



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

# DESERT MESH MAGAZINE

Edition 62 August/September 2009

## Ramadan in Qatar

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Suhur 44

- :: Commander  
COL Maxine C. Girard
- :: Command Sergeant Major  
CSM Michael D. Howard
- :: Deputy Commander  
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Your feedback is important to us.  
See the back cover for details.

## Defining Army leadership

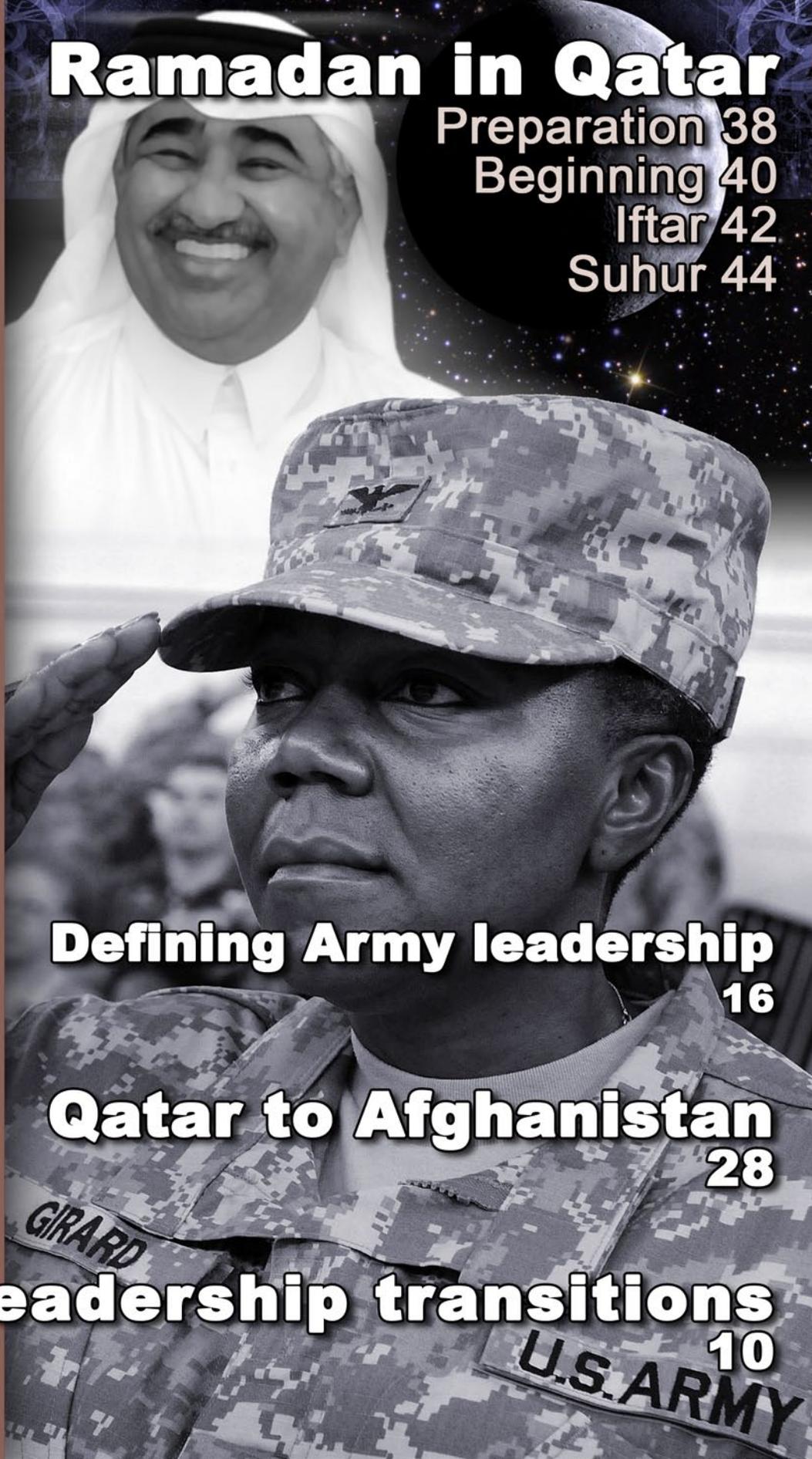
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This Army magazine is an authorized publication for members of the Department of Defense. Contents of the *Desert Mesh* are not necessarily the official views of, or endorsed by, the U.S. Government or Department of the Army. The editorial content is the responsibility of the Area Support Group Qatar public affairs office. General comments should be addressed to [pao@qatar.army.mil](mailto: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](mailto:dustin.senger@qatar.army.mil) or call 011-974-450-2714 (DSN 318-432-2800).

**COVER PAGE:** (Top) Ahmad Ali Al Mohannadi, Qatar Customs and Ports General Authority chairman, greets other Muslims prior to an evening fast-breaking meal during Ramadan, Islam's holy month, in Doha, Qatar, Aug. 25. (Bottom) U.S. Army Col. Maxine C. Girard salutes the national ensign during the Third Army/U.S. Army Central Area Support Group Qatar change of command ceremony at Camp As Sayliyah, Qatar, July 25. (Cover Photo-Illustration by Dustin Senger)

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## Camp profile: Thompson earns top leadership award

### Airman recognized as recipient of AMC Lance P. Sijan leadership award

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

CAMP AS SAYLIYAH, Qatar – U.S. Air Force Tech. Sgt. Kerry Thompson, from Camden, Ark., received a certificate of recognition from Col. Maxine C. Girard, Third Army/U.S. Army Central Area Support Group Qatar commander, for exceptional performance as a military investigator at Camp As Sayliyah, Qatar, Aug. 27. Girard congratulated Thompson for earning the top Air Mobility Command leadership award for professionalism, selfless service and courage in combat.

“Please help me in congratulating Tech. Sgt. Kerry Thompson for receiving the AMC Sijan award,” said Girard. The prestigious Air Force Lance P. Sijan leadership award, named after a Medal of Honor recipient, recognizes airmen for remarkable performance and conduct.

Next, Thompson will present himself confidently at the Air Force level to a panel of senior enlisted leaders and general officers in Washington, D.C. Airmen from 10 major commands will compete: Air

Combat Command; Air Education and Training Command; Air Force Global Strike Command; Air Force Materiel Command; Air Force Reserve Command; Air Force Space Command; Air Force Special Operations Command; Pacific Air Force Command; U.S. Air Force in Europe; and Air Mobility Command, represented by Thompson.

His AMC-level Sijan package highlighted actions while assigned to an Army special forces unit in Afghanistan, where he spent six months serving as a canine handler in 2008. Although competing for a top leadership award at the Pentagon may cause most to

stutter, Thompson said: “It can’t be as stressful as being shot at in Afghanistan.”

The prestigious Air Force Lance P. Sijan leadership award, named after a Medal of Honor recipient, recognizes airmen for remarkable performance and conduct.

“I found a lot of improvised explosive devices and got into a lot of fire fights,” said Thompson, recalling Afghanistan. For his actions, he received an Air Force Commendation Medal with Valor, Army Commendation medal, Air Force Combat Action Medal and Army Combat Action badge.

“Most of all, I want the Sijan board members to understand that the security forces are in the fight – we are a credible fighting force,” he said.

*(Thompson, continued on page 17)*



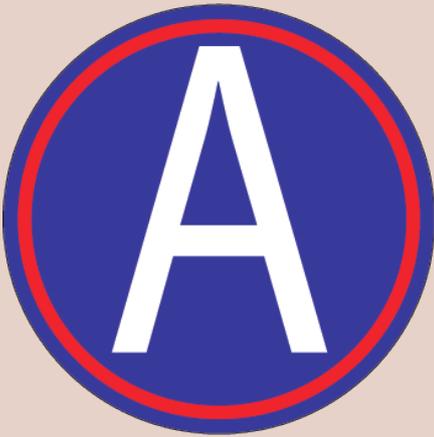
*Third Army/U.S. Army Central senior enlisted leaders stand proudly with Air Force Tech. Sgt. Kerry Thompson (center), from Camden, Ark., after the airman was awarded for exceptional performance as a military investigator at Camp As Sayliyah, Qatar, Aug. 27. Command Sgt. Maj. Todd S. Holiday, 513th Military Intelligence brigade, and Command Sgt. Maj. Michael D. Howard, Area Support Group Qatar, congratulated Thompson for earning the top Air Mobility Command leadership award for professionalism, selfless service and courage in combat. (Official Army Photo/Dustin Senger)*



<http://www.army.mil/yearofthenco/>



Honoring Ramadan



# William G. Webster Jr.

Lieutenant General  
Commanding General  
USARCENT

**T**o the Third Army/USARCENT Team,

Aug. 22 marked the beginning of the holy month of Ramadan, a Muslim period of fasting. Ramadan is a month-long celebration of Allah's/God's revelation of the Qur'an (the Muslim Holy Book) to the Prophet Muhammad, which occurred in the year 610 AD (or CE, for "Common Era," to non-Christians). During Ramadan, observant Muslims do not eat, drink, use tobacco, or have intimate relations during the hours of daylight. This period, during which they are not to have impure thoughts or commit impure acts, is intended to foster personal reflection, spiritual growth, charitable acts toward the poor, gestures of peace, and grateful worship of Allah. Many religions practice similar periods of prayer, fasting and reflection.

Our host nations of Kuwait and Qatar, like most other nations in our Area of Responsibility (AOR), are predominantly Muslim countries. In fact, nine of the top 20 largest Muslim populations in the world fall within our AOR. We expect every member of the Third Army/USARCENT Team

to be aware of and respect the rules of Ramadan in public when off-post, even when traveling in an automobile. To break these rules

is often a violation of host nation law, as in Kuwait, but what is most important is that we show *respect* to the sacred beliefs and practices of our hosts.

With the setting of the sun each evening during Ramadan, the restrictions are temporarily lifted. On Sept. 17—the twenty-seventh night of Ramadan this year—Muslims will observe Lailat al-Qadr ("The Night of Power"), commemorating the night of the revelation of the Qur'an to the Prophet Muhammad. Muslims mark the end of Ramadan with the celebration of Eid al-Fitr, beginning on Sept. 21 this year. Eid al-Fitr is a three-day holiday of feasts, family gatherings and the giving of gifts.

Third Army/USARCENT is a disciplined team with a proud history. Continue to show personal discipline and respect to our hosts during the month of Ramadan. Our behavior sends a strong message about our *Team*, and it shows our Muslim partners everywhere that we are respectful and reliable friends. As we begin the second half of the summer, continue your focus on the *Mission*, continue to take care of your *Soldiers* and their *Families*, and maintain the great level of *Teamwork*

that we will build upon during LUCKY STRIKE. Patton's Own!

Our host nations of Kuwait and Qatar, like most other nations in our Area of Responsibility (AOR), are predominantly Muslim countries. In fact, nine of the top 20 largest Muslim populations in the world fall within our AOR.

Continue to show personal discipline and respect to our hosts during the month of Ramadan. Our behavior sends a strong message about our Team, and it shows our Muslim partners everywhere that we are respectful and reliable friends.

John D. Fourhman  
Command Sergeant Major  
Command Sergeant Major  
USARCENT



Sexual assault prevention

**O**ur people deserve a quality of life that is commensurate with the great service they provide this country. They deserve positive command climates that represent and uphold our Army Values and Warrior Ethos," said Gen. George W. Casey Jr., Army Chief of Staff.

Gen. Casey made this statement during the Sexual Assault Prevention and Response Training Summit in September 2008, and those words still resonate as we continue to fight a growing problem within our Army.

It is the mission of the Third Army command to create a positive working environment free from despicable acts like sexual assault and harassment.

Leaders must get involved and ensure that they are informing their Soldiers about how to prevent these acts before they occur, what some of the warning signs are, and the punishment for those who commit these crimes; because that's exactly what these acts are... crimes.

Not only are these acts criminal, but they're also crimes against your fellow Soldiers; your brothers and sisters with whom you fight beside and should protect with your own life.

Within the Army Values and Warrior Ethos we have a code of conduct that holds us to a higher standard, one that separates us from other career professions in society.

Everyone in the command needs to take the time and understand the meaning behind the I A.M. Strong campaign and what each part of that commitment stands for.

**Intervene:** When I recognize a threat to my fellow Soldiers, I will have the personal courage to intervene and prevent sexual assault. I will condemn acts of sexual harassment. I will not abide obscene

gestures, language or behavior. I am a warrior and member of a team. I will intervene.

**Act:** You are my brother, my sister, my fellow Soldier. It is my duty to stand up for you, no matter the time or the place. I will take action. I will do what's right. I will prevent sexual harassment and assault. I will not tolerate sexually offensive behavior. I will act.

**Motivate:** We are American Soldiers, motivated to keep our fellow Soldiers safe. It is our mission to prevent sexual harassment and assault. We will denounce sexual misconduct. As Soldiers, we are all motivated to take action. We are strongest... together.

Beyond just reading and understanding the parts of the I A.M. Strong campaign, we need to adhere to it, at all times, while at our home stations, while deployed and while off work. There is zero tolerance for sexual assault and harassment!

I encourage Soldiers to talk with their leadership to help fix the problems we are having with Sexual Assault and Harassment, don't be afraid to have your voice be heard about positive ways to fight these crimes against our fellow brothers and sisters.

It all starts with you doing the right thing, regardless of the situation or who is watching. Take care of your brothers and sisters, and continue to help keep our Army Strong.

