in Iraq by participating in the U.S. Central Command rest and recuperation pass program at the U.S. military installation. The U.S. presidential inauguration appointed Barack Obama as commander-in-chief of the Armed Forces one week ago. Servicemembers sustaining Operation Enduring Freedom and Operation Iraqi Freedom eagerly await direction under the new administration.

“The insurgency has gone down and things are really improving,” said Chamberlin, “But we want the Iraqis to be able to sustain themselves before we leave.” According to Chamberlin, a lot of the Marines in his deployed unit were hoping McCain would win the U.S. presidency, but happy to see the historic moments unfold for African Americans and ready to execute orders under the new commander’s guidance.

“We’re all looking for firm leadership and policies,” said Army 2nd Lt. Will Thomas, from Temple, Texas, who was reconnected with his wife by participating in the USCENTCOM respite program in Qatar. The military couple received orders to separate locations in Iraq several months ago. “Over the last year, there was a lot of discussion about policy in Iraq – I think we’ve all come to the point where we’re simply ready for direction and ready to support it... whatever it

may be.” Thomas and his wife believe most of the Soldiers in their units were pro Obama during the election process; while the majority of those backing McCain found themselves excited about Obama after the inauguration on Jan. 20.

“I noticed a lot of excitement during the inauguration,” said Navy Lt. Micah Brewer, from San Marcos, Calif. “We were all watching it on the televisions in the dining facility.” Brewer was preparing to return to Iraq after spending four days at the Qatar relaxation venue. “There are a lot of unknowns right now,” he said. **A**



U.S. Navy Lt. Micah Brewer, from San Marcos, Calif., plays table-top touch games while waiting for the next feature film in the new movie theater at Camp As Sayliyah, Qatar, Jan. 27. Brewer received a four-day break from duties in Iraq by participating in the U.S. Central Command rest and recuperation pass program at the Qatar base. Since its 2004 inception, over 175,000 war fighters in Southwest Asia have participated in the program. “They got a lot of stuff here and we have just the right amount of time to experience it all,” said Brewer, ready to return to Iraq after spending four days at the Qatar relaxation venue.



U.S. Army 1st Lt. Erin Thomas, from Temple, Texas, plays arcade games while her husband, 2nd Lt. Will Thomas, enjoys the excitement at Camp As Sayliyah, Qatar, Jan. 27. The military couple was deployed to separate locations in Iraq last year, but found it easy to reconnect by participating in the U.S. Central Command rest and recuperation pass program at the Qatar base. “Who would have thought, in the middle of the desert, a little oasis!” said Chamberlin, during his four-day respite with his wife. (Official Army Photos/Dustin Senger)

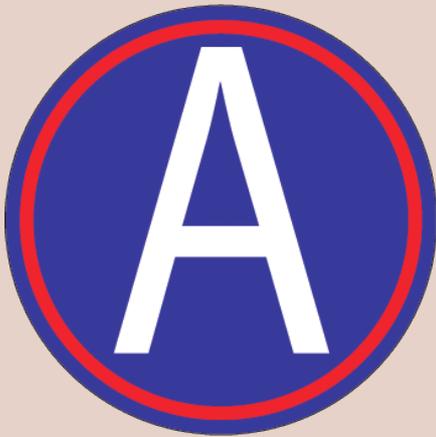


James J. Lovelace

Lieutenant General

Commanding General
USARCENT

**Year of the
noncommissioned
officer**



The NCO creed begins with the words, “*No one is more professional than I, I am a noncommissioned officer, a leader of Soldiers*” and ends with the words, “*I will not forget, nor will I allow my comrades to forget, that we are professionals, noncommissioned officers, leaders!*” These are powerful words that express what our NCOs are all about... professionals... leaders of Soldiers.

Our senior Army leadership recently announced that 2009 is the *Year of the Noncommissioned Officer*. This sends a clear message acknowledging those wearing stripes make significant contributions to the success of our Army each and every day.

NCOs... you have provided for the strength and security of the Nation for more than 200 years. You are the source of our success on the battlefield and the reason other nations’ armies aspire to be like ours.

You are the *Backbone of the Army*... our standard keepers... training, leading, mentoring and caring for Soldiers in so many ways.

Every officer and every Soldier remembers his first NCO leader... I sure do. Whether a seasoned platoon sergeant or a hard-charging drill sergeant, we remember these leaders because of their wealth of experience, mastery of Soldier skills, and guidance through difficult challenges.

The NCO leaders that fill our ranks make ARCENT a winning team. You are the epitome of what we want our Soldiers to *Be, Know, and Do*.

You live by the NCO Creed and the Warrior Ethos. You are incredibly competent and bring out the best in your subordinates. You have broad shoulders, because you consistently carry the load.

Last year, when faced with shortages of mid-grade officers, CSM Fourhman and I made a conscious decision to fill 20 of those positions with senior NCOs. We did this because we have the highest degree of confidence in our NCO Corps.

You have exceeded every expectation... it’s a real pleasure to see our NCOs making a difference in this organization.

There continues to be a most noticeable positive change in the culture and bearing of ARCENT Soldiers.

More and more Soldiers are conducting physical training, saluting, and correcting shortcomings. It’s because our NCOs and active chains of command are enforcing standards and discipline.

Strong NCOs make things happen each day... you make the organization better... and you make yourselves and everyone around you better. Strong NCOs understand the value of teamwork.

They know what it means to take care of Soldiers and their Families. Strong NCOs strive for and achieve the highest order of leadership.

During the year, the Army will showcase its first-rate NCO Corps and support these great professionals with initiatives in education, fitness, leadership, and pride in service. As we give noncommissioned officers well-deserved recognition... we will also challenge the NCO leadership to continue to make a positive impact on our Soldiers and the mission.

NCOs... we appreciate all you do for our command... you are the key to our success.

Patton’s Own!

John D. Fourhman

Command Sergeant Major

Command Sergeant Major
USARCENT



(Continued from page 2)

NCOs, demonstrating their leadership, devotion to duty, knowledgeable experience and sacrifice in making our Army the standard bearer for all other Armies to follow. Our NCO Corps provides the necessary training to numerous Armies across the world as those Nations continue to build and improve their military forces; demonstrating time and again, it is, and rightfully will always be called, the "Backbone of the Army."

In addition to highlighting the stories of our NCOs, the Year of the NCO has four initiatives that it will focus on this year to enhance and improve our NCO Corps. I want to discuss these initiatives, as they are four important fundamentals that make us better Soldiers and NCOs, and help enhance our Army.

The first initiative is Education. There are numerous ways that NCOs continue their education while serving in our Army; they enroll into college courses, attend Noncommissioned Officer Education System schools and also take correspondence courses. Some of the key points to the education initiative are the Membership Expansion of Servicemembers Opportunity Colleges Army Degrees system by 10 new online colleges; expanding and enhancing College of the American Soldier, which enhances leadership and warfighting capabilities, and grows the multi-skilled NCO characteristics; improving Warrior University, whose mission is to synchronize and integrate all infantry training so that the right Soldier receives the right training at the right time, regardless of location; and the creation of Army Career Tracker, which is a web-based career management tool that will integrate training, assignment history, and formal/informal education paths.

Fitness is the second initiative and acknowledges the need to sustain and improve both the physical and mental fitness of our NCOs. It is critical for our NCO Corps to remain at the highest level of readiness, and that starts with taking care of yourself, physically and mentally. This year, the current health screening process going on at the Sergeants Major Academy will be implemented in Warrior Leaders Course, Basic Noncommissioned Officers Course and Advanced Noncommissioned Officers Course. In addition, develop and implement Phase I, II and III of Master Fitness Course and Mental Health Courses for the structured self-development system. These programs not only stress the importance of our physical and mental well-being as we continue to serve overseas, but also their importance when we return home.

"All Soldiers are entitled to outstanding leadership, I will provide that leadership." Those words are taken directly from our Creed of the Noncommissioned Officer and are at the very core of what being an NCO is truly about... leading Soldiers. In the third initiative, Leadership, the Army focuses on strengthening the NCO Corps through acknowledging the NCO's role and importance in our Army. A new proposed NCO promotion certificate would have both the Army Chief of Staff and the Sergeant Major of the Army signature blocks to demonstrate the important transformation that a Soldier takes when they enter the NCO Corps. An NCO Wall of Fame inside the Pentagon has also been proposed to identify those NCOs who have demonstrated the qualities and values that exhibit our great NCO Corps. Also, by fully implementing the NCO Leadership Skills Inventory, the Army will diligently work to getting the right NCO into the right positions, setting not only them up for success, but the Army as well.

The fourth and final initiative is Pride in Service. This initiative will show the importance of our NCO Corps to the Army. These projects tie into the current fight and the extensive history of the NCO Corps. By learning where we came from as NCOs, we can continue to leave a legacy for others to follow. The NCO Museum, which pays tribute to the men and women who have served before us, is in need of repair and funding has been requested to properly modernize and renovate the museum to appropriately acknowledge and highlight our NCO Corps. In addition, a new NCO video is being created, along with Army Strong videos focusing on the great leadership young men and women will get or how they can aspire to be an NCO leader; both of these videos will also help with the current recruiting market as we continue searching for the future of our NCO Corps.

"I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the Corps, the Military Service and my country regardless of the situation in which I find myself." It is so important for every one of us to not only know, but live the Creed of the Noncommissioned Officer every day; especially as the Army celebrates our accomplishments during the Year of the NCO.

I am thankful for everything the NCOs in this organization do each day to make our Army and U.S. Army Central Command even better.



The installation commander



David G. Cotter

Colonel

Commander
Area Support Group Qatar

This edition of *Desert Mesh* should arrive during the first week of March, a time when the Qatar sun is just starting to show force. Get ready for another hot summer! Now is the time to become properly prepared for extremely elevated heat conditions. If you're familiar with Arabian summers, make time to explain possible safety risks to those new to the region.

As you will see in the safety section of this *Desert Mesh*, page 34, safety standards at Camp As Sayliyah continue to rise to new levels. We are currently in uncharted territory as we venture past 300 days without any recordable safety incidences. This is the longest the installation has ever gone! I want to extend my deepest gratitude to everyone on the installation; outstanding team support made this possible.

Looking forward, let's strive to reach an entire year without any loss work days or major property damage. A year would mark another major accomplishment for Camp As Sayliyah. Furthermore, it underscores the desire of every member of the camp community to maintain a safe and secure workplace.

Setting and achieving safety goals and gaining top recognition are great ways to stay wide-eyed and motivated, but the ultimate goal for any safety program is saving lives. Maintaining a successful safety program requires every individual within an organization to remain attentive at all times. At its most basic level, it requires everyone to watch each other's back by identifying risks in a timely manner. Continue to feel ownership in this major accomplishment and persist at defending it. Not only are you

protecting your battle buddies, but you're also watching out for someone's loved one back home – a brother, sister, mother, father. When you save someone from an unsafe situation, come by my office and I'll give you a personal "thank you" on their behalf.

Remember: anytime something is moving, we are at risk. Anyone who has spent an appreciable amount of time on Camp As Sayliyah knows we have a lot of moving parts: crates, containers, cargo, Humvees, Strykers, as well as fuel, sewage and five-ton trucks... just to name a few. Practice composite risk management whenever heavy objects gain momentum. Due to vehicle testing procedures, lollipop test road is off limits. Undergo safety decision-making processes required to identify hazards, reduce risk and prevent accidental and tactical loss.

Our operating tempo has remained intense and every indication suggests it will remain so for the foreseeable future. Camp As Sayliyah has become a critical throughput node in the Operation Enduring Freedom distribution scheme and our mission will only grow. As always, the camp has provided exceptional support to our forward-deployed war fighters and I expect you to continue those efforts. Many of our brothers and sisters in arms depend on us. We cannot and will not fail them.

The Commander's Cup is coming up in April. Get ready for another installation-wide exhibition of your unit's physical fitness readiness. I know Area Support Group Qatar is preparing to recover the cup this spring!



Michael D. Howard

Command Sergeant Major

Command Sergeant Major
Area Support Group Qatar

This is an important year for enlisted leaders: the Year of the Noncommissioned Officer. As “the backbone of the Army,” let’s stand this organization up taller than ever. It’s a time to reaffirm our oath to the nation, feel pride in serving as an Army noncommissioned officer and become a strong advocate of the NCO corps by recognizing its many accomplishments.

I have been a part of this time-honored corps of professionals for over 26 years. More than ever, I feel proud of our young enlisted Soldiers. The Soldiers of today are the best and brightest I have ever seen – better than any NCO corps, of any nation.

Due to unwavering efforts of enlisted leaders, the Camp As Sayliyah community continues to succeed at supporting mission accomplishment and troop welfare. Last summer, the installation was presented the Secretary of the Army and Chief of Staff of the Army Exceptional Organization Safety Award for 2007. Most recently, on March 3, the installation safety notification board was updated to reflect 300 days without any major property damage or personal injuries! This is a number typically unheard of at the installation level. Enlisted leaders throughout the camp made this possible by constantly promoting safe work, living and recreational areas.

Commanders and command sergeant majors, let’s shine a light on our NCOs on Camp As Sayliyah. Recognize them for major accomplishments, as well as day-to-day efforts. Rally some support for the upcoming NCO induction ceremony, a time when new NCOs will be welcomed to our corps of leaders. This is a great year for young Soldiers to be welcomed to the NCO ranks with a standing applause. This year’s NCO of the Quarter and NCO

of the Year boards present great opportunities to recognize the best in your unit.

Additionally, this year is an opportunity for everyone on camp to increase support of all NCOs – Air Force, Navy and Marine Corps enlisted leaders are Army partners at Camp As Sayliyah. This joint environment requires NCOs of all branches to perform as a functional team.

Temperatures are starting to spike as we close in on April. At first, daytime temperatures rise; then, the humidity kicks in full force. Please read the information presented on the numerous heat stress management boards located throughout the installation, prior to conducting outdoor training or participating in outdoor activities. From April to October, there will be no running between 8 a.m. and 7 p.m., to help prevent heat casualties.

During hours of limited visibility – fog, rain, sandstorms, darkness – everyone is required to wear reflective gear at all times. Reflective belts are required while conducting physical training outdoors – regardless of ambient light. Headphones are only authorized inside gymnasiums, workout facilities, living quarters or on the camp running trail. For all branches of military service, I want to remind everyone that headphones are prohibited whenever dressed in duty or physical training uniforms on this camp.

The spring and summer rotations are upon us and we are seeing a lot of changes around the installation. Please take time to bid farewell to those who are departing and welcome new personnel to Camp As Sayliyah.



Noncommissioned officers stand proud



CAS in the News!



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

Content in this Desert Mesh (59) was picked up by almost 1,000 international, national and hometown news organizations (source: DVIDS 360 distribution report, March 4).

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

THE WIRE

Desk officer visits Qatar base

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

CAMP AS SAYLIYAH, Qatar – Matthew H. Blong, U.S. Department of State Office of Arabian Peninsula Affairs Qatar desk officer, arrived to Camp As Sayliyah, Qatar, Feb. 1. Blong toured the U.S. Central Command rest and recuperation pass program and Stryker battle damage repair facilities; marking his first visit to the U.S. military installation in Qatar. Prior to his current assignment in September 2008, Blong served as a U.S.

Embassy consular officer in Bujumba, Burundi.

Blong is a graduate of Yale University, career foreign service officer and avid traveler. He is fluent in French, German, Russian, Latvian and actively trying to improve his Arabic language skills.

“I am very impressed by the facilities,” said Blong during his walkthrough of the R&R program, “not only the organization but the depth of what’s available here.” Since its 2004 inception, over 175,000 USCENTCOM war fighters received respite at the Qatar base. Many participants enjoy the abundance of off-post venues offering Arab-Islamic cultural awareness, cuisines and recreation. A recharge is easy to obtain by basking in countless on-post activities; such as gymnasiums, Internet cafes, network games, bowling, first-run movies and live performances at the Top-Off Club.

“The best thing about this program: it’s easy to call your family,” said U.S. Army Spc. Jarrad Payton, from Richmond Hill, Ga., after meeting Blong during his four-day pass. “In Iraq, we don’t get many chances because there is always a line of people trying to get a phone.” Payton called home shortly after arriving to Qatar. “This break is good for my family too,” he said. “They don’t have to worry since I’m removed from any immediate dangers.” **A**



U.S. Army Spc. Jarrad Payton, from Richmond Hill, Ga., meets Matthew H. Blong, Department of State Office of Arabian Peninsula Affairs Qatar desk officer, at Camp As Sayliyah, Qatar, Feb. 1. Payton was just starting a four-day pass from duties in Iraq. “The best thing about this program: it’s easy to call your family,” said Payton. “In Iraq, we don’t get many chances because there is always a line of people trying to get a phone.” Payton called home shortly after arriving to Qatar. “This break is good for my family too,” he said. “They don’t have to worry since I’m removed from any immediate dangers.” (Official Army Photo/Dustin Senger)

Astronauts arrive at Qatar

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

CAMP AS SAYLIYAH, Qatar – “I am amazed at how down to earth they are!” said U.S. Army Capt. Shawn Reynolds, from Lavergne, Tenn., after meeting six STS-126 space mission crew members at Camp As Sayliyah, Qatar, Feb. 2. The astronauts were visiting U.S. servicemembers in the Middle East and Germany, to show support while sharing experiences during the crew’s November 2008 space mission. The two-week trip is a first for Armed Forces Entertainment.

“I always dreamed about going to space as a tourist,” said Reynolds. “We’ve had other celebrities here, but astronauts have accomplished something very unique – truly astonishing.”

The six-person team included: Navy Capt. Chris Ferguson, mission commander; Air Force Col. Eric Boe, pilot; Donald Pettit, mission specialist; Navy Capt. Steve Bowen; mission specialist; Navy Capt. Heidemarie Stefanyshyn-Piper, mission specialist; and Army Lt. Col. Shane Kimbrough, mission specialist.

“Although our jobs are different, we know it’s tough being away from family and friends – and being far from home,” said Ferguson in a NASA press release on Jan. 22. “As a military family, we know that support and a pat on the back go a long way.”

“It’s a very joint environment here, but there is nothing more joint than NASA,” said Air Force Capt.

Aubrey Davis, from Woodbury, Minn. “They were concise with explanations and allowed us plenty of time to talk to them. They have an intense mission that takes a lot of preparation.”

“Most of them are in the military, so they can relate to what we go through,” said Army Spc. Christine Wilson, from Lanoka Harbor, N.J. Five of the six visiting crew members are military officers. “Astronauts train at my home station, Fort Bliss. I pulled security for a shuttle landing once.”

“They make me want to go to space too!” said Army Spc. Caroline Truesdale, from Asheville, N.C. “They said it only takes 8 1/2 minutes to get there – but it’d be the longest 8 1/2 minutes of my life!”

“These are my heroes, right here,” said Army Spc. Andre Reece, from Brooklyn, N.Y., after meeting the astronauts. “They have actually seen Earth! They told me it’s an amazing view.”