For more information about preventing sexual assault and harassment, Soldiers are encouraged to go to the following Web sites:

- [www.preventsexualassault.army.mil](http://www.preventsexualassault.army.mil)
- [www.armyg1.army.mil/eo/default.asp](http://www.armyg1.army.mil/eo/default.asp)

Patton's Own!





The installation commander



## Maxine C. Girard

Colonel  
Commander  
Area Support Group Qatar

This Desert Mesh, edition 62, should reach you the first week of September, and the second week of the Islamic holy month of Ramadan. I appreciate all the installation-wide efforts toward respecting and honoring this important religious period in Qatar. This is a time when respectful intentions hold great power in building relationships within a Muslim community. It's also a critical phase in sustaining relations, where disregarding Islamic beliefs can lead to offensive behaviors.

Leading up to Ramadan, Area Support Group Qatar leadership communicated cultural awareness and sensitivity training to help everyone avoid offending our host nation and its predominant Muslim population. Various venues have attempted to make you feel more familiar with the holy month of Ramadan, as well as its impact on and off the installation, such as a Town Hall meeting, Head Start classes and an installation brief explaining Qatar's Islamic traditions. Regardless of religious beliefs, Ramadan is a month to learn more about the culture and country we live and work in. This education helps everyone gain domain knowledge and build new friendships, while emphasizing mutual respect within our community.

Camp As Sayliyah is an enormous joint effort. Our team is a mixture of backgrounds – from servicemember to civilian, American to foreign national – yet we function as one effective entity supporting the fight. Success comes from leaders imparting a common focus with shared goals within a diverse workforce. Embracing ethnic and religious diversity reinforces compassion for each member of the team. No matter how impressive, individual efforts can drag only modest loads. Steadfast teamwork enables the most difficult and productive missions to be

accomplished. Camp As Sayliyah, as a result of large-scale achievements, has received numerous excellence awards. To continue down this path, leaders must promote and reward teamwork within their respective unit.

Team-driven operations, assisted by various personal accomplishments, will continue to provide our battle buddies downrange with the world class support they need.

Managing an effective team, thousands of miles from home, requires leaders to care about their Soldiers maintaining strong family values too. Our workforce is much more attentive and productive when their family members are in high spirits. While serving in deployed environments, servicemembers must be reminded to consistently reach out to their team of loved ones back home. They must ensure their family has what they need, when they need it. Servicemembers must also understand the resources available to them in the event of a family emergency. Supporting teamwork and strong family values will become even more critical as we enter the holiday season.

Lastly, I want to thank everyone who supported and attended the ASG-QA change of command ceremony on July 25. It's great to be back in Qatar, a year after I signed off the Net as the 1st Battalion 401st Army Field Support Brigade commander at Camp As Sayliyah. Today, as ASG-QA and Installation commander, I resolve to make every effort to encourage operational excellence while developing and empowering leaders at Camp As Sayliyah.

Patton's Own!

# Michael D. Howard

Command Sergeant Major  
Command Sergeant Major  
Area Support Group Qatar

First and foremost, I appreciate the consideration everyone is demonstrating during Ramadan, the most important religious period in Islam. Throwing on a long-sleeved shirt prior to leaving the installation may seem unreasonable under hot summer conditions. At times, avoiding foods and beverages in public areas may be tricky. Even so, going the extra mile in an attempt to respect our gracious host nation is worth every effort. Maintaining host nation support and acceptance is part of your mission as a member of the Camp As Sayliyah workforce.

Since Ramadan began on Aug. 22, Qatar became deserted during the day. A rapid rebound of activity is experienced as the sun reaches the horizon – a point when daytime fasting is ended and the sunset prayer approaches. The evening influx in traffic congestion around Doha is a concern, as fasting Muslims try to quickly reach home, mosques or other communal gatherings. Qatari traffic officials have voiced concern about vehicle accidents around the hours encompassing sunset. Camp As Sayliyah exit-control points close to casual off-post travel around this time to help keep everyone safe.

As we approach the second half of Ramadan, don't let complacency cause an accident. Stay awake, aware and alert while driving, especially in the early evening hours. Leaders must continue to reiterate the potential safety hazards Soldiers may experienced. Whenever possible, adapt your unit's off-post activities accordingly, with risk reduction in mind. Safety is everyone responsibility; on and off post.

Aside from increased worship, Ramadan is also a highly sociable month. Qatar has several places where Muslims gather for evening feasts. Qataris and expatriates of all faiths visit Ramadan tents hosted by

various hotels, each offering huge international buffets, accompanied by music and dancing. Participating in these religious celebrations presents a venue to appreciate and enjoy Qatar as a prosperous Gulf country.

Our R&R troops on a four-day pass in Qatar need help traveling off post to attend one of these special Ramadan events. Since the R&R program's organized off-post venues have been drastically reduced, servicemembers interested in Qatar cultural experiences are depending on off-post sponsors. If you haven't taken a group off post yet, you're missing out on a great opportunity to support your battle buddies. They're always highly appreciative of your time and thoughtfulness.

I want to send a hardy welcome to the new commanders around the installation. Welcome to Qatar! As we move into September and October, the days will start getting cooler... hopefully, we're already free from daytime temperatures exceeding 120 degrees Fahrenheit. The annual cool down will be followed up by the next Commander's Cup installation fitness challenge in November. Every person is encouraged to participate in this physical-readiness and team-building endeavor – as a conditioned competitor or supporting spectator.

Lastly, I must remind everyone about reflective belts. They are to be worn at all times while dressed in your service's physical fitness uniform at Camp As Sayliyah. For everyone on the installation, they are required during the hours of darkness or limited visibility.

Soldier First, Leader Always!



Stay safe and continue supporting the R&R



## Equality Observance

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

## Hispanic Heritage Month

- Sept. 17: Cake Cutting at noon in the large dining facility.
- Oct. 1: Observance from 11 a.m. to noon in the post theater.
- Oct. 15: Finale at 7 p.m. in the Oasis Club.

Contact Staff Sgt. Ria Phillips, ASG-QA equal opportunity advisor, for more information.

## Patriots Day

In memory of the attacks on Sept. 11, 2001, Area Support Group Qatar will host a Patriot Day ceremony. The events will include an invocation followed by the National Anthem and remarks by a guest speaker.



ARMY STRONG.

Everyone will observe a moment of silence before the flag is lowered by a joint color guard.

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

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



# THE WIRE

## Army leader returns to Qatar base as commander

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

CAMP AS SAYLIYAH, Qatar – “Colonel Girard takes command of Area Support Group Qatar today,” said Lt. Gen. William G. Webster, Jr., Third Army/U.S. Army Central commander, during a change of command ceremony at Camp As Sayliyah, Qatar, July 25. Col. Maxine C. Girard, previously a tenant unit commander at the Qatar base, succeeded Col. David G. Cotter as ASG-QA and installation commander. “The commander has changed but the overall mission remains the same.”

Girard, a naturalized U.S. citizen born in Jamaica, is widely known and respected at Camp As Sayliyah. In June 2008, she completed two years as the 1st Battalion, 401st Army Field Support Brigade commander. During the 1-401 AFSB change of command, she was praised for integrating a robust Stryker armored vehicle repair facility at the Qatar base. Girard was selected for promotion to the rank of colonel and handed orders to attend the U.S. Army War College at Carlisle Barracks, Pa., knowing she would return to Qatar the following summer as ASG-QA commander.

During Cotter's two-year tenure as ASG-QA commander, the U.S. military installation celebrated significant milestones and achievements, to include: recharging over 50,000 U.S. Central Command war fighters



*U.S. Army Col. David G. Cotter, Third Army/U.S. Army Central Area Support Group Qatar commander, Lt. Gen. William G. Webster, Jr., USARCENT commander, and Col. Maxine C. Girard, arrive to the ASG-QA change of command ceremony at Camp As Sayliyah, Qatar, July 25. Girard, previously a tenant unit commander at the Qatar base, succeeded Cotter as ASG-QA and installation commander. (Official Army Photo/Dustin Senger)*

participating in the rest and recuperation pass program; earning the 2008 Connelly Award for providing the best large garrison dining facility in the Army; surpassing 450 days without significant injury to military personnel or damage to government equipment, while shipping tons of life-saving medical supplies and tactical vehicles throughout the CENTCOM area of operations. Furthermore, Cotter endorsed numerous efforts to strengthen bilateral relations with the Qatar military.

“Camp As Sayliyah is more involved with the war fighter

“ I pledge continued protection of the force, excellence in supporting and sustaining our **war fighters and** development and empowerment of strong and capable leaders. All policies remain in effect until further notice. Support six signing onto the Net... Army strong!”  
Col. Maxine C. Girard

today than we were 24 months ago,” said Cotter, during remarks immediately following the exchange of leadership. “Colonel Girard knows the installation’s units and what they do. She is clearly the right Soldier to lead this command – hooah!”  
“The ASG-QA command group and staff sections got me onboard and integrated quickly,” said Girard. “I pledge continued protection of the force, excellence in supporting and sustaining our war fighters and development and empowerment of strong and capable leaders. All policies remain in effect until further notice. Support six signing onto the Net... Army strong!” **A**

## 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 Karen Beard, ASG-QA provost marshal, or Hani Abukishk, civil affairs officer, for more information.

## CAS-TV

Turn your on-post television to channel 36 (may vary) for important camp information.



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



*U.S. Army Col. Maxine C. Girard receives command of Third Army/ U.S. Army Central Area Support Group Qatar from Lt. Gen. William G. Webster, Jr., USARCENT commander, during a change of command ceremony at Camp As Sayliyah, Qatar, July 25. (Official Army Photo/Dustin Senger)*

# SUMMER CHANGE

Official Army Photos/Devin Butler and Ding Alcaide



JUL 15: ARMY CONTRACTING COMMAND



JUL 23: MEDICAL LOGISTICS



JUL 29: ARMY FIELD SUPPORT BRIGADE



# IN LEADERSHIP



JUL 25: AREA SUPPORT GROUP QATAR

- NOT PICTURED
- JUL 10: JPOTF
- AUG 01: SIGNAL BATTALION
- AUG 15: AIR MISSILE DEFENSE

## Chaplain Services

Attend the installation ministry team's spiritual support services:

### Prayer Luncheon

- Sept. 24: Monthly prayer luncheon at noon in the big dining facility.
- Oct. 29: Monthly prayer luncheon at noon in the big dining facility.

Contact Lt. Col. Jeffery Bruns, ASG-QA chaplain, for more information at DSN 432-2198.

## CAS in the News!

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

# THE WIRE

## Qatar base fundraiser proceeds, participation doubles

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

CAMP AS SAYLIYAH, Qatar – Renee Acosta, Global Impact president and CEO, presented Col. Maxine C. Girard, Third Army/U.S. Army Central Area Support Group Qatar commander, with proceeds raised during the 2008 Combined Federal Campaign Overseas fundraiser at Camp As Sayliyah, Aug. 13.

The over-sized check represented \$2,233 donated to Family Youth Support Programs, a CFC-O charity designation that benefits the giver's installation of origin. Now in the hands of ASG-QA, the donations are immediately available for

improving quality of life at the U.S. military installation in Qatar.

According to Command Sgt. Maj. Michael D. Howard, ASG-QA command sergeant major, the charitable donations to the installation community will help improve recreational programs. Also, in time for the holidays, new equipment will better support the United Through Reading military program, a system that sends home video recordings of deployed parents reading books to their children.

Despite an emerging economic recession in 2008, participation in the annual fundraising campaign nearly doubled at Camp As Sayliyah. According to Bruce Dreger, CFC-O Central Command campaign coordinator, 95 percent of potential contributors made a pledge. For facilitating an impressive installation-wide achievement, ASG-QA earned top CFC-O recognition: a Platinum unit award.

Percapita gifts decreased at the Qatar base but increased involvement generated \$38,498 – an increase of \$3,527 from the 2007 campaign.

CFC is the only authorized solicitation of federal employees in their workplaces. Each year, millions of dollars are raised in the United States and overseas, in support of over 2,000 national and international charitable organizations. CFC is the world's biggest and most successful annual workplace charity campaign.

The 2009 CFC-O fundraiser begins on Oct. 5. For three months, numerous Camp As Sayliyah servicemembers will become CFC-O representatives and attempt to make 100 percent contact with the installation populace – treating everyone as a potential philanthropist. **A**



Renee Acosta, center, Global Impact president and CEO, poses for a photograph with Third Army/U.S. Army Central Area Support Group Qatar Soldiers, after presenting proceeds raised for Family Youth Support Programs during the 2008 Combined Federal Campaign Overseas fundraiser at Camp As Sayliyah, Aug. 13. (Official Army Photo/Dustin Senger)

## War fighters support social networking sites

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

CAMP AS SAYLIYAH, Qatar – The sounds of clicking keyboards and cheerful reactions are often heard inside the Internet cafés supporting the U.S. Central Command rest and recuperation pass program at Camp As Sayliyah, Qatar. The U.S. military installation removes war fighters from the stress of combat operations while providing various venues to reconnect online with family and friends. Servicemembers often log into e-mail accounts but are relying more and more on social networking software, such as Facebook and MySpace, to stay in touch while away from home.

U.S. Navy Petty Officer 3rd Class Kathleen McDowell, from Bleecker, N.Y., has maintained her MySpace

for over four years, as a way to keep in touch with people from high school, college and previous duty stations. She recently started using Facebook too, pressured by friends frequently e-mailing her links to join.