“I wish I had the time to become an astronaut,” said Reece. “As a kid, everyone wants to be one at some point.” **A**



U.S. Army Spc. Caroline Truesdale, from Asheville, N.C., Lt. Col. Robert S. Kimbrough, NASA astronaut, and Spc. Christine Wilson, from Lanoka Harbor, N.J., at Camp As Sayliyah, Qatar, Feb. 2. “They make me want to go to space too!” said Army Truesdale, after talking with the team of space travelers. “They said it only takes 8 1/2 minutes to get there – but it’d be the longest 8 1/2 minutes of my life!”



U.S. Army Spc. Andre Reece, from Brooklyn, N.Y., meets NASA astronauts, Navy Capt. Heidemarie M. Stefanyshyn-Piper and Donald R. Pettit, at Camp As Sayliyah, Qatar, Feb. 2. “These are my heroes, right here,” said Reece. “They have actually seen Earth! They told me it’s an amazing view.” (Official Army Photos/Dustin Senger)



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>

Equality Observance

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

Women's History Month

- March 4: Opening ceremony at noon in the large dining facility.
- March 18: Observance at 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.dvidshub.net>

THE WIRE

Tae Bo creator back on tour for troops

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

CAMP AS SAYLIYAH, Qatar – “Billy Blanks really cares for the troops,” said U.S. Army 1st Sgt. Antonio Whitfield, from Statesboro, Ga., after meeting the fitness legend at Camp As Sayliyah, Qatar, Feb. 16. Blanks continues to devote a great deal of time supporting U.S. troops overseas, teaching Tae Bo and self-motivation techniques during his tours.

“I always do Tae Bo with my unit,” said Whitfield. “This is a great opportunity for all of us. As Soldiers, physical fitness is something we think about day-to-day. We’ve

been here for 15 months and this certainly helps improve esprit de corps and boost morale.”

Blanks’ extraordinary achievements as a world karate champion, actor, author, motivator, philanthropist and humanitarian led to appearances supporting the Armed Forces in Korea, Japan, Bosnia, Kosovo, Sarajevo, Greece, Africa, Germany, Italy, Turkey, Iraq, Afghanistan, Bahrain and Qatar.

“Billy Blanks is an inspiration – a great athlete and a great Christian,” said U.S. Army Sgt. Rogelio Carrizales, from Richmond, Texas. “He has a championship fight coming up, yet he is taking time out from training to come see us. I took the opportunity to ask him about improving my inside game.” Carrizales has trained in mixed martial arts since he was five years old, with a focus on boxing.



U.S. Army 1st Sgt. Antonio Whitfield, from Statesboro, Ga., meets Billy Blanks at Camp As Sayliyah, Qatar, Feb. 16. Blanks continues to devote a great deal of time supporting U.S. troops overseas, teaching Tae Bo and self-motivation techniques during his tours. “Billy Blanks really cares for the troops,” said Whitfield, after meeting the fitness legend. (Official Army Photo/Dustin Senger)

He intends to take part in Blanks' Tae Bo class tonight, as well as get some one-on-one kick boxing techniques afterward.

"He shows a lot of respect for the troops too," said Carrizales. "He always stands up to shake hands and takes his time when signing autographs."

"Unfortunately, I cannot go to his Tae Bo class tonight," said U.S. Navy Petty Officer 2nd Class Alexander Harmon, from West Columbia, S.C., after meeting Blanks. "I have to get ready to head back to Iraq." Harmon was enjoying his last day participating in the U.S. Central Command rest and recuperation pass program. "I had a blast in Qatar. Seeing Billy Blanks taking time to visit everyone was a bonus! It's just wonderful. He's a legend who started a major athletic phenomenon." ^A



U.S. Navy Petty Officer 2nd Class Alexander Harmon, from West Columbia, S.C., receives appreciation for his military service from Billy Blanks at Camp As Sayliyah, Qatar, Feb. 16. Harmon was enjoying his last day participating in the U.S. Central Command rest and recuperation pass program at the U.S. military installation in Qatar. (Official Army Photo/Dustin Senger)

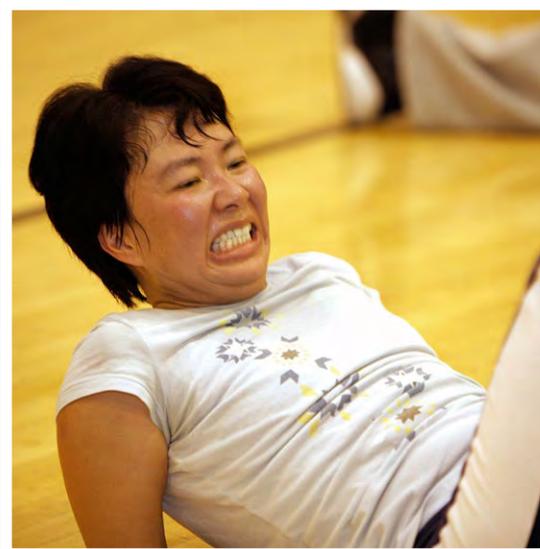
:: Rodeo riders support troops in Qatar



U.S. Army Spc. Waylon Tinsley, from Llano, Texas, poses with professional rodeo tour members Jessy Davis, Dan Mortensen, Jymmy Kay Davis, Liz Pinkston and Tater Porter, at Camp As Sayliyah, Qatar, Feb. 26. "I grew up with friends who competed in team roping – I helped them practice all the time," said Waylon. "I personally know Rich Skelton, professional rodeo rider, and Speed Williams, eight-time world champion team roper, from my hometown." Qatar was the beginning of a support tour of U.S. military installations throughout the Middle East. (Official Army Photo/Lakia Clarke-Brown)

BILLY BLANKS®

Feb. 16 – Official Army Photos/Ding Alcaide



TAE BO® CLASS



New AAFES movie theater

Visit the new AAFES movie theater adjacent to the large dining facility. All movies shown using professional 35mm reels!



Showtimes

- See page 19

Contact Teresa Barrett, AAFES service business manager, for more information.

Photography Support

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

*ASG-QA domain access required.

Eagle Cash

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

Eagle Cash kiosks:

- Finance
- Large dining facility
- Large 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.

THE WIRE

:: Xpose dancers visit troops



Fresas Flores, an Xpose Dance Theater Company performer, signs an autograph for U.S. Army Pfc. Casey Beaupre, from Hillman, Mich., at Camp As Sayliyah, Qatar, Feb. 8. Five members of the Los Angeles based performing arts group traveled to U.S. military installations in Southwest Asia to demonstrate support for overseas servicemembers by showcasing choreography by Meredith Flores and Paulo Alcedo. "It's amazing to see them come out here," said Beaupre, a former high school cheerleader who misses dancing at local clubs back home. "I appreciate them spending their time entertaining us." (Official Army Photos/Dustin Senger)



Xpose Dance Theater Company performers pose for a photograph with U.S. Army Sgt. Freddy Gil, from Bronx, N.Y., at Camp As Sayliyah, Qatar, Feb. 8. Five members of the Los Angeles based performing arts group traveled to U.S. military installations in Southwest Asia to demonstrate support for overseas servicemembers by showcasing choreography by Meredith Flores and Paulo Alcedo. From top: Kyrra Richards, Gil, Lauren Ziminsky, Charlene Bittinger, Fesas Flores and Meredith Flores.

:: Football players travel for Super Bowl Sunday



U.S. Army Master Sgt. Traci Williams, from Maple Valley, Wa., poses for a photograph with professional football players and cheerleaders at Camp As Sayliyah, Qatar, Jan. 31. Williams was recently selected by the Seattle Seahawks to become an Armed Forces Fan of the Game; one of 11 servicemembers who appeared in their own Topps NFL football card. As a result, she became the only woman Topps has featured on a professional football card. Williams, enjoying a rest from duties in Iraq, was participating in the U.S. Central Command rest and recuperation pass program at the U.S. military installation in Qatar. Aaron Merz, Brad Butler and Will Svitek (back) traveled with Buffalo Jills cheerleaders, Alison and Laura (front), to Southwest Asia for Super Bowl Sunday with servicemembers overseas.

Aaron Merz, Buffalo Bills offensive lineman, signs autographs for U.S. Air Force Senior Airman Abigail Philbrick, from Chisago City, Minn., and Senior Airman Sarah Baker, from Folsom, Calif., at Camp As Sayliyah, Qatar, Jan. 31. (Official Army Photos/ Dustin Senger)



U.S. Army Master Sgt. Carl Abel, from Tampa, Fla., and Master Sgt. Will Clancy, from Saratoga Springs, N.Y., receive autographs from professional football players at Camp As Sayliyah, Qatar, Jan. 31. "I think it's great they are willing to deal with all the travel to come over here," said Clancy. "It shows support from people back home."

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.

Camp Policies

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

*ASG-QA domain access required.

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.

Mornings: 0700-1100
After Hours: 1900-2300

Routine appointments

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

Everyday: 1300-1800

Call the TMC 24/7 at 432-3508, or 580-7330 (after hours).

Contact Maj. Bascom Bradshaw, TMC director, for more information.

THE WIRE

Overseas fundraising results peak despite recession

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

CAMP AS SAYLIYAH, Qatar – “The community came together for people in need during a time when helping hands are really appreciated,” said U.S. Army Col. David G. Cotter, Area Support Group Qatar and installation commander, at a Combined Federal Campaign Overseas unit award ceremony, honoring last year’s CFC-O fundraising efforts, at Camp As Sayliyah, Qatar, Feb. 25.

According to Bruce Dreger, CFC-O Central Command coordinator, 90 percent of potential contributors at Camp As Sayliyah pledged during the 2008 CFC-O campaign – a 41-percent increase from 2007 participation statistics. Per capita amounts also improved and resulted in almost \$40,000 in donations; an increase of nearly \$7,000, despite fewer installation residents.

“Military members overseas experience hardships first hand,” said Dreger. “We weren’t expecting it, but results did not decrease among fears of the current economic situation.” CFC-O organizes on-the-job fundraising in federal workplaces overseas by appointing local representatives, each striving to make 100-percent contact within respective areas. Despite an economic crisis back home, deployed servicemembers and government civilians raised over \$16 million for CFC-O charitable organizations in 2008.

“Platinum, gold, silver and bronze awards are given to units that strive for the best teamwork,” said Dreger, prior to the award ceremony at Camp As Sayliyah. Three units earned a CFC-O platinum award: Area Support Group Qatar; 427th Medical Logistics Company; and 2nd Battalion, 43rd Air Defense Artillery. Three units obtained gold awards: 1st Battalion, 401st Army Field Support Brigade; Joint Tactical Ground Station; and Joint Psychological Operations Task Force. Army Contracting Command earned a bronze award. **A**



U.S. Army Col. David G. Cotter, Area Support Group Qatar commander, and 1st Sgt. Donald Williams, from Houston, Texas, receive a Combined Federal Campaign Overseas platinum award from Bruce Dreger, CFC-O Central Command coordinator, at Camp As Sayliyah, Qatar, Feb. 25. According to Dreger, 90 percent of potential contributors at Camp As Sayliyah made a pledge during the 2008 CFC-O campaign – a 41-percent increase from 2007 participation statistics. Per capita amounts also improved and resulted in almost \$40,000 in donations; an increase of nearly \$7,000, despite fewer installation residents. (Official Army Photo/Dustin Senger)

Deployed Soldiers battle rise in Army suicides

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

CAMP AS SAYLIYAH, Qatar – U.S. Army Col. David G. Cotter, Area Support Group Qatar commander, and Col. Doug Castle, installation chaplain, completed their third suicide prevention discussion at Camp As Sayliyah, Qatar, Feb. 26. Spanning across three days, four classes are scheduled to ensure maximum participation throughout the U.S. military installation. The effort is in response to alarming news regarding suicide rates among active duty Soldiers.

According to Pentagon officials, more Soldiers committed suicide in 2008 than ever recorded – on par or just above the national rate of 20 victims per 100,000 people. Army statistics show 30 percent of suicide victims were deployed

and 35 percent had recently redeployed.

“The Army has an epidemic on its hands,” said Cotter during opening remarks. “You have all been through suicide prevention training in the past, but we are changing how we do this. Throughout this process, we will figure out the right and wrong way in dealing with suicidal thoughts. Not only should you get involved, you must.”

Each two-hour discussion focused on three suicide prevention techniques: finding the courage to ask someone about suicidal intentions; caring for someone in order to take control of an uncertain situation; and escorting a distraught individual to professional care providers.

“As leaders, it’s our responsibility

ARMYSTRONG <http://chapinwww.asgqa.army.mil/>

A Ask your buddy

- Have the courage to ask the question, but stay calm
- Ask the question directly, e.g., Are you thinking of killing yourself?

C Care for your buddy

- Remove any means that could be used for self-injury
- Calmly control the situation; do not use force
- Actively listen to produce relief

E Escort your buddy

- Never leave your buddy alone
- Escort to the chain of command, a Chaplain, a behavioral health professional, or a primary care provider

TA - 095 - 0605

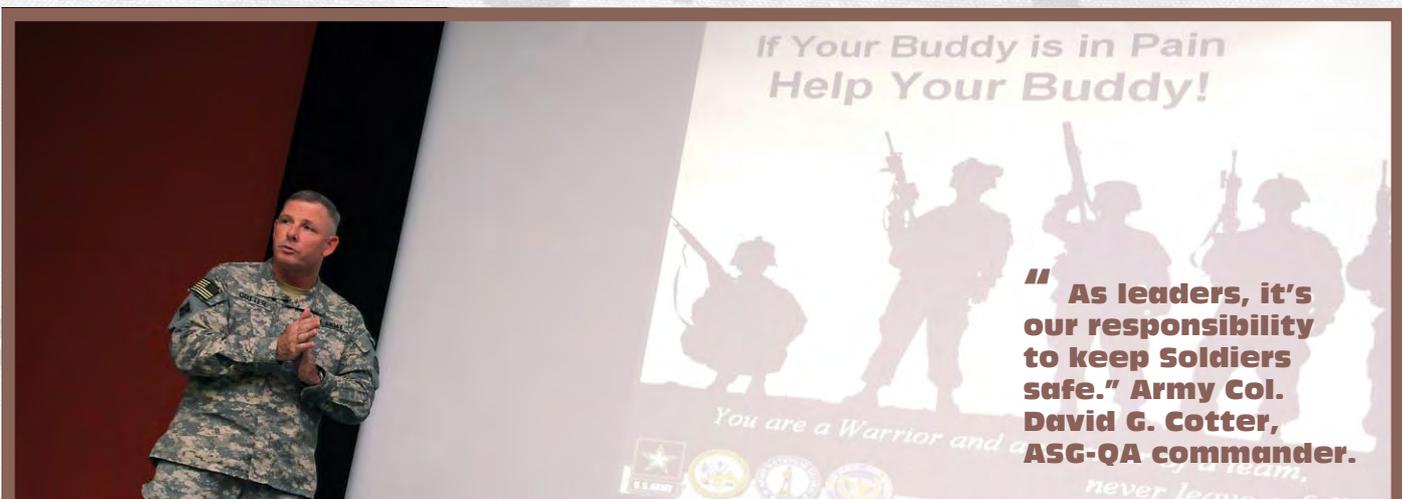
ACE
Suicide Intervention

to keep Soldiers safe,” said Cotter. “This includes recognizing and acting on signs of depression or odd changes in behavior.”

“Nobody can deal with suicidal thoughts alone,” said Castle, after routinely failing to juggle three oranges. “It’s a group effort that requires asking others

for help.” Castle recruited two servicemembers to assist him with his stunt. Together, the team successfully juggled all three oranges by managing one each. The demonstration illustrated that teamwork and communication, especially asking for help, assists in preventing suicide attempts.

“The interaction made this better than any suicide awareness training I’ve had before,” said Sgt. Johnny Hernandez, from Brandon, Fla. “I was aware of the problem and this should help because it’s more personalized. It takes away the fear of embarrassing your buddies, so they can get the help they need.”



U.S. Army Col. David G. Cotter, Area Support Group Qatar commander, discusses suicide prevention with a group of deployed servicemembers at Camp As Sayliyah, Qatar, Feb. 26. Spanning across three days, four classes are scheduled to ensure maximum participation throughout the U.S. military installation. The effort is in response to alarming news regarding suicide rates among active duty Soldiers. (Official Army Photo/Dustin Senger)

Chaplain Services

Attend the installation ministry team's spiritual support services.

Spiritual Fitness Luncheon

- March 25: Luncheon at noon in the large dining facility.
- April 29: Luncheon at noon in the large dining facility.

Contact Col. Doug Castle, ASG-QA 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.

THE WIRE

Spiritual fitness

Perspective

By Col. DOUG CASTLE
Installation ministry team

It was mid-September, the sun was going down, weather reports indicated a hard freeze that night, and I was lost! I wasn't lost because I didn't know where I was. I knew exactly where I was. I was in the Tanana Flats. I just didn't know WHERE in the Tanana Flats.

The Tanana Flats is an impossibly large wilderness south of the Tanana River – on the other side of the river from Fairbanks, Alaska, and Fort Wainwright. I was moose hunting with my partner and chaplain assistant, Jeff, and

we split up to follow both sides of a stream, leaving the canoe within sight of the Tanana. What I didn't know was that the stream had split at least three times, and Jeff was no longer in shouting distance. I saw moose antlers flashing in the setting sun and was off – weaving through the thick scrub trees towards the flash of white.

Now I was lost. No moose, no partner, no canoe-ride home, and no hope of getting out before freezing night. I couldn't pinpoint my location because I was stuck on a level area and all I could see was scrub and willows in every direction. I couldn't see more than 20 feet in any direction. I finally realized that what I needed was perspective! I found a lone survivor of an earlier forest, a tall pine tree, and made my way quickly to the top. In the fading light I saw the direction I needed to go to get back to the canoe, turned on my flashlight, and made my way back home.

Soldiers don't need forests to get lost. The stress of family separations and repeated deployments will do just fine. But when they lose their way, everything looks the same around them, and they don't have their partners near by, and they don't know which way will lead them home. Sometimes Soldiers who lose their way kill themselves, because they are afraid they'll never find their way home.