“MySpace and Facebook make it easy to log in and see how everybody is doing,” said McDowell, while enjoying a four-day pass from Iraq and checking her MySpace page inside an Internet Café at Camp As Sayliyah. “You can upload and share pictures without having to e-mail everybody.”

“For me, seeing pictures is the big thing,” said Petty Officer 3rd Class Carl Ginsberg, from Burnet, Texas, while on pass from Iraq and chatting online with friends and family using MySpace. “I love seeing pictures; they’re a morale booster... they just make me feel



*U.S. Air Force Staff Sgt. Michael Romero, from Sacramento, Calif., checks his Facebook account at Camp As Sayliyah, Qatar, Aug. 15. (Official Army Photo/Dustin Senger)*

okay about things back home.”

“Pretty much everyone I interact with on a daily basis uses MySpace or Facebook,” said Air Force Staff Sgt. Michael Romero, from Sacramento, Calif., while on pass from Iraq and checking his Facebook account at an Internet WiFi hot spot. Annual operations security training is required at his unit, with a refresher course before each deployment. Romero has never seen anyone post something he felt was a risk to military operations.

“Nobody can see what you’re posting if you put your profile on private,” said Romero. “But after its set to private, you also have to be careful of who you allow on your friends’ list. I get friend requests from people I don’t know, all the time. I never add them.”

The fate of Internet social networking software is under investigation by the Department of Defense, citing concerns with operations security, network vulnerability and bandwidth drain. A comprehensive review is expected to determine if a department-wide ban is necessary. Officials will decide if the risks of such communication platforms are trumped by the power of their benefits, such as recruiting, public affairs and long-distance contact between family and friends. **A**



*“For me, seeing pictures is the big thing,” said U.S. Navy Petty Officer 3rd Class Carl Ginsberg, from Burnet, Texas, while enjoying a four-day pass from Iraq and chatting online with friends and family using MySpace at Camp As Sayliyah, Qatar, Aug. 15. “I love seeing pictures; they’re a morale booster ... they just make me feel okay about things back home.” (Official Army Photo/Dustin Senger)*

## 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 (62) was picked up by over 600 international, national and hometown news organizations, to include the following (source: DVIDS 360 distribution report, Sept. 2):**

- ◆ Arab Detroit; Detroit, MI
- ◆ Arrayah; Doha, QA
- ◆ Camden Newspaper; Camden, AR
- ◆ Charlotte Knights Stadium; Charlotte, NC
- ◆ Combined Federal Campaign; Washington, DC
- ◆ Gillette Stadium; Boston, MA ◆ Gulf Times; Doha, QA
- ◆ Jacksonville State University "Chanticleer" Newspaper; Jacksonville, AL
- ◆ Life on the Water; Huntsville, AL
- ◆ Midland Reporter-Telegram; Midland, TX
- ◆ Murray State News; Murray State University; Murray, KY
- ◆ MySpace; Los Angeles, CA
- ◆ The Peninsula; Doha, QA
- ◆ Qatar Tribune; Doha, QA
- ◆ University of Louisiana-Monroe "The Hawkeye" Newspaper; Monroe, LA
- ◆ University Of Montana (Washington-Grizzlies Stadium); Missoula, MT
- ◆ University of Pittsburgh "The Globe" Newspaper; Pittsburgh, PA
- ◆ VMI "The Cadet" School Paper; Lexington, VA
- ◆ West Point - US Military Academy; West Point, NY
- ◆ WCVB-TV; Needham Heights, MA

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



# THE WIRE

## College football coaches support troops overseas

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

CAMP AS SAYLIYAH, Qatar – Five National Collegiate Athletic Association coaches met hundreds of U.S. servicemembers in Qatar, July 5. The NCAA coaches were touring various military installations in the Middle East to visit deployed troops. This is a first-of-its-kind event for Koeberle & Associates providing athletes and celebrities to military personnel overseas.

The assembly of coaches included: Robb Akey, University of Idaho; Chris Smeland, West Point, The U.S. Military Academy; Bobby Hauck, University of Montana; Mickey Matthews, James Madison University and David Bailiff, Rice University.

"Other than relatives, I've never met anyone with the same last name," said U.S. Air Force Airman

1st Class Crystal Hauck, from Fresno, Calif., after meeting Bobby Hauck, University of Montana head coach. "I had to meet him today – we may be distant cousins."

The hometown heroes greeted several war fighters participating in the U.S. Central Command rest and recuperation pass program at Camp As Sayliyah. Executed by Third Army/U.S. Army Central Area Support Group Qatar, the venue offers servicemembers a respite from contingency commitments throughout Southwest Asia. Over 185,000 war fighters have participated in the program, since its inception in 2004.

"I'm a big college football fan," said U.S. Army Sgt. Nathanael Buschmann, from Oregon, Wis., while shaking hands with Robb Akey, University of Idaho head coach. "During the season, I try to watch every game – even the ones that come on at 2 a.m."

"This is an honor," said Bailiff, Rice University head coach. "We're here to show our gratitude and support for the troops, for all they do every day." **A**



**Robb Akey, University of Idaho head coach, shakes hands with U.S. Army Sgt. Nathanael Buschmann, from Oregon, Wis., at Camp As Sayliyah, Qatar, July 5. "I'm a big college football fan," said Buschmann. "During the season, I try to watch every game – even the ones that come on at 2 a.m." (Official Army Photo/Lakia Clarke-Brown)**

## Basketball coaches travel overseas to say 'thanks'

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

CAMP AS SAYLIYAH, Qatar – “Thank you so much,” said Duggar Baucom, Virginia Military Institute men’s basketball head coach, while greeting a group of U.S. servicemembers at Camp As Sayliyah, Qatar, Aug. 11. “Thank you for what you do and thank you for being over here. I want you to know, people back home appreciate you.”

Baucom traveled overseas to offer U.S. troops gratitude and encouragement, along with four other National Collegiate Athletic Association basketball coaches: Mike Smith, Jacksonville State University; Billy Kennedy, Murray State University; Agnus Berenato, University of Pittsburg; and Orlando Early, University of Louisiana-Monroe.

The five college basketball coaches’



*U.S. Army Master Sgt. Wenford Coleman, from Opelika, Ala., meets Duggar Baucom, Virginia Military Institute men’s basketball head coach, at Camp As Sayliyah, Qatar, Aug. 11. (Official Army Photo/Dustin Senger)*

10-day tour started at the Qatar base, where the only authorized U.S. Central Command rest and recuperation pass program provides a brief four-day respite for war fighters in Southwest Asia. Next, they will travel to several locations in Afghanistan, where they will attempt to make two stops per day, according to a representative with Koeberle and Associates, the sports marketing agency coordinating the trip. The actual number will depend on available assets and local threat levels, the official stated.

“I love watching college ball,” said

U.S. Army Master Sgt. Wenford Coleman, from Opelika, Ala., after meeting the NCAA basketball coaches. “In college, they play more defensive than in professional games – it’s much more exciting. Teams are full of young players who are trying to balance sports, education and family life. It’s a big juggle and many don’t make it to the next level.”

“The coach from Pittsburg mentioned that some of her prospects came from my high school,” said Staff Sgt. Bryan Smith, from Philadelphia, Pa., after talking with Berenato. “I tried to play basketball at Simon Gratz High School, but I always felt like the small guy. That changed after I joined the Army. Now, I feel like I can do anything.” Smith is a medical logistics personnel sergeant currently serving his second deployment to the Middle East at the Qatar base.

“It’s always great for the Soldiers to meet people they admire or appreciate,” said Lt. Col. Jeff Bruns, from Cuba, Mo. He is the installation chaplain who arranges spiritual support for servicemembers at Camp As Sayliyah. “It’s a lift for the Soldiers to know people are thinking about them and willing to travel this far just to say ‘thanks.’” **A**

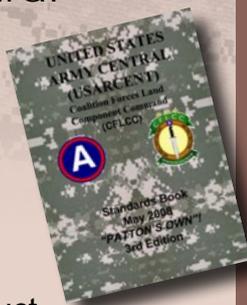


*U.S. Army Staff Sgt. Bryan Smith, from Philadelphia, Pa., poses for a photograph with Agnus Berenato, University of Pittsburg head coach, shortly after receiving an autographed Pittsburg Panthers t-shirt, at Camp As Sayliyah, Qatar, Aug. 11. (Official Army Photo/Dustin Senger)*

## Third Army/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>



# THE WIRE

## LEADER ALWAYS

### What is it to be an Army leader?

By Capt. TINA U. HILL  
ASG-QA HHC

There are a few questions that come to mind when asked "What is it to be an Army leader?" The first question is "What is leadership?" According to Army Field Manual 6-22, leadership is the process of influencing people by providing purpose, direction and motivation while operating to accomplish the mission and improve the organization. The definition of leadership is broken down into more detail in FM 6-22.

**Influencing** is getting people to do what is necessary. Influencing entails more than simply passing



along orders. Personal examples are as important as spoken words. Leaders set that example, good or bad, with every action taken and word spoken, on or off duty.

**Purpose** gives subordinates the reason to act in order to achieve a desired outcome... leaders should provide clear purpose for their followers.

Providing clear **direction** involves communicating how to accomplish a mission: prioritizing tasks, assigning responsibility for completion, and ensuring subordinates understand the standard.

**Motivation** supplies the will to do what is necessary to accomplish a mission. Motivation comes from within, but is affected by others' actions and words. A leader's role in motivation is to understand the needs and desires of others, to align and elevate individual drives into

Soldiers must have a sense of duty, and respect for others. We **must display selfless** service when we put the welfare of the nation, and accomplishment of the mission, ahead of personal desires.

## Camp Policies

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

\*ASG-QA domain access required.



Indiana National Guard Spc. Brian Schafer, chats with Jamie Broce following a ceremony at the Greencastle armory, Dec. 7, 2008. Schafer, an artilleryman with Battery A, 2nd Battalion, 150th Field Artillery, received the Indiana Distinguished Service Cross for assisting in the rescue of his neighbor, Broce, from flood waters on July 12, 2008. "I jumped in without thinking," said Schafer. "It was an automatic response. I knew I had to try to get him above the water. It's a part of our selfless service." (Official Army Photo/Spc. David Bonnell)

team goals, and to influence others and accomplish those larger aims.

"Before you are a leader, success is all about growing yourself," said Jack Welch, former General Electric CEO and chairman. "When you become a leader, success is all about growing others." Welch gained a solid reputation for uncanny business acumen and unique leadership strategies at GE.

The key point in leadership is improving the organization.

Another question that comes to mind is: "What does it take in order to be an effective leader?"

It is not just about the position or the title. An effective leader must first have been an effective follower. According to Webster's dictionary, a leader is a person that is the most successful or advanced in a

particular area. An effective Army leader knows their job and upholds all of the seven Army values. We want each member to have loyalty to self, unit and Soldiers.

Soldiers must have a sense of duty, and respect for others. We must display selfless service when we put the welfare of the nation, and accomplishment of the mission, ahead of personal desires. Honor, integrity and personal courage complete these values.

To be an effective Army leader means caring for your Soldiers. We take care of them, their families and ourselves. Army leaders develop their team by example, and ensure that they complete their education. We inspire them to become more, to do more and to learn more. When we succeed in doing this, we are an effective Army leader. **A**

## Thompson

*(Continued from page 3)*

"We grow our leaders early in the security forces," said Capt. Robert Lord, 379th Expeditionary Security Forces Squadron deputy provost marshal at the Qatar base. "We immediately hold them to a higher standard. Only a handful of Air Force career fields have airmen leading a ground fight."

"I've led as enlisted, now I want to lead as an officer," said Thompson. After 14 years in the enlisted ranks, he's preparing for promotion to second lieutenant. His seventh overseas assignment

positioned him in Qatar, which he considers easy duty after exposure to operations in Iraq and Afghanistan.

"Tech Sergeant Thompson is exactly what we need in a Security Forces officer," said Lord. "As a trained investigator, I am a pretty good judge of character." Commissioned as a tech sergeant, Lord has become a mentor for Thompson in Qatar.