What they need when they get lost is perspective – to view their life from a higher vantage point, and rediscover the road that leads home. But the only one who can take them up to that higher place is God, and He's only a quiet moment away! **A**



U.S. Army Sgt. Johnny Hernandez, from Brandon, Fla., receives an orange from Col. Doug Castle, installation chaplain, during suicide prevention training at Camp As Sayliyah, Qatar, Feb. 26. "Nobody can deal with suicidal thoughts alone," said Castle, after routinely failing attempts to juggle three oranges. "It's a group effort that requires asking others for help." Castle recruited two servicemembers to assist him with his stunt. Together, the team successfully juggled all three oranges by managing one each. The demonstration illustrated that teamwork and communication, especially asking for help, assists in preventing suicide attempts. (Official Army Photo/Dustin Senger)

MWR events

- ♦ **Ambassador of Hollywood Tour**
March 8 • 11:30 a.m. to 1 p.m. • Large DFAC
- ♦ **WWE Divas Tour**
March 19 • 11:30 a.m. to 1 p.m. • Large DFAC
- ♦ **Major League Baseball Tour**
March 21 • 11:30 a.m. to 1 p.m. • Large DFAC
- ♦ **Rob Jay Band**
March 22 • 8:30 p.m. • Top-Off Club
- ♦ **Commander's Cup**
April 24-25

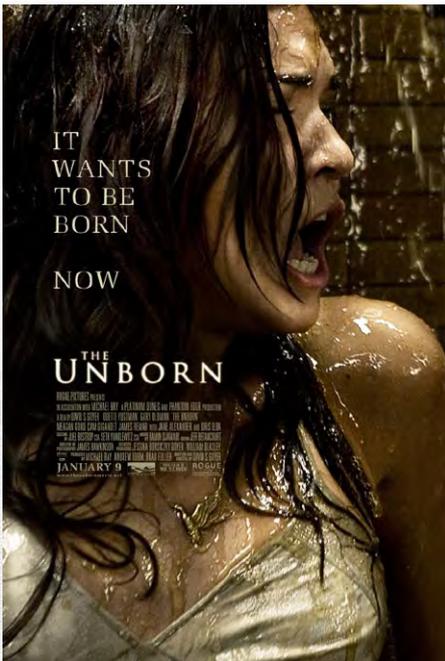
MEET & GREET AMBASSADORS OF HOLLYWOOD TOUR



Contact LaVerne Haynes, ASG-QA MWR director, or Tony Randall, MWR program manager, for more information.

AAFES movie theater

Visit the new AAFES movie theater adjacent to the large dining facility. All movies shown using professional 35 millimeter film reels! More movie times at: <http://www.aafes.com/ems/euro/qatar.htm>



Paul Blart Mall Cop

March 5 • 7:30 p.m.

Yes Man

March 6 • 4 p.m.

He's Just Not Into You

March 6 • 7:30 p.m.

Not Easily Broken

March 7 • 4 p.m.

He's Just Not Into You

March 7 • 7:30 p.m.

The Boy in Striped Pajamas

March 8 • 4 p.m.

Taken

March 8 • 7:30 p.m.

Yes Man

March 9 • 7:30 p.m.

Not Easily Broken

March 10 • 7:30 p.m.

Gran Torino

March 11 • 7:30 p.m.

Marley & Me

March 12 • 7:30 p.m.

The Spirit

March 13 • 4 p.m.

Friday The 13th

March 13 • 7:30 p.m.

The Unborn

March 14 • 4 p.m.

Friday The 13th

March 14 • 7:30 p.m.

Doubt

March 15 • 4 p.m.

He's just not Into You

March 15 • 7:30 p.m.

Contact Teresa Barrett, AAFES service business manager, for more information.

BLACK HISTORY

Jan. 19 and Feb. 9 – Official Army Photos/Ding Alcaide





FITNESS MANIA!

U.S. Air Force Senior Airman Ollie Bradley, 379th Expeditionary Security Forces Squadron, scored 950 points to win the January fitness challenge at Camp As Sayliyah.

Sign up for the March Fitness Mania challenge at the large gym's front desk.



FITNESS

Powerbuilding

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

Power is the capacity to bring about change. In society, powerful people influence populations through dynamic dialogue and confident communication. In general physics terms, powerful objects have a high capacity to transfer energy, or an average amount of work done per unit of time. Powerlifting is a sport of attempting great feats of limit and relative strength, in order to surpass previous performance records in major lifts. Bodybuilding is the application

of training sciences to enhance musculature through tension and improve physical appearance. Although bodybuilders often dismiss any need to train like a powerlifter, the underlying concepts must not

be ignored when attempting to maximize muscular proportions. Powerbuilding maximizes muscle size by training the human body to evolve into a more powerful entity.

Many successful bodybuilders developed their physique's foundation as powerlifters. Bodybuilding is about aesthetics – you don't have to be strong, you just have to look it. Powerlifting is functional – you don't have to be big or defined but you must outperform others. Ronnie Coleman is well

known for his feats of strength, while reigning as an eight-time winner of the International Federation of Bodybuilders' top title. Due to his

Powerbuilding maximizes muscle size by training the human body to evolve into a more powerful entity.

enormous build and unbeatable winning streak in IFBB events, many suggest Coleman is the best bodybuilder ever. In his training video, "The Cost of Redemption," he demonstrates massive power output by bench pressing 495 pounds for multiple reps, 160-pound dumbbell shoulder presses and over 2,250-pound leg presses! While under a restrictive pre-contest diet, and less than six weeks out from a Mr. Olympia competition, Coleman completed an 800-pound deadlift for two repetitions.

After preliminary adaptations to consistent resistance training have occurred – enhanced motor control, matured connective tissue, mental motivation – evolving toward greater power output becomes an important aspect of a bodybuilding program's design. The power and size of an eight-cylinder engine runs circles around a feeble four-cylinder. Constantly pushing the smaller engine to its performance limits will never cause it to develop the characteristics of the larger engine – eventually, it will fold to the pressure. On the other hand, the human body



Tommie Griffin trains dumbbell curls at Camp As Sayliyah, Qatar, Oct. 29, 2006. (Courtesy Photo/Dustin Senger)

is organic in composition with a highly adaptable ability to cope with stress for survival. When pushed to its limits, performance inroads can rebound with an overcompensation effect, as long as a trainee applies proper recovery techniques.

In measuring mechanical power, work is equal to the force acting on an object, times its displacement (how far an object moves while the force acts on it). In strength training, work can be interpreted as the intensity and volume of effort applied against a load. The magnitude of a strength athlete's force-producing potential is easily measured by identifying progression indicators during a session; such as: loads, repetitions, sets and time to completion.

To build power, force and resistance must be understood. A well trained athlete will not become more powerful by repeatedly lifting an empty bucket. The force required to move the object is nominal since the resistance of its weight and gravitational pull is insignificant when compared to their physical potential. However, things change by filling the bucket with cement. At that point, the force needed to face the resistance becomes sufficient enough to train. As the body adapts to imposed demands, the work must increase to exceed fitness thresholds – to become stronger and more muscular. The force acting on resistance can increase by: training with heavier loads; moving the same load though more repetitions and sets; increasing time under tension and range of motion; or completing the same work in less time.

Documenting efforts in a training log will help identify current fitness thresholds and suggest a means for surpassing them. If a training session involved pushing 100 pounds, 10 times for two sets in five minutes, this would add up to 2,000 pounds

pushed in five minutes – or 400 pounds per minute. The next session could strive to obtain 105 pounds, 10 times for two sets in five minutes – or 420 pounds per minute. A tragedy in power production would occur if the heavier load was used but the total time to completion increased to six minutes. In this context, the trainee would have pushed 350 pounds per minute – a ten-percent performance drop, despite the heavier load, by considering time as a progression variable.

Powerbuilding involves much more thought than simply moving a load through space. Proper exercise prescription for advanced bodybuilders includes a focus on exceeding power output over multiple training sessions. To facilitate this, trainees and coaches must record and interpret numbers for the greatest return. When a performance curve drops or becomes stagnant, elements within the program must change (volume, intensity, nutrition, rest). Powerbuilding is a process of building muscle by increasing the amount of work a human body can produce in a given amount of time. **A**

EDITOR'S NOTE: Senger has spent almost 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.

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.

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

CAS Bowling Alley

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



Free Bowling by USO

- Fridays, from noon to 4 p.m.
- **Free Tuesdays**
- March 3: Open bowling from 6 p.m. to 8 p.m.
- March 10: Moonlight bowling from 8 p.m. to 10 p.m.
- March 17: Open bowling from 6 p.m. to 8 p.m.
- March 24: Moonlight bowling from 8 p.m. to 10 p.m.
- March 31: Open bowling from 6 p.m. to 8 p.m.

Contact Tony Randall, ASG-QA MWR program manager, for more information.

MEET & GREET

WRESTLING DIVAS TOUR

PRESENTED BY PRO SPORTS MVP



CHRISTA HENIME



NORA "NOLLY HOLLY" GREENWALD



SHELLY MARTINEZ



TERRI "GOLDUST" RUNNELS



AMY "I'M YOUR GIRL" ZIDIAN

See MWR events schedule on page 19

National Nutrition Month®

The theme for March 2009 is "Eat Right." National Nutrition Month® is a nutrition education and information campaign created annually in March by the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Registered Dietitian Day, also celebrated in March, increases awareness of registered dietitians as the indispensable providers of food and nutrition services and recognizes RDs for their commitment to helping people enjoy healthy lives.

<http://www.eatright.org>



Cure • Care • Commitment®

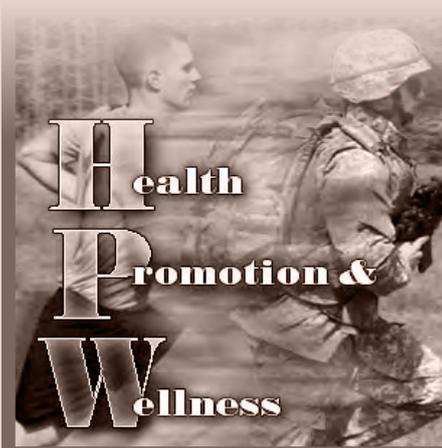
CAS-TV

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



Television

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



FITNESS

SOLDIER STRONG

Fitness Q&A

By Lt. Col. Scott Naelitz
ASG-QA deputy commander

Q. The dining facility affords a lot of options. What's the best way to eat right while stationed at Camp As Sayliyah?

A. Maybe you started out with healthy goals in mind: some stir-fry vegetables with chicken breast, heaping portions of leafy greens, or some selected fruit. However, as you pass through the chow line, chicken fried steak, french fries and fried onion rings always seem to catch your eye. And yes, because it's free, you follow-up a second helping with two scoops of ice cream. Why not – you're deployed? There's no one looking over your shoulder to make sure you eat right. The Qatar heat will burn off the calories, and the physical fitness test is many months away. Does this sound familiar? Unfortunately, this train of thought spells bad news for your health.