The 2009 Air Force Sijan award will recognize four recipients: a senior officer, junior officer, senior enlisted and junior enlisted. Results are expected in early 2010. **A**

*U.S. Army Staff Sgt. Edward McGowan, from Kingsland, Ga., at Camp As Sayliyah, Qatar, Aug. 18. The Third Army/U.S. Army Central*

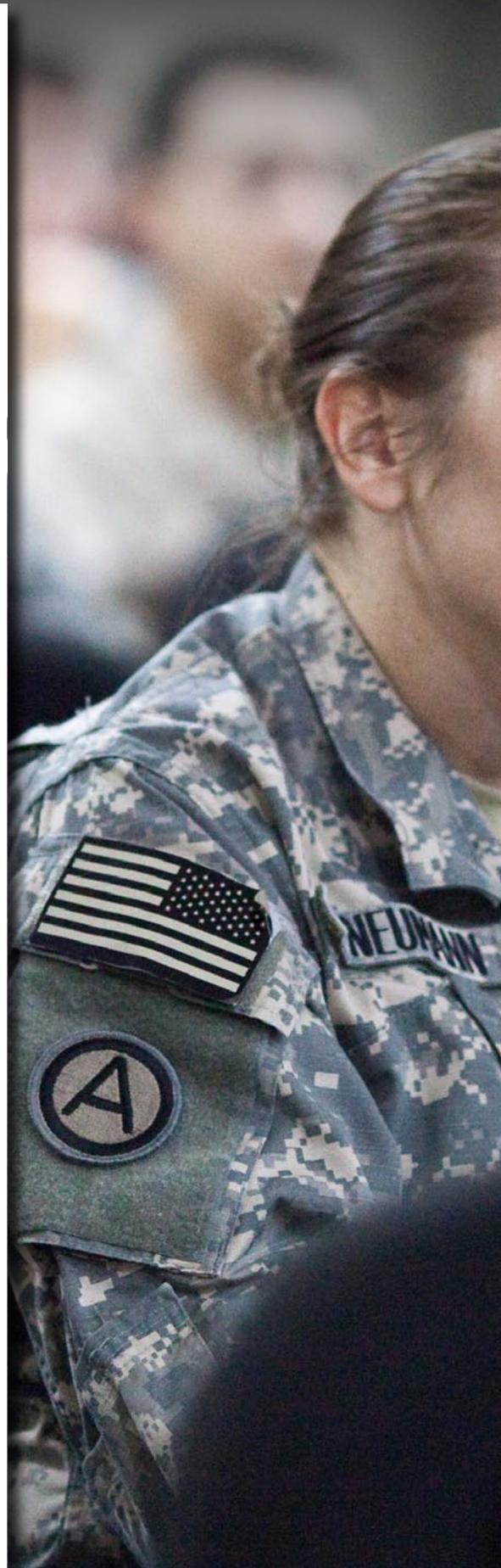


*Area Support Group Qatar human resources non-commissioned officer is serving his second tour to the U.S. military installation in Qatar. On Aug. 19, he was interviewed by a "Life on the Water" magazine reporter, from Huntsville, Ala., for a story about deployed Soldiers from deep south waterside communities.*

*"Living in Kingsland offers the best of both worlds," said McGowan. "We have the country side, slow and laid back, then the Jacksonville city life only 30 miles away." McGowan moved to Kingsland while in high school, after his father, a retired Navy officer, received orders to Kings Bay Naval Submarine Base. "Kingsland, St. Mary's and Woodbine are a real naval community," he said. (Official Army Photo/Dustin Senger)*

# CAS CELEBRATES

Aug. 26 – Official Army Photos/Devin Butler



# WOMEN'S RIGHTS



## 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.
- Sunday:  
8:30 a.m. to noon

Contact 2nd Lt. John Borman, ASG-QA finance officer, for more information.

## 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.

# THE WIRE

## Camp approach to alcohol education and prevention

By **NIKOLE SCOTT CONERLY, Ph.D., C.G.P. ASG-QA TMC**

The Camp As Sayliyah Troop Medical Clinic staff understands alcohol abuse is a problem for a number of Soldiers. TMC staff are also aware many Soldiers are reluctant to seek assistance with drinking problems, until an alcohol-related incident occurs. An on-post survey indicated that many servicemembers have experienced black outs at least once in their life. More than half of those people questioned admitted to acting out of character, to a point that caused embarrassment and regret.

On Aug. 27, the TMC staff hosted an alcohol awareness party, entitled “Alcohol: Where do you draw the line?” The purpose of this social gathering was to raise community awareness about alcohol abuse in a casual and fun atmosphere, where servicemembers would feel safe to fully participate. Furthermore, we hoped to decrease the stigmas and barriers which may prevent people with alcohol or other substance-related problems from seeking help.

During the party, servicemembers were able to meet TMC staff and complete anonymous alcohol and mental health screenings. They were offered immediate feedback about their results from a mental health professional. Blood pressure reports were also made available. Security Forces administered mock sobriety tests. Soldiers were able to hear their favorite dance



*Dr. Nikole Scott Conerly, from Washington D.C., sits inside her office at Camp As Sayliyah, Qatar, June 21, 2009. Conerly is a certified group psychotherapist who offers mental health support for servicemembers at the U.S. military installation in Qatar. “Leaders should always be concerned about the mental health of their Soldiers,” said Conerly. (Official Army Photo/Dustin Senger)*

songs while collecting information about alcohol abuse, health care insurance and general wellness documents.

TMC staff hopes the alcohol awareness program taught everyone the ways alcohol can impact physical and mental health and wellness. We also hope that participating in these programs will make servicemembers more aware of their wellness resources and allow more informed choices about alcohol use. Most recently, we created a number of alcohol awareness satellite centers and placed them in high-traffic areas,

accessible to all camp residents, to include reaching out to the U.S. Central Command rest and recuperation pass program participants.

The ultimate goal was to place these centers in locations where servicemembers were comfortable and more likely to pick up the material, such as the United Service Organization lounge, TMC waiting area and installation entry-control points. These hubs of information include alcohol awareness cards that teach self assessments and then explain suggestions for seeking assistance, if necessary. **A**

TMC staff hopes the alcohol awareness program taught everyone the ways alcohol can impact physical and mental health and wellness.

## 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 SSG Jason Choate, 354th MLC optical lab specialist, for more information.

### :: Patriots cheerleaders support tour



*U.S. Army Staff Sgt. Cephus T. Wells, from Enterprise, Ala., poses for a photograph with members of the New England Patriots Cheerleaders at Camp As Sayliyah, Qatar, July 21. From left: Lindsey Barrows, Carrie Binette, Wells, Dinna Yap, Leah Vandale and Brittany Bonchuk. "I'm happy they came here to visit us," said Wells. "Their support shows they truly care about troops." Qatar is the first stop for the five cheerleaders, who are visiting various U.S. military installations in the Middle East. (Official Army Photo/Lakia Clarke-Brown)*

# ALCOHOL ABUSE

Aug. 27 – Official Army Photos/Ding Alcayde



## Photography Support

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

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

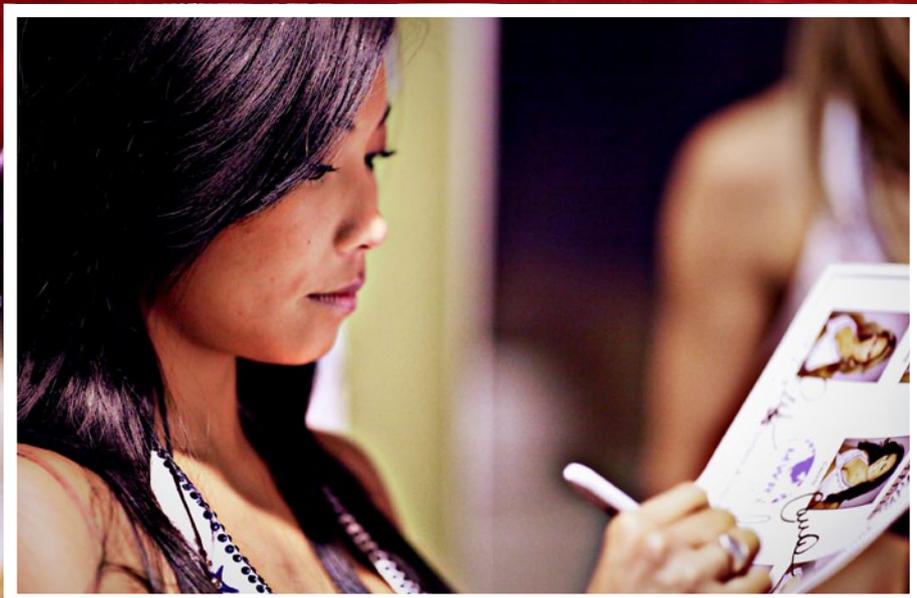
\*ASG-QA domain access required.

# CAMP EDUCATION



# CHEERING FOR

July 21 – Official Army Photos/Devin Butler



# THE CAS TROOPS



## 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: 7 a.m. to 11 a.m.

After Hours: 7 p.m. to 11 p.m.

**Routine appointments** are for evaluation or re-evaluation of chronic medical conditions, medication refills and post-deployment health assessments. Everyday: 1 p.m. to 6 p.m.

Call the TMC at 432-3508

Contact Maj. Sameer Khatri, TMC director, for more information.

## Chaplain Services

Attend the installation ministry team's spiritual support services.

## Spiritual Fitness Luncheon

- Sept. 23: Luncheon at noon in the large dining facility.
- Oct. 28: Luncheon at noon in the large dining facility.

Contact Lt. Col. Jeffery Bruns, ASG-QA chaplain, for more information at DSN 432-2198.

# THE WIRE

## Ramadan affects everyone on camp

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

Ramadan, the Islamic holy month of increased worship and fasting, began Aug. 22; it's expected to end around Sept. 20 or 21. During this period of heightened religious activity outside the gates of Camp As Sayliyah, it's important to remain respectful and courteous while on the installation, not only off post.

This year, followers of the Islamic faith in Qatar are restricting themselves from food and water in the midst of a humid summer heat. Reports during the first week of Ramadan from the Base Operations Defense Center indicate daily air temperatures exceeding 110 degrees Fahrenheit under damp conditions – all before noon. It's easy to break a sweat by casually walking 100 meters, from one building to the next.

Camp As Sayliyah employs many Muslim foreign nationals, individuals who are fasting while performing regular physical activities outdoors, such as gardening, freight movements and vehicle repairs. Regardless of thirst and hunger pangs, Muslims remain committed to resisting every temptation; they persist in their fast to build a closer relationship with God. Keep this in mind while exercising patience with work requests or routine maintenance. On-post construction and remodeling will be drastically limited.

If you plan to be outdoors, and you're not fasting yourself, drink plenty of liquids prior to departing the concealment of a building. Avoid walking with any beverages or food. Everyone must steer clear of swaying fasting Muslims toward behaviors that could result in breaking religious duties. Food and water consumption should be limited to indoor dining facilities or personal living quarters – places without visibility by fasting Muslims.

Many Muslim-Americans are fasting on Camp As Sayliyah too. If you're unsure who is observing Ramadan in your work area, ask around, prior to warming food or opening a bottle of water. If a Muslim says he or she is fasting, respond with "Ramadan Kareem," an Arabic phrase that welcomes their holy month, and then remember to stay discreet. The brief change in your daily schedule will help build new relationships and sustain others.

Subject to urgent mission requirements, Muslim Soldiers working on camp are entitled to reasonable accommodations, as directed by Lt. Gen. William G. Webster, Third Army/U.S. Army Central commander. In a memorandum for USARCENT commanders, Webster requested unit leadership release Muslim Soldiers from duty on the first and last days of Ramadan, as well as offer a two-hour absence before sunset each day. He also called for an exemption from rigorous physical fitness and field training.

Camp leadership must ensure fasting subordinates are not overworked or exposed to direct sunlight for long periods of time. Notify the installation troop medical clinic staff whenever an individual is

witnessed experiencing symptoms of a heat-related injury.

Ramadan introduces new working relationships with off-post vendors, many of whom are fasting Muslims. Daytime host nation productivity has slowed down and the roadways are desolate, as compared to other months. Businesses in Qatar have adjusted their office hours and many are closing between 2 or 3 p.m. When planning off-post travel, be sure to contact businesses in advance, ask for their adjusted Ramadan hours of operation. Otherwise, you may find yourself pulling on a locked door. Throughout Ramadan and into the upcoming Eid holidays, shipments

and deliveries to the installation may be delayed.

Area Support Group Qatar Ramadan 2009 memorandum explains appropriate on- and off-post behavior. It also explains the consequences of noncompliance. The guidance applies to all military and civilian personnel assigned, attached, on temporary duty or otherwise serving in support of Camp As Sayliyah. Tenant unit commanders, officers and section supervisors are responsible for ensuring all personnel are properly briefed. The Ramadan memorandum is accessible from the ASG-QA Intranet Web site (domain access required). 

## On-post activities to avoid during Ramadan's daylight hours:

- ✗ Eating sandwiches, chips, or other food items from the dining facility or Post Exchange.
- ✗ Chewing gum, tobacco, breath mints or candies.
- ✗ Smoking cigarettes, cigars or pipes.
- ✗ Drinking water, sodas or Gatorade.

## :: Historian studies Army Central



*Col. Gary M. Bowman, U.S. Army Center of Military History deputy commander, meets with Col. Maxine C. Girard, Third Army/U.S. Army Central Area Support Group Qatar commander, at Camp As Sayliyah, Qatar, Aug. 23. Bowman, an Army historian, traveled to U.S. military installations in Kuwait and Qatar, as part of a research project outlining USARCENT activities during the Global War on Terrorism. According to Bowman, the document is primarily intended for internal use within the Department of Defense but a version will be made available from the U.S. Army Center of Military History Web site in late 2010. (Official Army Photo/Dustin Senger)*

## Rest and Recuperation Pass Program

### Donations

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



- Call the R&R front desk for more information.

Contact Lt. Col. Sheva Allen, ASG-QA rest and recuperation pass program officer, for more information.

### 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 lounge.
- Commit to helping our visiting war fighters once per week – flexible schedules are available.

Contact Beverly Mullis, USO Qatar center manager, for more information.

# THE WIRE

## Texas band Flyleaf delivers high spirits to troops overseas

### Troop support from Qatar to Afghanistan

**By Capt. MICHAEL  
GREENBERGER**  
5th Mobile Public Affairs  
Detachment

BAGRAM AIR FIELD, Afghanistan – Nearly a thousand servicemembers were treated to a healthy dose of hard rock, July 6, thanks to the Texas-based band Flyleaf.