Your beach body is not the only thing at risk. Good nutrition is required to keep all your internal systems functioning properly. The foods you choose throughout the day affect your memory, ability to concentrate and energy levels. So before you reach for a sugar-packed soda or another slice of supreme pizza, remember that smart choices from the different food groups will fuel you best.

What Does Your Body Need?

Nutritional requirements vary from person to person, depending on age, sex, size, level of activity and other factors. For specific recommendations suited to your needs, talk to a physician, registered dietitian or trained nutritional counselor. In general, however, your diet should provide you with a balance of carbohydrates and proteins. Many nutritional experts recommend that the majority of a person's diet come from whole grains, vegetables and fresh fruits.

Whole-grain carbohydrates — such as brown rice and whole wheat breads, cereals, and pasta — are better choices than their more processed counterparts (like white bread and regular pasta) because they retain more vitamins, minerals and fiber.

Fresh vegetables and fruits are far better than canned or frozen foods; canning and other means of preserving foods often results in loads of salt, fats or sugars – so read labels carefully! Furthermore, although vegetables and fruit are often referred to as one food group, aim for more vegetables than fruit to obtain an ideal balance.

Protein is an essential part of any diet and should never be overlooked. Beef, fish, poultry and eggs are protein-rich foods easily found in the dining facility's daily menus. Various non-animal sources are also available, such as beans (kidney beans, chick peas, and lentils, to name a few) and nuts. Dairy products also provide protein, such as cheese, yogurt and milk. They also contain much-needed calcium. A few servings of lean meats and low-fat dairy, such as yogurt or skim milk,

Guidelines for Healthy Eating in the Dining Facility

- 1. Eat breakfast!** Always break your nighttime fast. Choose unsweetened cereals and milk, or eggs and toast. As you stumble to start a new day, avoid high-fat and heavily salted pastries and doughnuts.
- 2. Stick to regularly scheduled meals each day.** Don't skip meals – if you're not feeling hungry, eat light to avoid binge eating later. Eating slowly will satisfy you more than eating fast. Drinking water also helps improve satiety, since thirst is easily confused with hunger.
- 3. Keep meals nutritionally balanced.** Since most casserole items contain a serving (or two) of starch, choose a light vegetable as a side dish. Soups can accompany salads; however remember that creamy soups and thick stews will provide many more calories than broth based soups. If you choose cream of potato soup and cornbread, have a salad and fruit instead of baked goods for dessert.
- 4. Select foods superior in nutrition.** If you choose a sandwich, pick whole wheat bread rather than large white buns. Leave rich mayonnaise or salad dressings behind; try mustard or hot sauce instead. If available, choose chicken or fresh beef over lunchmeat.
- 5. Opt for non-fried entrées.** If meat is breaded or chicken has a crispy skin, discard the outer layer. Otherwise, pair up an oven-roasted item with steamed vegetables, a baked potato or whole wheat bread. Fried or breaded meats must be eaten sparingly – refuse large servings or second helpings.
- 6. Beware at the salad bar.** Avoid thick and rich mayonnaise-type salad dressings. If possible, use a light dressing on your salad; otherwise, use lemon juice, olive oil or Balsamic vinegar. Keep in mind: several other calorie-dense choices can add up quickly too – such as shredded cheese, bacon bits, seeds, nuts and croutons.
- 7. Avoid high-fat and sugary toppings.** Refuse topping your meal with gravies, rich sauces, extra butter and syrups. Use peanut butter and jam sparingly.
- 8. Don't overdo desserts.** Your goal at each meal is to fuel your daily requirements – not stuff yourself in preparation of a base-wide famine! I assure you, there is plenty of food on camp. If you feel you still need something more after finishing your entrée, choose fruits, low fat yogurt, or small portions of desserts and baked goods. Just don't forget: cakes and pastries are easy to overeat due to their sweet taste.
- 9. Beverages also present nutritional disasters.** After gathering a main meal, nearly everyone selects some sort of fluid to chase it down. Calorie-free options include water, diet soda, black coffee or tea. If milk is one of your favorite beverages during a meal, choose skim or low fat. Limit your intake of sweetened drinks, fruit juices and soft drinks. Displace higher calorie beverages with extra ice in your glass, or use smaller cups.
- 10. Avoid snacks, unless preplanned and healthy.** Grazing on junk all day long leads to fat retention and gain. Eat to sustain your activity levels and figure out ways to control emotional binges; food is never the answer to your woes.

will supply important nutritional benefits without too much fat and cholesterol.

Watch out for snack foods that tend to be high in sugar, saturated fats and sodium. You don't need

to eliminate them completely, but they should play a small role in your overall diet. Junk foods are easy to overeat, due to poor satiety in relationship to the amount of calories packed into each serving. **A**

EDITOR'S NOTE: Naelitz holds a Master of Science in Health Sciences. He is certified in mental toughness for fitness and business. Under his guidance, Soldiers, corporate managers and executives have found ways to stay focused by controlling their emotional states.

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.

Qatar Museum of Islamic Art

Masterpieces from three continents and 14 centuries celebrate the dazzling diversity of Islamic Art. Free admission to museum. Guides are available for large groups.

- The Museum of Islamic Art's opening hours are Saturday, Sunday, Monday, Wednesday and Thursday from 10:30 a.m. to 5:30 p.m., and Friday from 2:00 p.m. to 8:00 p.m.

Call the Qatar Museum of Islamic Art at 422-4444, for more information, or visit the Web site: <http://www.mia.org.qa/english>

CULTURE

Troops attend Qatar camel races

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

AL SHAHANIYA, Qatar – “I didn’t know camels could run so fast!” said U.S. Navy Petty Officer 2nd Class Melanie Haynes, from Del City, Okla., during a camel race in Al Shahaniyah, Qatar, Feb. 21. “It’s amazing they don’t need a lure to keep them running. I didn’t know camels could be trained to race.”

Haynes and Army Maj. Isaac Peay, from Cassatt, S.C., were participating in the U.S. Central Command rest and recuperation pass program in Qatar, a Gulf state located along the eastern

coastline of the Arabian Peninsula. During their four-day pass from duty in Iraq, U.S. Army Master Sgt. Gregory Lewis-Seals, from Dewitt, N.Y., sponsored them to leave the U.S. military installation and witness a popular local past time: camel racing.

“Today we use robots but I was a camel jockey as a child,” said Ali Nasser Al Naimi, a Qatari camel owner and trainer who travels to the Al Shahaniyah race track nearly every day. Camels require constant encouragement to keep running. Amid pressure from human rights activists, Hamad bin Khalifa Al Thani, Qatar emir, ordered child camel jockeys to be replaced with robots in 2003 – capturing interest from robotics corporations in United States, Europe and Japan.



U.S. Army Maj. Isaac Peay, from Cassat, S.C., rides a camel in Al Shahaniyah, Qatar, Feb. 21. Peay was enjoying a four-day respite from duty in Iraq by participating in the U.S. Central Command rest and recuperation pass program at a U.S. military installation in Qatar. “The camel races put us in an entertaining and relaxing environment,” said Peay. “I enjoyed Qatar’s weather and generous people.” (Official Army Photo/Dustin Senger)

“Our first robots were from Switzerland,” said Naimi. “They were too heavy – around 25 kilograms – and their whipping technique didn’t make the weight worth it. Eventually, we received robots from United Arab Emirates that weighed less than three kilograms. They were designed using a common drill motor, rechargeable batteries and a whip – everything assembled to look like a little man. The final robots gave us better performance with fewer injuries to both humans and camels – by far.” According to Naimi, the fastest camel’s record was beaten by over a minute with the introduction of the new technology.

“A camel’s value is based on how well it performs,” he said. According to Naimi, racing camels are generally worth around \$20,000 to \$275,000. The fastest camels in Qatar are frequently valued over \$300,000 – top performers can reach over \$2 million.

“Sadly, my camel is showing the beginning signs of sickness today,” said Naimi, driving alongside the race track with Haynes, Peay and Lewis-Seals along for the ride, watching his camel try to keep up. “I can tell he’s getting ill by how poorly he’s running,” said Naimi, controlling the robotic jockey’s whip from his car and talking to the animal through an integrated audio receiver. His camel was trained to respond to verbal commands, to include its name.

“Being in a camel owner’s car during a race was fascinating,” said Peay. “Some camels gave out, while others sped up. I saw one really pick up its stride. Everyone was controlling their robot jockeys



U.S. Navy Petty Officer 2nd Class Melanie Haynes, from Del City, Okla., with Ali Nasser Al Naimi (far right), a Qatari camel owner, at a race track in Al Shahaniyah, Qatar, Feb. 21. “This was a great opportunity to enjoy Arabic culture in a peaceful atmosphere,” said Haynes, during her four-day pass from duty in Iraq. She was sponsored off the U.S. military installation to witness a popular local past time: camel racing. (Official Army Photos/Dustin Senger)



Camels race in Al Shahaniyah, Qatar, Feb. 21. Camels require constant encouragement to keep running. Amid pressure from human rights activists, Hamad bin Khalifa Al Thani, Qatar emir, ordered child camel jockeys to be replaced with robots in 2003. Robots from United Arab Emirates were designed using a common drill motor, rechargeable batteries and a whip.

with remotes and cars were getting all mashed together – it was wild!”