On a tour sponsored by AKA Productions, the band arrived at Bagram Air Field just in time to take the stage in the Morale, Recreation, and Welfare “clamshell” tent, somewhat late from a previous show at Forward Operating Base Ramrod in southern Afghanistan.

While waiting for Flyleaf’s arrival, the band’s opening act consisted of a group of servicemembers playing the videogame Rock Band.

Projected on a massive screen, people took turns singing and playing on guitar and drum game controllers while the crowd howled for more.

“The Rock Band part was fun,” said Army Pfc. Jessica Kimball. “They should do that more often. It’s a good way for people to interact with each other.”

The warm-up act starred a “band” that won a Rock Band competition on Bagram just weeks prior. Many of the servicemembers who took the stage participate every Wednesday in a weekly get-together for, what else, Rock Band night.

“Rock Band is important because it’s the closest thing on BAF to a party,” said Army Staff Sgt. Matthew Miller. “It’s a great social event and anybody can be a rock star for an evening.”

**Their first ever** tour for the troops took them from Qatar to a remote outpost called FOB Baylough in southern Afghanistan near the Pakistan border.

Flyleaf got into the electronic gaming world with one of their songs, “I’m So Sick” appearing on the Rock Band video game.

After two hours of jamming, the “Rock Band night” regulars relinquished the stage to the newly arrived Flyleaf, who took the stage to a mass of cheering people.

First up in their hour-long set was a new song titled “Justice and Mercy”.

“This first song was written with all of you in mind,” said vocalist Lacey Sturm as she greeted the crowd.

In the lyrics, the words “The living and dying, surviving, we’re trying to breathe in safety – come home safely” were written for Soldiers, said tour manager Kat Hartmann.

“The song is about respect for the



**U.S. Army Sgt. Nathan Cook, from Melbourne, Fla., poses for a photograph with members of the rock band Flyleaf at Camp As Sayliyah, Qatar, Jul. 1. (Official Army Photo/Ding Alcayde)**

troops,” Hartmann went on. “We respect everything they’ve done like putting their lives on the line, which is also in the lyrics to the song.”

As the musical set began, the intensity of the crowd was audibly carried up a notch when Sturm’s lyrical voice turned to primal scream in the middle of “Breathe Today”, a song off their debut, self-titled album “Flyleaf”.

“We’ve travelled overseas to Europe and other places before,” said Hartmann. “But we’ve never gone into a war zone.”

Their first ever tour for the troops took them from Qatar to a remote outpost called FOB Baylough in southern Afghanistan near the Pakistan border.

“The FOB is a really rough place,” said Sturm. “They just have the bare essentials and the guys there said no one had been out to see them in years, so we were really excited to get out to see them.”

According to Sturm, Flyleaf had wanted to come see the troops for a while and the band got lucky when another group cancelled its tour.

Travelling light, Flyleaf performed their shows acoustically, which is something they’re not used to doing. In addition to a light equipment load, two members of the band couldn’t make the tour. Bass player Pat Seals and guitarist Sameer Bhattacharya stayed behind for personal reasons while lead singer Sturm’s husband Josh stepped in to play guitar for the duration of the tour. But in true wartime fashion, Flyleaf did the very best with what was available.

“They did a great job with what they had,” said Army Pfc. Michael Langford. “The show was great and it’s nice to know that people actually do care about us.”

And care they do. Flyleaf got their start in Belton, Texas, a “stone’s throw” from one of the largest military bases in America, Fort Hood.

The band played lots of shows near Fort Hood, Sturm explained. “But this was our first time out

playing to a completely ‘military’ audience,” Sturm said. “It was just overwhelming to look out into the crowd and see nothing but uniforms.”

The Flyleaf show was full of special treats for the troops. According to Hartmann, the group played their new songs “Chasm” and “Circle” from their upcoming album “Memento Mori” for the first time live. The band also stuck around and signed autographs for anyone who wanted them, a process that took the rockers well past 2 a.m.

“I think that after being exhausted from flying all day and performing multiple concerts, the fact that they offered to stay, sign autographs, and take pictures with the troops really exemplifies how down to earth and selfless they really are,” said Army Staff Sgt. Charlene Fick. “They stated during the show how proud they were of us, but I am proud of them for thinking of us and jumping at the opportunity to come to a somewhat dangerous area to perform for us.”

“This was our first tour for the troops,” said Sturm. “I hope we can come back and do it again.” **A**

*Flyleaf vocalist Lacey Sturm performs in front of hundreds on Bagram Air Field, Afghanistan, July 6, wrapping up their first overseas tour for troops. (Official Army Photo/ Capt. Michael Greenberger)*



## What are the characteristics that identify a "Spiritually Fit" person?

The two lists provided below are not exhaustive in nature. They do help illustrate the point that defining spiritual fitness is not confined to religious doctrine. DA PAM 600-63-12 provides the following list of spiritual fitness characteristics.

### Community Base

- Communicates and listens.
- Affirms and supports others.
- Respects others.
- Has a sense of trust.
- Has a sense of play and humor.
- Has a sense of shared responsibility.
- Has a sense of right and wrong.
- Has a sense of family in which rituals and traditions abound.
- Contributes to a balance of interaction among group members.
- Shares a (belief) core.
- Respects the privacy of others.
- Values service to others.
- Fosters family table time and conversation.
- Shares leisure time.
- Admits to and seeks help with problems.

*\* Modified from Traits of a Healthy Family by Dolores Curran*

### Theological Base

- Faith (dependence on self and others).
- Belief in a positive outcome.
- Mature outlook (stuff happens; it's not the end of the world).
- Forgiveness for myself and others.
- Conviction there is something beyond myself.
- Bonding (sensitivity to needs of others).
- Trust (confidence in self and others).

# THE WIRE

## What is spiritual fitness?

**By Lt. Col. JEFFERY BRUNS**  
Installation ministry team

U.S. Army Gen. George C. Marshall (1880-1959) said: "The Soldier's heart, the Soldier's spirit, and the Soldier's soul are everything. Unless the Soldier's soul sustains him, he cannot be relied on and will fail himself, his commander and his country in the end. It is not enough to fight. It is the spirit that wins the victory. Morale is a state of mind. It is steadfastness, courage and hope. It is confidence, zeal and loyalty. It is elan (enthusiasm), esprit de corps, and determination. It is staying power, the spirit which endures in the end, and the will to win. With it all things are possible, without it everything else, planning, preparation and production count for naught."

You can refer to it as heart, the will to win or succeed, or the warrior's ethos but they all belong to the spiritual dimension of a Soldier. This spiritual state centers on a person's religious or philosophical needs and provides powerful support for values, morals, strength of character and endurance in difficult and dangerous circumstances. The spiritual dimension is as essential to each of us as the physical and mental dimensions. The balance of these three dimensions defines the well-being of each Soldier. When asked, few Soldiers are able to define spiritual fitness.

Spiritual fitness is not a new idea to the Army. The most common image of spiritual fitness relates to how a person practices their faith.

Spiritual fitness can be understood in a broader context. The Army Health Promotion Program (DA PAM 600-63-12), dated 1987, defined spiritual fitness as: "The development of those personal qualities needed to sustain a person in times of stress, hardship and tragedy... These qualities come from religious, philosophical, or human values and form the basis for character, disposition, decision-making and integrity."

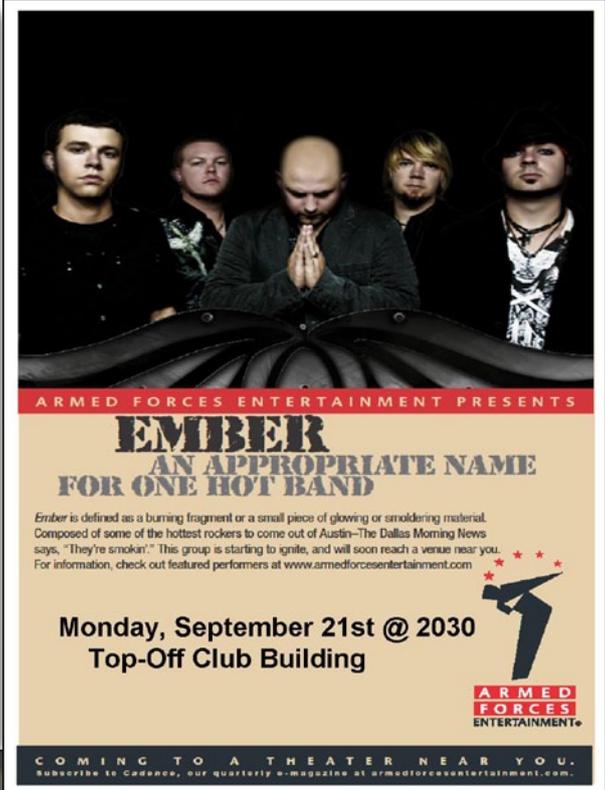
Dr. Brian L. Seaward uses the image of "spiritual muscles" to define and describe spiritual fitness. The muscles engaged in spiritual fitness include, but are not limited to: courage, faith, humor, patience, compassion, imagination, humbleness, forgiveness, intuition, creativity, optimism, honesty and love. According to Seaward: "Spiritual health can best be described as using our potential – engaging the spiritual muscles on a regular and frequent basis. In times of change, which often produces stress, we are called upon quite regularly to use our inner resources and come through each situation the victor, not the victim. Our spiritual muscles are there for the asking. Spiritual health is flexing these muscles and feeling the strength they provide when needed."

In summary, spiritual fitness means having a set of beliefs and values that guide an individual, giving their life meaning and direction. It provides them purpose for living and connects them to the world around them. It provides a framework that shapes their moral and ethical decisions and influences their relationships with others through the practice of such actions as love, forgiveness and compassion. **A**

## MWR events

- ◆ Labor Day Events
  - Sept. 7 • 5 a.m. • CAC
  - Sept. 7 • 10 a.m. • Small Gym (Volleyball)
  - Sept. 7 • 2:30 p.m. • Large Gym (Table Tennis)
  - Sept. 7 • 5:30 p.m. • Swimming Pool (50-meter swim)
- ◆ Patriot Day Events
  - Sept. 11 • 8:30 p.m. • Top-Off Club
- ◆ Purrfect Angelz Tour
  - Sept. 11 • 11:30 a.m. to 1 p.m. • Large Dining Facility
- ◆ St. Louis Rams Cheerleaders
  - Sept. 16 • 8:30 p.m. • Top-Off Club
- ◆ 80's Party
  - Sept. 19 • 8 p.m. to 1 a.m. • Top-Off Club
- ◆ Ember Rock Band Performance
  - Sept. 21 • 8:30 p.m. • Top-Off Club
- ◆ Ambassadors of Hollywood
  - Sept. 29 • 11:30 a.m. to 1 p.m. • Large Dining Facility

All events are subject to last-minute changes. Contact Tony Randall, MWR director, for current information.



ARMED FORCES ENTERTAINMENT PRESENTS

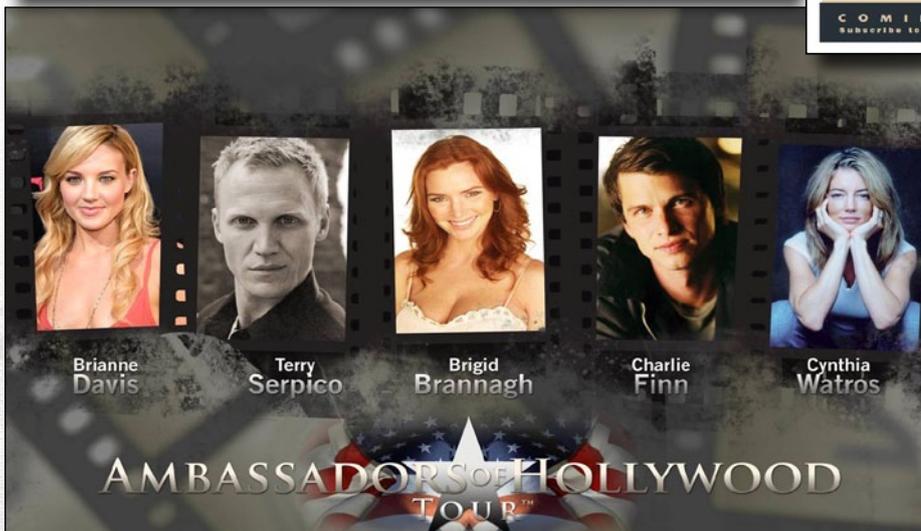
### EMBER

AN APPROPRIATE NAME FOR ONE HOT BAND

Ember is defined as a burning fragment or a small piece of glowing or smoldering material. Composed of some of the hottest rockers to come out of Austin—The Dallas Morning News says, "They're smokin'." This group is starting to ignite, and will soon reach a venue near you. For information, check out featured performers at [www.armedforcesentertainment.com](http://www.armedforcesentertainment.com)

**Monday, September 21st @ 2030**  
**Top-Off Club Building**

COMING TO A THEATER NEAR YOU.  
 Subscribe to Cadence, our quarterly e-magazine at [armedforcesentertainment.com](http://armedforcesentertainment.com).



Brianne Davis   Terry Serpico   Brigid Brannagh   Charlie Finn   Cynthia Watros

## AMBASSADORS OF HOLLYWOOD TOUR



## THE PURRRECT ANGELZ TOUR

Kenia   Samantha   Kelley   Lauren   Amber

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



**FITNESS MANIA!**  
**U.S. Army Spc. Virginia Bisiaux,**  
**CENTCOM, scored 2,620**  
**points to win the July fitness**  
**challenge at Camp As Sayliyah!**  
 Her score was 890 points higher  
 than the male first-place finisher  
 Lt. Col. Antonio Oquendo, Area  
 Support Group Qatar.