“The camel races put us in an entertaining and relaxing environment,” said Peay. “I enjoyed Qatar’s weather and generous people. Coming to an event that’s important to our host nation is good for building

relationships. When they see us here, they see us taking an interest in their lifestyle.”

“This was a great opportunity to enjoy Arabic culture in a peaceful atmosphere,” said Haynes. “I brought a camcorder to show my kids a video of how fast camels can run.” **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.

Drove a Little Fast?

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

DOHA LIFE

Top Qatar general hosts beach outing

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

AL KHOR, Qatar – Qatar Army Maj. Gen. Hamad bin Ali Al Attiyah, armed forces chief of staff, completed a three-day outing for U.S. service members at his beach home in Al Khor, Qatar, Feb. 10. Over 700 visitors benefited from the top Qatari general's generosity, which included several seaside activities along the warm Gulf waters – three days of entertainment with an Arabic twist.

"It was amazing hospitality to experience while deployed," said U.S. Air Force Staff Sgt. Ieaka Jones, from Cartersville, Ga. "I feel honored to come out here and see how Qataris enjoy themselves. This

is a beautiful country."

Jones enjoyed jumping a few waves on the general's powerful watercrafts – one of the day's most popular offerings. Other venues included: rides on all-terrain vehicles and one of five Arabian camels; holding one of eight valuable falcons and watching lure training demonstrations; petting an incredibly friendly cheetah; swimming or sunbathing along the beach; deep sea fishing; smoking flavored tobaccos in Shisha pipes; and traditional refreshments.

"I was nervous to pet the cheetah at first," said Air Force 1st Lt. Jeff Ledoux, from Mountain Home, Idaho, "but as you get closer to it... it's not that scary. It reminds me of my yellow lab back home. This is a memorable experience that I recommend for anyone given the chance."

"It feels like we are appreciated by



U.S. Army Sgt. Jon Camacho, from Fairfield, Calif., rides a watercraft outside the beach home of Qatar Army Maj. Gen. Hamad bin Ali Al Attiyah, armed forces chief of staff, in Al Khor, Qatar, Feb. 10. Camacho was enjoying a four-day respite from duties in Iraq by participating in the U.S. Central Command rest and recuperation pass program. (Official Army Photo/Dustin Senger)



U.S. Air Force Capt. David Barns, from Mobile, Ala., holds a falcon at the beach home of Qatar Army Maj. Gen. Hamad bin Ali Al Attiyah, armed forces chief of staff, in Al Khor, Qatar, Feb. 9. "This is a beautiful bird," said Barns, while holding the peregrine falcon. "It's amazing they can train a bird to hunt," he said after watching Qatari falconers demonstrate lure training. (Official Army Photo/Dustin Senger)

the Qataris," said Army Sgt. Jon Camacho, from Fairfield, Calif., enjoying a four-day respite from duties in Iraq by participating in the U.S. Central Command rest and recuperation pass program at a U.S. military installation in Qatar. "My favorite is the cheetah – it's definitely

Each day ended with an evening feast inside a massive Arabic tent. Food servers dished up various Gulf country cuisines, such as: salads, rice, hummus, fish, barbeque chicken and beef, lamb and arguably the

something you don't see every day! I've never met anyone who has a cheetah in their house." Later in the evening, Camacho rode his first watercraft and said "the speed and power is awesome – unbelievable!"

"The Qataris expect the same things in life," said Air Force Staff Sgt. Beau-Derrick Livingston, from Myrtle Beach, S.C. "They are courteous to us, as we are to them. My family and I are looking at vacation packages to visit Qatar together sometime."

most adventurous food for many in attendance: camel meat.

"Camel is really good!" said Army Spc. Richard Dyer, from Hillsboro, N.H., enjoying a four-day R&R pass in Qatar that allowed a break from the daily grind of duty in Iraq. "It's probably something I'll never get to try again. This is a great cultural experience."

"When it comes down to it, we take pleasure in many of the same types of things the Qataris enjoy," said Air Force Staff Sgt. Mark Wolfgang, from Youngstown, Ohio. "They're not much different than us."

"The Qatari general enjoys hosting the U.S. military at his beach home," said Army Lt. Col. Scott S. Naelitz, from Cartersville, Ga. "He said he looks forward to future opportunities, to further strengthen relationships between the two nations' armed forces." ^A



"I was nervous to pet the cheetah at first," said U.S. Air Force 1st Lt. Jeff Ledoux, from Mountain Home, Idaho, at the beach home of Qatar Army Maj. Gen. Hamad bin Ali Al Attiyah, armed forces chief of staff, in Al Khor, Qatar, Feb. 10. "But as you get closer to it... it's not that scary," he said. "It reminds me of my yellow lab back home." (Official Army Photo/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:

- Iranian souqs
- Industrial area
- Al Wakra
- Marine House located at the US Embassy
- Establishments serving alcohol, except full-service restaurants located in: Four Seasons, Ritz-Carlton, Intercontinental, Sheraton, Marriott, and Ramada hotels
- Local residences of employees of private corporations or other civilian organizations under contract with the U.S. government

Contact Capt. Mark Singer, ASG-QA deputy provost marshal for more information.

DOHA LIFE

Commander honors Qatari hospitality

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

ALKHOR, Qatar—Maj. Gen. Charles A. Anderson, U.S. Army Central deputy commanding general, met with Maj. Gen. Hamad bin Ali Al Attiyah, Qatar armed forces chief of staff, to show his appreciation for the general's continued hospitality at his beach home in Al Khor, Qatar, Feb. 16. After hosting more than 700 visitors over three days last week, Attiyah reopened his seaside property to U.S. servicemembers for two more days. Approximately 600 participants took advantage of the follow-up opportunity.

On Feb. 17, the second and final day, Army Command Sgt. Maj. Marvin L.

Hill, U.S. Central Command senior enlisted leader, thanked the top Qatari general for his generosity while visiting servicemembers at his seaside property. Identical to last week's excitement, troops continued to enjoy: watercrafts; swimming and sunbathing; deep sea fishing; rides on all-terrain vehicles and camels; holding falcons and watching training demonstrations; petting a sociable cheetah; smoking flavored tobaccos in Shisha pipes; and traditional refreshments.

"The hospitality and friendship here is amazing," said Lt. Col. Gary Kolb, from Manassas Park, Va., who attended the final day of the beach outing while participating in the USCENCOM rest and recuperation pass program at a U.S. military installation in Qatar. "People who never knew each other previously have come together as one big group, for a great chance to relax and recharge." **A**



Maj. Gen. Charles A. Anderson, U.S. Army Central deputy commanding general, presents Maj. Gen. Hamad bin Ali Al Attiyah, Qatar armed forces chief of staff, with a token of appreciation at the general's beach home in Al Khor, Qatar, Feb. 16. After hosting more than 700 visitors over three days last week, Attiyah reopened his beach home to U.S. servicemembers for two more days. Approximately 600 participants took advantage of the follow-up opportunity. (Official Army Photo/Dustin Senger)



Army Command Sgt. Maj. Marvin L. Hill, U.S. Central Command senior enlisted leader, Maj. Gen. Hamad bin Ali Al Attiyah, Qatar armed forces chief of staff, and U.S. Army Col. Laurie Barone, from Tuxedo, N.Y., pose for a photograph at the general's beach home in Al Khor, Qatar, Feb. 17. Hill was visiting servicemembers enjoying a wide-range of beach activities at the top Qatar general's seaside property. "He's a great leader and friend," said Barone, recalling previous assignments with Hill, in West Point, Va., and Iraq. She was participating in the USCENTCOM rest and recuperation pass program at a U.S. military installation in Qatar.



Maj. Gen. Hamad bin Ali Al Attiyah, Qatar armed forces chief of staff, greets U.S. servicemembers at his beach home in Al Khor, Qatar, Feb. 17. After hosting more than 700 visitors over three days last week, Attiyah reopened his seaside property to U.S. servicemembers for two more days. Approximately 600 participants took advantage of the follow-up opportunity. (Official Army Photos/Dustin Senger)

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!**

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

Vehicle Accidents

All accidents, on and off post, must be reported to the military police desk, no matter how minor: 460-8214

- Call your supervisor
- Report the five W's
- If damage is minor, move your vehicle off the road.
- **DO NOT** move the vehicle after a major collision
- **DO NOT** leave the scene unless instructed by an official.

Put these phone numbers in your mobile phone:



Off-post emergency: 999
On-post emergency: 911
ASG-QA BDOC: 460-8423
ASG-QA Civil Affairs: 588-9345

Contact Capt. Mark Singer, ASG-QA deputy provost marshal, or Hani Abukishk, civil affairs officer, for more information.

SAFETY

Beat the Qatar heat

By **ISIDORO A. GEVEROLA**
ASG-QA safety

Qatar mornings are still cool, but the days are quickly warming up. Soon enough, the summer months will roll in with extreme heat and humidity, almost unbearable conditions for those not properly acclimated.

As early as April, daytime temperatures can start breaking triple digits. From May until September, temperatures in Qatar frequently range from 90 to over 120 degrees Fahrenheit, with relative humidity often peaking at 95 percent. This extreme heat poses many challenges, particularly to those working outside under the hot summer sun. To stay safe, it's important to understand heat stroke, exhaustion, cramps, and fatigue.

Heat accumulating in the body raises internal temperatures and threatens normal functioning. Failure to properly cool rising, or consistently elevated, core temperatures eventually causes symptoms recognized as heat illness.

These symptoms impair physical activity, mental cognition and overall performance. They increase your risk for accidents – endangering your life and possibly those around you. Heat stroke, the most serious illness, is a medical emergency.