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



### Summer Outdoor Running Restriction

Running outdoors is prohibited  
 between 8 a.m. and 7 p.m., or  
 when ever red- or black-flag  
 heat conditions are declared  
 by colored heat indicator flags  
 flown at the large gym and troop  
 medical clinic.

**CAS Bowling Alley**  
 Come enjoy the  
 Top-Off Club's  
 eight-lane  
 bowling alley.

### Free Bowling Tuesdays Evenings

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

# FITNESS

## SOLDIER STRONG

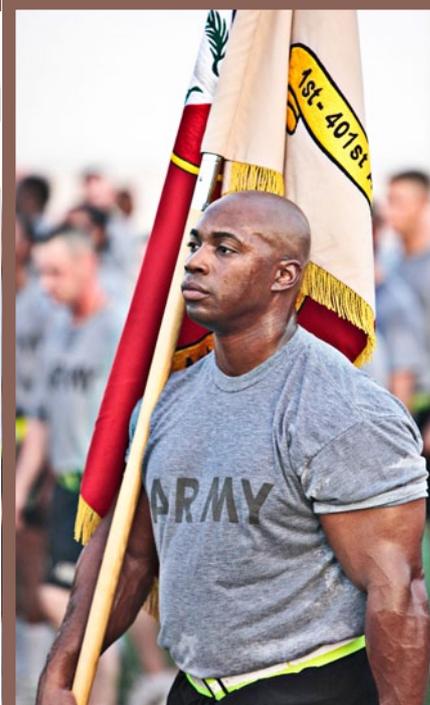
### Fitness Q&A

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

**Q.** I thought too much salt  
 is bad for overall health, but  
 recently someone told me a  
 story about a marathon runner  
 who died from not getting  
 enough. Is salt bad or good?

**A.** Media health scares treat  
 sodium like another dietary nail  
 in the coffin. Health professionals  
 relentlessly warn patients about  
 high blood pressure, a condition  
 that can lead to cardiovascular and  
 kidney diseases. The masses are  
 routinely exposed to a generalized  
 statement: be sure to minimize your  
 salt intake. This recommendation  
 is appropriate for the average  
 person who overindulges in  
 processed foods with little to no  
 physical exertion. However, in  
 active populations, sodium loss  
 via sweat makes increased dietary  
 intake necessary. Healthy, highly  
 active adults should be sure to  
 offset sodium losses in order  
 to achieve optimal mental and  
 physical performance.

Hilary Bellamy died competing in  
 the 2002 Marine Corps Marathon  
 from a sodium imbalance after  
 excessive water consumption.  
 Bellamy collapsed nearing the  
 22-mile mark. In September 1999,  
 an Air Force basic trainee died of  
 heat stroke, severely complicated  
 by water intoxication, two days



*U.S. Army Staff Sgt. Dereck  
 Souder, from College Park, Ga.,  
 cools down after an installation  
 run at Camp As Sayliyah,  
 Qatar, Jul. 23. Hyponatremia,  
 abnormally low levels of  
 blood sodium, is a condition  
 most often linked to athletes  
 participating in long-distance  
 endurance events; even so,  
 numerous bodybuilders are  
 also routinely affected. (Official  
 Army Photo/Devin Butler)*

after becoming seriously ill during  
 an almost six-mile march. The Air  
 Force changed its recruit training  
 procedure following the casualty.

Hyponatremia, abnormally low  
 levels of blood sodium, is a  
 condition most often linked to  
 athletes participating in long-  
 distance endurance events;  
 even so, numerous bodybuilders  
 are also routinely affected. A  
 danger exist in the fact that many  
 don't understand the condition  
 enough to recognize it – confusing  
 hyponatremia for dehydration only  
 makes matters worse.

Sodium deficiency develops after

periods of severe dehydration without proper electrolyte replenishment. Hyponatremia, a potentially life-threatening condition, can occur if blood sodium levels drop to dangerously low levels. The condition is aggravated by introducing fluids without any consideration for sodium replenishment. The initial symptoms of low sodium levels are similar to dehydration; they include confusion, disorientation, vomiting and muscle weakness. Hyponatremia can progress to an extreme electrolyte imbalance known to cause seizures, coma and death.

Salt has been an important commodity throughout human existence. The word sodium may originate from the Arabic word “suda’a,” meaning “headache,” as sodium was frequently used to treat headaches in early times. It was also used for this purpose in medieval Europe. The English word “salary,” originates from “salarium,” the salt wafers many Roman soldiers were handed along with their wages. The Western world adopted this ancient Roman practice into a timeless expression of “being worth one’s salt,” or deserving of pay. How did salt make the transition from a desirable nutrient to a symbol of disease? The answer lies within the 20th century, when a pivotal change in daily routines and common food choices disturbed an important dietary balance.

The kidneys are responsible for regulating the body’s sodium balance. When sodium levels are

low, the adrenal glands pump out the steroid hormone aldosterone, which triggers the kidneys to retain sodium and secrete potassium. This helps increase blood volume and pressure to homeostatic conditions. When blood sodium levels are too high, aldosterone plummets and the kidneys start excreting excess sodium into urine. But if the sodium load exceeds the kidneys ability to maintain a healthy balance, sodium starts to over accumulate in the blood. The excess load causes plasma volume to thicken, as sodium attracts and holds onto water. The rich blood volume makes the heart pump much harder to keep plasma flowing through the blood vessels, thereby increasing arterial pressure. The key is balance; avoid overloading the kidneys with sodium, but don’t over restrict blood supplies.

A healthy sodium balance in the body is largely influenced by a person’s lifestyle. Sedentary people basking in air-conditioned environments are sure to obtain plenty of sodium by adhering to a typical mixed diet. People who suffer from ailments due to excessive sodium intake generally eat too much junk and exercise too little. A good sodium balance is readily achieved through reasonable food choices accompanied by frequent physical activity. The U.S. Food and Drug Administration’s reference daily intake for sodium is 2,400 milligrams, a canned recommendation based on a diet containing 2,000 kilocalories for anyone four years or older. Sports researchers recommend

a different amount specifically intended for athletic adults, to better support muscle contractions and reaction times. The recommended performance daily intake for sodium is up toward 4,500 milligrams. Changing levels of physical activity with dietary manipulations, accompanied by significant water loss through sweat, makes achieving healthy sodium balances somewhat elusive.

It’s important to never confuse hyponatremia for dehydration. To accurately identify a sodium imbalance, an athlete can choose to submit blood work while experiencing symptoms. For a comprehensive report, ask to check blood sodium levels along with indicators of proper kidney and adrenal gland functioning. Fasting is not required prior to submitting plasma.

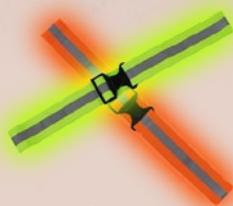
People who take pride in maximizing physical performance are often health-conscious individuals as well. Unfortunately, they frequently, and unnecessarily, fear sodium. Marathon runners aren’t the only athletes at risk for dangerously low sodium levels! Bodybuilders, powerlifters, sprinters – anyone holding a lot of muscle mass resulting in profuse sweating – are also at risk for severe sodium losses while increasing endurance activities. **A**

*EDITOR’S NOTE: Dustin 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. Consult your primary care provider before beginning a new exercise routine or changing your diet.*

## 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 wearing physical fitness uniforms, reflective belts are worn at all times.



✓ 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.

✓ Bicyclists will wear a reflective upper outer garment at all times. Riders must wear an 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 Joel Pattillo, installation safety manager, for more information.

# FITNESS

## Training journals provide a path for progression

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

Serious strength athletes must consider a training journal as a standard piece of equipment in their carry-on luggage. It doesn't matter what they call their gear – journal, record, diary, log – so long as it's included in the gym bag during intense training periods. Reporting to the gym without one is similar to an airline pilot taking off without a navigator. Lost in the wind, no pilot can remember a destination by merely thinking about previous travels. In the same respect, great battles were never won without a plan – small victories are possible but massive offensives must be accompanied by a detailed plan of attack. Training journals provide a written log of fitness thresholds experienced during resistance-training sessions. They identify how much more effort is needed to evolve into a stronger, more muscular individual.

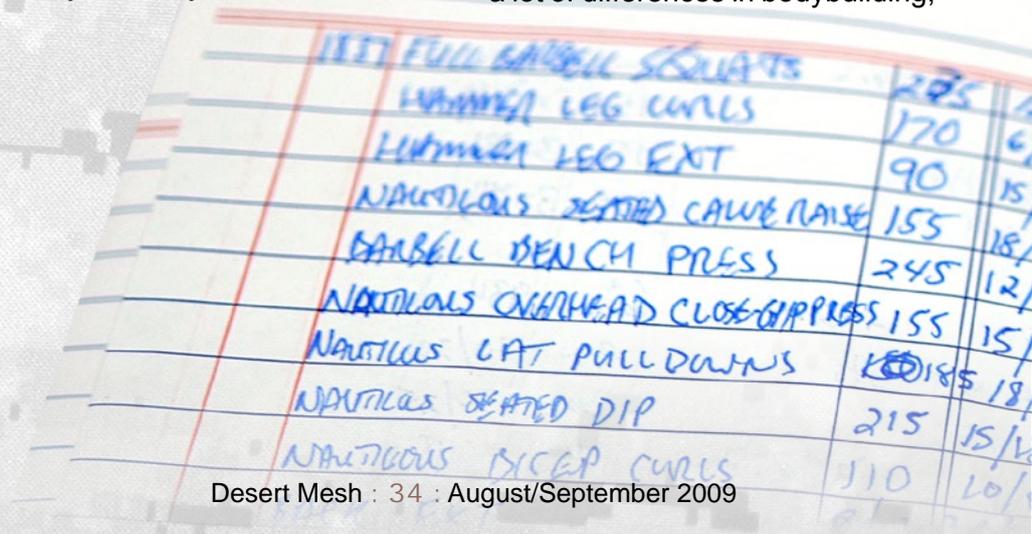
effort is needed to evolve into a stronger, more muscular individual.

Unfortunately, taking a knee to record inter-session accomplishments is often overlooked in fitness facilities. The real upset is when someone readily spends several hundred dollars on sports nutrition products or personal training, yet fails to notice the potential found in a simple two-dollar ledger. Ironically, this little inexpensive alternative can lead to much greater progress than most of today's expensive

Great battles were never won without a plan – small victories are possible but massive offensives must be accompanied by a detailed plan of attack. Training journals provide a written log of **fitness thresholds** experienced during resistance-training sessions. They identify how much more effort is needed to evolve into a stronger, more muscular individual.

dietary supplements. It also serves as a helpful training partner by showing off each day's improvements and failures. It shouldn't take \$200 and a fancy advertisement to figure that out – only objective reasoning based on basic documentation. If you don't know where you've been, you can't know where you're going.

"I'm a bodybuilder, not a powerlifter," is possibly bodybuilding's most abused cliché. It's often used when fighting the idea of plotting strength efforts when the ultimate goal is muscle size and definition. There are a lot of differences in bodybuilding,



185 LB FULL BARBELL SQUATS	225	6
HAMMER LEG CURLS	170	6
HAMMER LEG EXT	90	15
NAUTICALS SEATED CAME RAISE	155	18
BARBELL BENCH PRESS	245	12
NAUTICALS OVERHEAD CLOSE GRIP PRESS	155	15
NAUTICALS LAT PULL DOWNS	185	18
NAUTICALS SEATED DIP	215	15
NAUTICALS BICEP CURLS	110	10

versus powerlifting, but the general training concept is the same: develop a stronger physique. All powerlifters understand the value of strength training through progressive overloads, while many bodybuilders quickly dismiss the principle, opting to blindly train for a pump before calling it a day. The problem is, similar to inhuman strength performance, sleeve-splitting muscle growth only occurs by repeatedly overloading muscular systems with intense resistance training. If a bodybuilder can push 135 pounds 10 times today, he will be much more massive when pushing 315 pounds 10 times tomorrow. With that said, differences do exist. Bodybuilders generally don't use bench shirts to support their joints or train for any specific lifts. Powerlifters generally don't care to drop down to single-digit body-fat percentages. But despite their differences, both goal-focused groups of trainees depend on an ability to overload muscular systems. In powerlifting and bodybuilding: if you aren't training hard, you're not training at all.

Hard training improves attentiveness in an environment stimulated by adrenal output and surges of endorphins but detailed information about a session is quickly forgotten after a cool down and shower. Writing training results down on some sort of record makes

recollecting numbers much more reasonable. At times, small load increases are only needed for continued progression, such as a pound or two, or less. Regardless of the amount of effort required during the next session, surpassing existing fitness threshold is never easy. The human body, more interested in survival than performance, instinctively resists extreme metabolic stress. Journals help keep strength athletes focused and on the right track. Nobody consciously tries to consistently report to a gym with little or no progress, but the body's deeply embedded survival mechanisms make it easy to get stuck in a monotonous rut for months – or years. Training journals assist in identifying stagnant phases in a resistance training program early on, so timely modifications in training can be introduced.

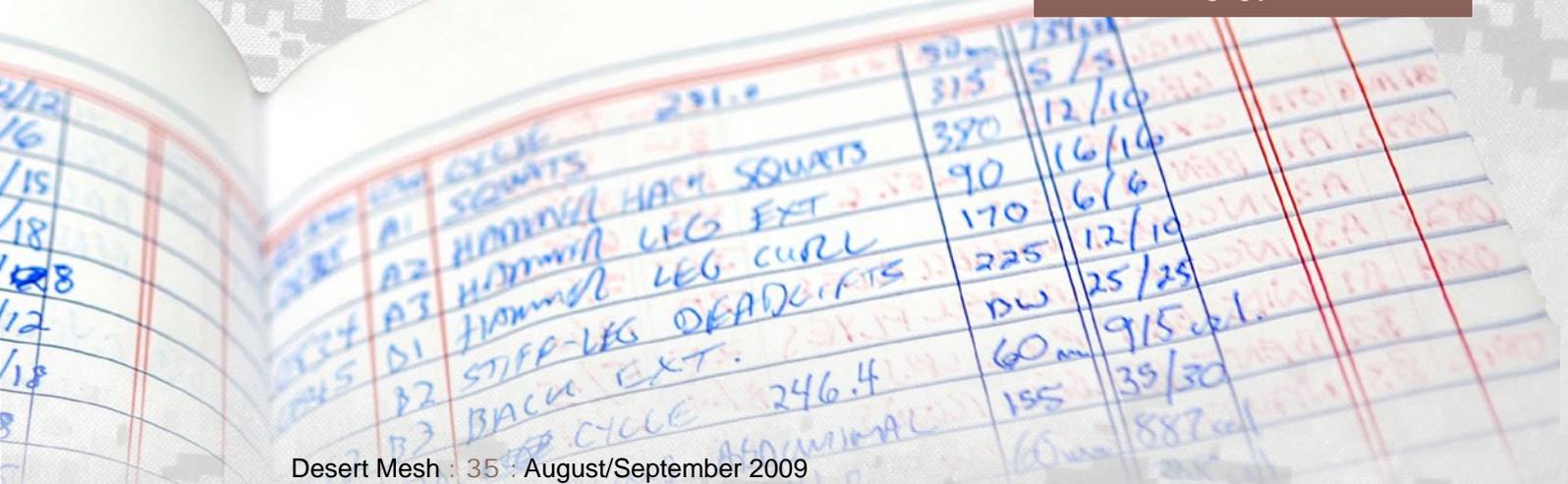
To get started, get a good ledger or grid out a blank sheet of paper with a straight-edge and pen. Keep in mind: the media you choose must be durable, since it's likely to get smashed between plates and dumbbells, as well as exposed to frequent drizzles of sweat from exhaustive high-energy training. Align the amount of columns with the intentions of the current training cycle. A maintenance strength routine may only need basic numbers, such as

loads, sets, reps and dates. The written numbers will help provide a preservation guide for each subsequent training day. Record everything in a chronological order for easy recollection later.

Advanced training documentation can include much more specific elements, such as the time of day, time to completion, time under tension, changes in body weight, mental disposition, as well as comprehensive program variables found in advanced training protocols. Post-workout calculations can attempt to measure the amount of work being performed in each session, or the perceived effort after finishing.

In the end, some information is better than none. Plotting a few details explaining training-day labors is more important than constantly slaving over heaps of information. If a trainee has it in his or her mind to reach a radical change in performance, merely jotting down a few reminders about a workout is a step in the right direction. **A**

*EDITOR'S NOTE: Dustin 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. Consult your primary care provider before beginning a new exercise routine or changing your diet.*



## Arabic courtesies and responses:

Peace be upon you: *Assalam alaykum*  
And peace be upon you: *Wa'alaykum salam*

Good morning: *Saba al khair*

Good afternoon/evening: *Misaa al khair*

Welcome: *Marhaba*

Go in safety (farewell): *Ma'a salaamah*

How are you?: *Kaif haalak?*

Thanks: *Shukran*

Please: *Min fadlak*

Please (go ahead): *Tafaddal*

Yes or No: *Na'am or 'la*

Sorry: *Muta'assef*

May your morning be pleasant: *Sabah an noor*

May your afternoon/evening be pleasant: *Misaa an noor*

May God save you: *Allah yesalmik*

Thanks to God (thank goodness): *Al hamdu lillah*

Not at all: *Afwan*

No problem: *Ma fi mushkila*

Impossible: *Mush mumkin*

Finished: *Khallas*

## Desert Mesh Online!

The Desert Mesh is available on the Internet:  
<http://www.dvidshub.net>

## 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

## 'Head Start' in Arab cultural awareness

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

CAMP AS SAYLIYAH, Qatar – “We are gaining a lot of wonderful insight into the Arabic community found in Qatar,” said U.S. Army Sgt. 1st Class Linda Mitchell, from Mobile, Ala., during her fourth day attending “Head Start,” a cultural sensitivity awareness course, at Camp As Sayliyah, Qatar, Aug. 4.

All servicemembers at the U.S. military installation in Qatar, an Islamic state located on the Arabian Peninsula, are offered an opportunity to learn an essential ingredient in maintaining healthy international relationships: respect.

“My goal is to prevent stereotypes about the Arab world,” said Sharif Abuhuzaimah, from O’Fallon, Ill. The

Arab-American has taught the Head Start course at Camp As Sayliyah for nearly five years. Born in the West Bank, Abuhuzaimah grew up in Qatar. At 18 years old, he obtained a student visa to attend Southern Illinois University Carbondale for a mechanical engineering degree. Abuhuzaimah became a U.S. citizen in 1991. Several years later he moved back to Qatar, where most of his family resides.

The Head Start course consists of five classes. Day one focuses on Qatar as a nation: geographical characteristics, historical moments, national holidays, demographical information, religious beliefs, branches of the government and the constitutional monarchy’s royal family. Day two explains the economy, media agencies, traffic rules and regulations, educational opportunities, healthcare, communications and the nation’s interest in hosting sports competitions.

During the third day of class, servicemembers learn about



**U.S. Marine Corps Cpl. Andrew Edwards, from Midland, Texas, listens to Arabic language lessons during his fourth day attending “Head Start,” a cultural sensitivity awareness course, at Camp As Sayliyah, Qatar, Aug. 4. “We are learning a lot about Muslim customs and traditions,” said Edwards. After three years of active duty service, he is experiencing his first deployment overseas. “Before Head Start, much of what I knew was solely based off media reports and hearing about deployments from friends.” (Official Army Photo/Dustin Senger)**

off-post activities, as well as the religious significance of Ramadan, the ninth and holiest month on the Islamic calendar. The fourth day is a lesson in Arabic, with a focus on words and phrases commonly spoken in Gulf countries. The fifth day involves a guided tour through Qatar's capital city, Doha.

"I'm really looking forward to heading off post tomorrow," said Mitchell, regarding the trip into Doha. Mitchell volunteered for individual augmentation orders to Qatar after hearing stories from other Soldiers, who she says: "had nothing but great things to say."

"Americans know much more about Arab culture today due to increased involvement in the Arab world," said Abuhuzaimah. "The servicemembers at Camp

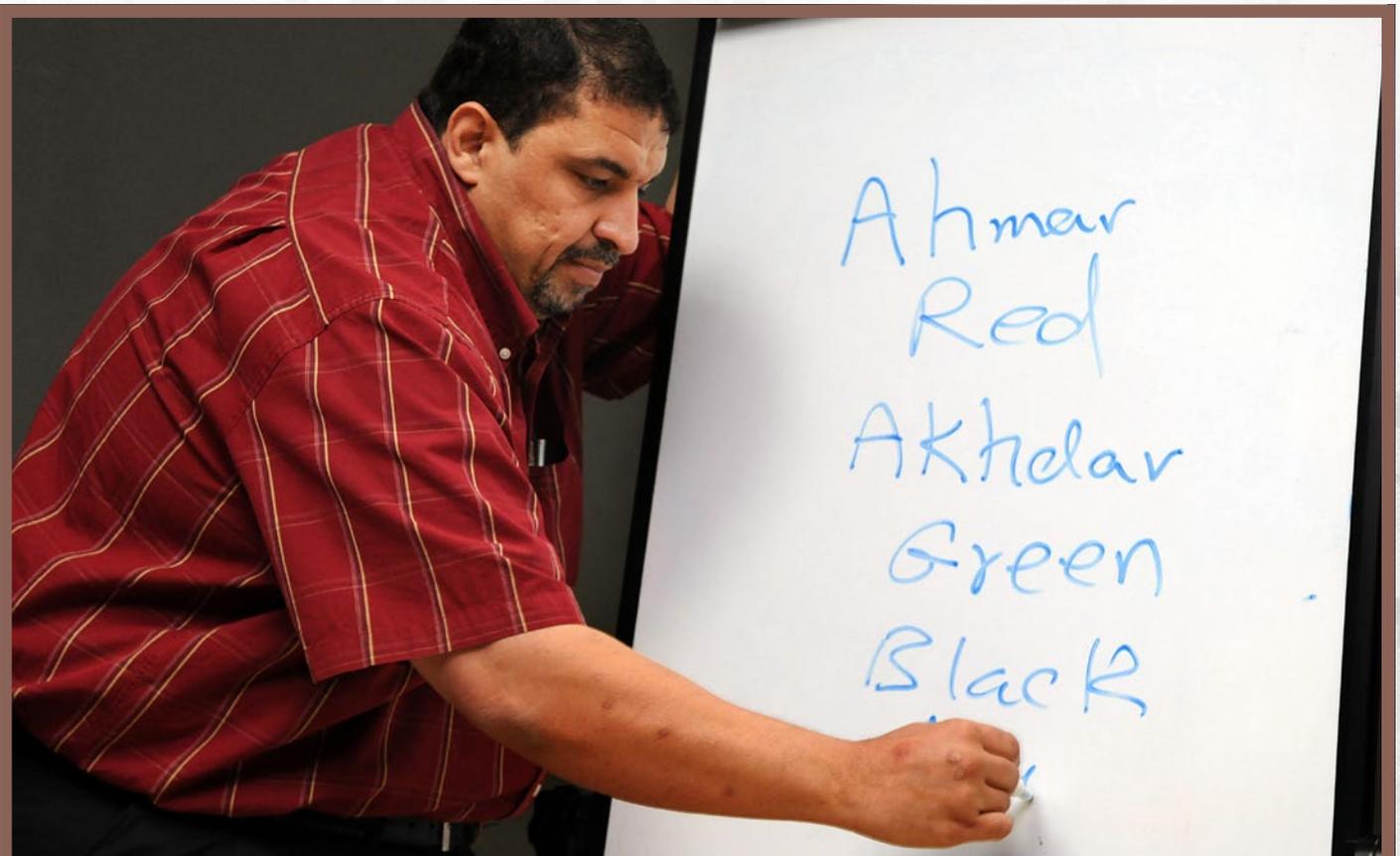
As Sayliyah are always willing to learn – always." Abuhuzaimah said course participants often ask about Muslim marriages, women's rights and the lifestyles found in the Gulf's oil-rich nations. "Students are constantly interested in ways to communicate without offending the people in Qatar."

"We are learning a lot about Muslim customs and traditions," said Marine Corps Cpl. Andrew Edwards, from Midland, Texas, who attended the same Head Start classes as Mitchell. After three years of active duty service, Edwards is experiencing his first deployment overseas. "Before Head Start, much of what I knew was solely based off media reports and hearing about deployments from friends."

"I feel better prepared for Ramadan

with greater appreciation for what it means to Muslims," said Mitchell, regarding the month of fasting arriving in less than three weeks. "All people are entitled to their own beliefs and customs. It's important to be respectful of others, even if you don't share the same views. I expect the same courtesies from guests in my country."

"It's important for Americans to learn ways to avoid offending anyone here," said Abuhuzaimah, "to avoid hurting the relationship between the United States and Qatar... and the entire Arab world. As long as they keep showing respect for the local culture and religious beliefs – which are closely connected here – the Qataris will continue to consider them their friends. It's a matter of respect – we respect them and they respect us." 



*Sharif Abuhuzaimah, from O'Fallon, Ill., teaches Arabic language lessons during "Head Start," a cultural sensitivity awareness course, at Camp As Sayliyah, Qatar, Aug. 4. "My goal is to prevent stereotypes about the Arab world," said Abuhuzaimah. The Arab-American has taught the Head Start course at Camp As Sayliyah for nearly five years. (Official Army Photo/Dustin Senger)*

## Qatar “do’s” and “don’ts”:

- ✗ Don’t hand over or accept items with you left hand. Only use your right hand when eating with your fingers. Muslim beliefs reserve the left hand for bodily functions.
- ✗ Don’t sit in a way that shows the soles of your feet or shoes; it’s considered insulting.
- ✗ Don’t be afraid to go out at night. Qatar is a safe place; however, remain aware of your surroundings and any attempt to draw information or lead you to a desolate area.
- ✓ Do ask for permission before taking a photograph. Many older people and most women object to being photographed.
- ✓ Do be aware of the fact that visitors are expected to conform to the local customs of modesty. You should cover up unless at a beach or pool area.
- ✓ Do become familiar with the traditions and customs for the holy month of Ramadan. Qatar is governed by Sharia Law, rules derived from Islamic belief.

## Public activities to avoid during Ramadan’s daylight hours:

- ✗ DO NOT drink any liquids.
- ✗ DO NOT eat anything.
- ✗ DO NOT smoke.
- ✗ DO NOT chew tobacco or gum.
- ✗ DO NOT show public displays of affection.
- ✗ DO NOT use profanity.
- ✗ DO NOT display anger.