Less critical ailments are not immediately life-threatening but may progress to heat stroke if not promptly treated; such as heat exhaustion, syncope (fainting), cramps and rash.

As an organization concerned about safety, the Army does appear headed in the right direction. In 2007, a search of the Defense Medical Surveillance System was conducted to identify medical cases

related to heat illnesses. The results showed 329 incident cases of heat stroke and 1,853 incident cases of heat exhaustion among active servicemembers. The overall rate of heat stroke in 2007 was slightly less than annual rates from 2003 to 2006. The over-all rate of heat exhaustion in 2007 was slightly less than 2006 reports, but greater than 2003 to 2005. DMSS reports also noted that heat stroke casualties among males are nearly twice that of females; however, heat exhaustion rates were higher among females.

In hot environments, water losses can reach 15 liters per day. The amount of water needed to replace losses through sweating is a matter of concurrent workload, weather, and personal physical attributes. Here are some general recommendations: during hot temperatures over 90 degrees Fahrenheit, try to drink one quart of water per hour while performing hard work or wearing personal protective equipment; during warm conditions between 82 and 90 degrees, aim for three-quarters of a quart per hour. These conditions also require resting for

In hot environments, water losses can reach 15 liters per day.



Safety/Fire Training

Attend the installation safety training.

substantial portions of each hour, in order to slow the metabolic generation of additional heat as the body releases its accumulated excess.

Camp As Sayliyah hosts colored heat indicator flags at the troop medical clinic and big gym facilities to warn personnel of outdoor risks. Outdoor conditions are also announced via the installation Giant Voice System. There are five heat indicator flags on base: black, red, yellow, green and white. The black flag imposes the heaviest restrictions on outdoor activities. Located near each flag, heat

stress management charts provide required water consumption and workload restrictions to follow, as colored heat indicator flags change.

Remain mindful of changes in Qatar heat indexes, especially after becoming acclimated over a long summer and subsequently less sensitive to them.

Keep an eye on the heat indicator flags this summer. As always, ask your unit safety representative for guidance whenever you are unsure about the safety of any environment. Safety first! **A**

- Unit Safety Representative and Fire Warden/Prevention
- March 13: 9 a.m. to 5 p.m. Confined Space Training
 - March 18: 9 a.m. to noon CPR Training
 - March 19: 9 a.m. to 5 p.m. First Aid Training
 - March 20: 9 a.m. to noon. HAZWOPER Emergency Response
 - March 23: 9 a.m. to 4 p.m. HAZWOPER Supervisor
 - March 24: 9 a.m. to 4 p.m. Fire Extinguisher Training
 - March 25: 9 a.m. to 10 a.m. HAZWOPER Refresher
 - March 25: 9 a.m. to 4 p.m. Confined Space Training
 - April 15: 9 a.m. to noon CPR Training
 - April 16: 9 a.m. to 5 p.m. Unit Safety Representative and Fire Warden/Prevention
 - April 17: 9 a.m. to 4 p.m. First Aid Training
 - April 17: 9 a.m. to noon.

Contact Isidoro Geverola, installation safety manager, or Daniel Guzman, installation fire chief, for more information.

U.S. Air Force Chief Master Sgt. Dennis Polansky, from National City, Calif., returns to the beach after cruising on a watercraft in Al Khor, Qatar, Feb. 9. (Official Army Photo/Dustin Senger)



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	(78°-81.9°) 25.6-27.8	NL	1/2	50/10 MIN	3/4	30/30 MIN	3/4
3 YELLOW	(82°-84.9°) 27.8-29.4	NL	3/4	40/20 MIN	3/4	30/30 MIN	1
4 RED	(88°-89.9°) 31.1-32.2	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

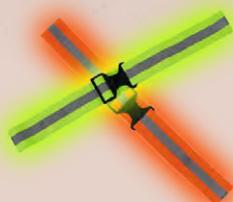
CAUTION

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

WEARING OF REFLECTIVE BELT/GEAR

(Ref: USARCENT Policy Memo OPL PROT 04)

✓ Wear a reflective belt or vest at all times, regardless of uniform, during hours of darkness, or periods of limited visibility. Wear belt either around the waist or diagonally over the shoulder.



✓ When bicycling in the installation, during hours of darkness, or periods of reduced visibility, bicycles will be equipped with an operable headlight and tail light.

✓ Bicyclist will wear a reflective upper outer garment at all times. Riders will wear approved (Consumer Product Safety Commission Certified) helmet.

✓ Never use earphones or headphones while in physical training gear, at any time while walking, jogging or running. Headphones are only authorized inside gymnasiums, or enclosed workout facilities. Such listening devices are not authorized while operating a vehicle (including bicycles). The wear of earphones or headphones is only authorized in civilian attire on the trail/track or morale, welfare and recreation facilities.

This policy applies to all military and civilian personnel assigned, attached, on temporary duty to (otherwise serving in support of) Camp As Sayliyah). The "civilian personnel" includes DOD and any other US government employees to include contractors.

Contact Isidoro Geverola, installation safety manager, or Daniel Guzman, installation fire chief, for more information.

SAFETY

Qatar base safety record breaks 300

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

CAMP AS SAYLIYAH, Qatar – U.S. Army Col. David G. Cotter, Area Support Group Qatar and installation commander, officially announced the completion of 300 safe days at Camp As Sayliyah, Qatar, March 3. For 300 consecutive days, residents at the U.S. military installation avoided accidents resulting in serious property damage and personal injury.

Camp As Sayliyah is a large multi-national and joint-service sustainment installation located in Qatar, a Gulf state positioned along the eastern coastline of Saudi Arabia. Many logistical operations

directly support Operation Enduring Freedom and Operation Iraqi Freedom – from completing vehicle repairs and restoration tasks, to shipping life-saving medical supplies to troops throughout Southwest Asia. Safe environments prevent missed work days or slowed production tempos from impacting military commitments in contingency areas.

The U.S. Army Combat Readiness/Safety Center recognizes recordable accidents as: Class A, an incident resulting in property loss over \$1 million, death or permanent disability; Class B, property damage over \$200,000, nonfatal accidents leading to permanent partial disability or hospitalization of three or more individuals; and Class C, property damage of over \$20,000, nonfatal injury or illness resulting at least one day away from work or training. For 300 days, the Camp As Sayliyah community has avoided each accident classification.



U.S. Army Command Sgt. Maj. Michael D. Howard, Area Support Group Qatar command sergeant major, Col. David G. Cotter, ASG-QA and installation commander, watch as Isidoro "Butch" Geverola, installation safety manager, changes the day's first number on the base safety notification board at Camp As Sayliyah, Qatar, March 3. For 300 consecutive days, residents at the U.S. military installation avoided accidents resulting in serious property damage and personal injury. (Official Army Photo/Dustin Senger)

"I don't know of any Army installation to go a year without at least a Class C incident," said Col. Will Merrill, U.S. Army Central safety director.

"It's possible for a company, but definitely rare for a brigade-size command."

"Work injuries are a big threat for Camp As Sayliyah," said Merrill. "It's not uncommon to get hurt while working on up-armored vehicles. The four biggest factors contributing to injury are overconfidence, complacency, indiscipline and inadequate training."

"Camp As Sayliyah definitely has a streamlined safety program that stands in accordance with Army safety regulations," said Sgt. 1st Class Bobby Walker, from Atlanta, Ga. He is the 427th Medical Logistics Company safety noncommissioned officer, responsible for promoting accident-free work areas. His unit provides medical supplies, biomedical repair, medical logistics information management and optical fabrication to the U.S. Central Command area of operations. "Forklifts remain our biggest safety risk. We are constantly blowing the horn to warn people."

"Risk exists anytime moving equipment is involved," said Butch Geverola, ASG-QA safety manager. "Forklift operators without proper training put themselves at risk, as well as everyone around them – public safety becomes a major issue once they enter a roadway. Fortunately, unit safety representatives and leaders are quick to identify risks in their areas – regardless of the situation, they're always thinking about safety and accomplishing this milestone proves it."



The record-breaking safety period indicates a well-organized and communicated commitment to provide a safe venue for the only authorized U.S. Central Command rest and recuperation pass program; recharging over 175,000 USCENTCOM war fighters since its 2004 inception. For the program to truly succeed, participants must

obtain a rewarding respite in an atmosphere safe from avoidable accidents.

"There are numerous risks involved with troops here for rest and relaxation," said Geverola. "Trips to enjoy water sports present many possibilities. While enjoying their pass, it's easy for servicemembers to unconsciously put safety on

the back seat. It's important for their leaders to identify dangerous situations when this happens. R&R is not a time to stop watching out for each other."

"A well thought out risk assessment comes first," he said, "before engaging in any mission or recreational outing. Camp As Sayliyah unit safety representatives are responsible for teaching ways to identify hazards, implement controls, supervise outcomes and re-evaluate for compliance and effectiveness. Steadfast support from leaders is the backbone of a safety program's success."

"In the end, maintaining safe work environments is all about attitude," said Geverola. "At Camp As Sayliyah, encouraging a safe attitude begins at orientation. I hope everyone takes this philosophy to their units back home." ^A



(CAS-toon Illustration/Dustin Senger)

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

Contact the ASG-QA public affairs office
to ask about becoming a contributor.

E-mail: pao@qatar.army.mil
Phone: 011-974-450-2714 (DSN: 318-432-2800)

We need your feedback!

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



Engineered for life

What did you think of Desert Mesh edition 59?

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

How would you rate this edition? _____

What is your opinion of the content? _____

Was the layout and design appropriate? _____

Do you find it easy to obtain a copy? _____

Additional Comments: _____

DESERTMESH

MAGAZINE 

Edition 59

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).