# CULTURE

## Servicemembers prepare for Ramadan

By HANI ABUKISHK  
ASG-QA civil affairs

U.S servicemembers in the Islamic Gulf countries, regardless of their religious beliefs, must remain aware of the importance and traditions of Ramadan, the ninth and holiest month of the Islamic (lunar) calendar. This year, the religious observance is expected to begin Aug. 22, but the actual start date is dependent on the rise of the new moon. After an official declaration, a widespread fast for Muslims begins at the next sunrise. The holy month continues until the sighting of a subsequent new moon. This is an important time to learn more about Islamic culture and religion, to avoid unintentionally offending a Muslim population.

The Koran was first revealed to the prophet Mohammed bin Abdullah during Ramadan in the early 7th century. In respect of the sacred revelation of their holy book, Muslims around the world have brought concentrated religious focus to their lives during Ramadan for over 14 centuries. The holy month presents a period of religious commitment and reflection. “Ramadan mubarak” is an Arabic phrase used to express religious blessings and encouragement.

Ramadan includes a phase of obligatory fasting for all adult Muslims; excluding those experiencing poor health, age-related illness, long travel, pregnancy (or otherwise nursing),

or a menstrual cycle. “Salat el fajr,” an Arabic phrase referring to the first prayer of the day, begins daily fasting the moment the first sliver of light breaks the darkness on the morning horizon. During the fast Muslims abstain from food, drink, sexual activities, foul language (profanity, slander, backstabbing, lying), smoking, anger or carrying grudges or ill-will towards others. Abstinence is applied to any avoidable activities that distract a Muslim from worshipping God. “Salat el maghrib” is an Arabic phrase for the prayer observed at sunset which terminates daily fasting periods during Ramadan.

Fasting is required as **one of the five pillars of Islam** – it is obligatory, not optional.

Guests in Islamic countries, homes and businesses should dress conservatively. It

is important to avoid wearing or displaying anything remotely offensive. Many Muslim men do not shake hands with women during their fast to avoid anything that might lead to impure thoughts. It’s best to always avoid physical contact between men and women, especially during daytime fasting. If a Muslim is reluctant, or refuses to shake hands – even if he or she had done so in the past – don’t be offended.

Fasting is required as one of the five pillars of Islam – it is obligatory, not optional. A person does not sin if they don’t purposely break the fast, but they must immediately resume fasting once they realize the mistake. For each oversight, a Muslim must make up an entire day of fasting after Eid al Fitr, the three-day festivities that mark the end of Ramadan. Charity events can help make up for a lapse during fasting or missed prayers. Ramadan’s special blessings

can be abandoned or forfeited if someone deliberately, without an allowed exception, breaks their fast.

All blessings are multiplied during the month of Ramadan. Moreover, Muslims receive extra blessings when they pray in congregation – some confine themselves to a mosque, especially during the last 10 days, to make the most of the sacred opportunity. Muslims often bring guest into their homes, since sharing a meal is another source of blessings. Wealthy often seek opportunities to feed the poor; at times, preparing food for others inside a mosque. All acts of goodness and kindness are rewarded with blessings and forgiveness of sin.

Special foods and celebrations are prepared exclusively for breaking daily fasts during the month of Ramadan. These events vary between countries, tribes and even families. In the middle of the month, all Muslims celebrate the passing of the first half of Ramadan; not as a religious ritual but rather a cultural practice. Arab-Muslim children in the Gulf countries commonly call this a Garangaou festival. For the most part, Garangaou activities are arranged to provide entertainment and social events for kids and family. Groups of children travel from house-to-house singing, dancing and collecting presents consisting of sweets, nuts and money. Shopping areas also hand out sweets to children on this day. The gifts are usually put in small cloth bags so the children can carry them.

Muslim families often extend invitations to co-workers and friends to join them during “iftar,” an Arabic word for the first meal immediately following a daily fast. If you find yourself invited to iftar, be polite and respectful if you

have other obligations. If you feel inclined, it should prove to be an excellent opportunity to experience traditional Islamic Arab culture.

Generous invitations to a Muslim’s home occur throughout Ramadan and acceptance is considered an honor during the religious period. Traditionally, it is not necessary to bring a gift and Islam’s conservative values insist men refrain from bringing gifts for woman. Depending on the traditions and practices of your host, do not be surprised if men and women are separated during the meal or into the evening.

The luxurious five-star hotels in the Gulf countries are well-known for holding nightly events and celebrations during Ramadan, which are frequently open to non-Muslim patronage. Ramadan Tents open several hours after iftar with

the announcement of buffet-style dinners. Since local traffic can become horribly congested during this time, most patrons plan to arrive early. While attending, it’s important to be respectful, open minded and patient. The community celebrations often include music and dancing, throughout the night.

During Ramadan, remember the holy month’s meaningful intentions in Islam: renewing faith and commitment to God; understanding the feeling of pain and hunger that impoverished people suffer year-round; avoiding desires and temptations for a higher purpose; increasing involvement in Islamic activities; and receiving greater blessings from God through good deeds and prayers. Overall, Ramadan is a time for Muslims to obtain a closer relationship with God and the Islamic community. **A**



*“Don’t eat or drink in public during Ramadan’s daytime hours,” said Hani Abukishk, from Dallas, Texas, during a Ramadan awareness brief for U.S. servicemembers at Camp As Sayliyah, Qatar, Aug. 19. Everyone in the Gulf countries, regardless of religious beliefs, must remain aware of the importance and traditions of Ramadan, the ninth and holiest month of the Islamic (lunar) calendar, said Abukishk. “In Qatar, failure to respect the holy month’s fast is punishable under local laws. Wearing suggestive clothing or displaying public affection is also offensive, since they can cause a Muslim to break the fast – where for a moment, they’re not thinking about God or world hunger.” (Official Army Photo/Dustin Senger)*

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

- Prepare your car for night driving. Clean headlights, taillights, signal lights and windows (inside and out) once a week, more often if necessary.
- Have your headlights properly aimed. Unaligned headlights blind other drivers and reduce your ability to see the road.
- Don't drink and drive. Not only does alcohol severely impair your driving ability, it also acts as a depressant. Just one drink can induce fatigue.
- Avoid smoking when you drive. Smoke's nicotine and carbon monoxide hamper night vision.
- If there is any doubt, turn your headlights on. Lights will not help you see better in early twilight, but they'll make it easier for other drivers to see you. Being seen is as important as seeing.
- Reduce your speed and increase your following distances. It is more difficult to judge other vehicle's speeds and distances at night.
- Don't overdrive your headlights. You should be able to stop inside the illuminated area. If you're not, you are creating a blind crash area in front of your vehicle.
- When following another vehicle, keep your headlights on low beams so you don't blind the driver ahead of you.

*(Dark Driving, continued on page 42)*

# DOHA LIFE

## Gulf countries start religious fast

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

DOHA, Qatar – Islamic officials announced the start of the holy month of Ramadan in Arabia, Aug. 22. The period of fasting and purification for adult Muslims begins 10 or 11 days earlier each year, depending on the sighting of the new moon. This year, the Islamic holy month arrived at a time when most Gulf countries are surrounded by exceptionally humid summer temperatures. Muslims, members of the Islamic faith, are fasting during hot daylight hours in compliance with the five pillars of Islam, the framework of Muslim life.

Muslims represent a major religion with a reach across many nations. Population estimates vary greatly, but many suggest well over one billion Muslims worldwide – that's almost 25 percent of the world's total population. Ramadan is the ninth and holiest month on the Islamic (lunar) calendar. Throughout North Africa and Southwest Asia, Islam is often the official religion and is officially supported under local laws.

Each day's fasting begins at sunrise, at the first break of light. It continues until the sun vanishes off the horizon. Regardless of nationality or religious faith, everyone residing in Islamic nations must always remain polite and discrete during Ramadan's daylight hours. Muslim nations in Arabia are governed under Sharia Law, a legal structure for regulating Islamic societies that is derived from the sacred writings of the Koran. Prohibition of public eating and drinking during the day is not merely

a recommendation, it's the law.

Publicly ignoring daytime fasting requirements is highly offensive and quickly perceived as an attempt to entice a fasting Muslim into violating his or her religious duties. Employed expatriates or visiting tourists within nations governed under Sharia Law may spend the holy month in jail if seen drinking, eating or displaying affection in public during Ramadan's daylight hours.

"It's good we're respecting the Islamic traditions in Qatar," said Demetrius Williams, from Tacoma, Wa., regarding the U.S. military installation policy requiring all outbound personnel wear slacks and long-sleeved shirts during daylight hours in Qatar. "It's warm, but we do what we have to do."

Most businesses in Arabia adjust their operating schedules around non-fasting hours, taking advantage of cool early mornings and late evening patronage. Many shops remain open until after midnight. Numerous restaurants welcome patronage as late as 3 a.m., allowing Muslims an opportunity for a traditional light breakfast prior to resuming their daily fast.

Fasting Muslims undergo changes in their body and temperament. During the day, many drivers are dehydrated, hungry or possibly experiencing tobacco withdrawals. Tempers easily flare and car horns are heard more than usual. By evening, satisfying escalated appetites and thirst are of prime importance. Many drivers rush to get home once sunset is officially announced. According to traffic officials, many careless automobile accidents occur on the roads during Ramadan in Arabia.

Most Muslims are able to maintain

their body weight and energy levels with daytime napping and consumption of at least two full meals before sunrise. A 1999 study by Kuwait University examined responses to exercise, fluid and energy balances during Ramadan in sedentary and active males. Interestingly, fluid and electrolyte levels were better maintained with active individuals; a likely response to greater fluid consumption and turnover. Throughout Ramadan, evening festivities in Arabia host numerous social activities that encourage activity. It's common to see people walking between residential locations, public parks and prominent mosques. Extravagant five-star hotels construct enormous Ramadan tents, full of Arabic and Asian cuisines and music, throughout the night.

According to the Kuwait study, the

entire month of Ramadan presents varying changes in a Muslim's body. Mentally, the first one to two weeks of fasting are the most difficult since the body must adapt to the abrupt and drastic change in energy stores and nutritional support. The last two weeks of Ramadan can be physically harder on a person. Anemias are a common health concern in the Gulf countries and symptoms can become more evident toward the end of Ramadan. According to research, decreases in serum iron and platelet counts are only statistically significant in sedentary people but anyone with symptoms at other periods of the year need to pay special attention – women are generally prone to iron deficiencies.

The completion of Ramadan begins a period of excitement and celebration in the Gulf countries. Eid Al Fitr festivities immediately follow,

celebrating religious achievements during the fast. The three-day holiday ignites a frenzy of celebrations and gatherings throughout Arabia. Eid is an important family holiday for Muslims, similar to the Christmas holiday season in Christian societies.

It's always important to remain courteous and understanding of Islamic traditions while in the Gulf countries. Tourists and expatriates must consider themselves as ambassadors to their country of origin, in which the holy month of Ramadan is a pivotal moment for maintaining healthy bilateral relationships with local populations. As the revolving religious period falls within Arabia's scorching summer days, learning to tolerate and mitigate the strain Ramadan places on daily routines and work environments will assure a safe and respectful outcome. **A**



*Demetrius Williams, from Tacoma, Wash., waits for David Dalton, from Idaho Falls, Idaho, to check his credentials while passing through an exit control point at Camp As Sayliyah, Qatar, Aug. 22. Islamic officials announced the start of the holy month of Ramadan in Arabia. Muslims, members of the Islamic faith, are fasting during hot daylight hours in compliance with the five pillars of Islam, the framework of Muslim life. "It's good we're respecting the Islamic traditions in Qatar," said Williams, regarding the U.S. military installation policy requiring all outbound personnel wear slacks and long-sleeved shirts during daylight hours. "It's warm, but we do what we have to do." (Official Army Photo/Dustin Senger)*

## Dark Driving

(Continued from page 40)

- If an oncoming vehicle doesn't lower beams from high to low, avoid glare by watching the right edge of the road and using it as a steering guide.
- Make frequent stops for light snacks and exercise. If you're too tired to drive, stop and get some rest.
- If you have car trouble, pull off the road as far as possible. Warn approaching traffic at once by setting up reflecting triangles near your vehicle and 300 feet behind it. Turn on flashers and the dome light. Stay off the roadway and get passengers away from the area.
- Observe night driving safety as soon as the sun goes down. Twilight is one of the most difficult times to drive, because your eyes are constantly changing to adapt to the growing darkness.

Contact Joel Patillo, installation safety manager, for more information.

## Qatar Ministry Traffic Citations

- Driving Through a Red Light 6000 QR
- Driving While Using a Phone 500 QR
- Not Using Seat Belts/Front Seats 500 QR
- Children Under 10 in Front Seats 500 QR
- Driving Without a License 500 QR
- Overtaking on the Right 300 QR
- Unnecessary Use of Horn 300 QR

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

# DOHA LIFE

## Qatar general invites troops to fast-breaking meal

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

DOHA, Qatar – Maj. Gen. Hamad bin Ali Al Attiyah, Qatar military chief of staff, invited 25 U.S. military officers stationed in Qatar to an evening fast-breaking meal during Ramadan, Aug. 25. Over 400 Muslims were in attendance; mainly members of the Qatari military. Abdulla Bin Nasser Bin Khalifa Al Thani, Qatar minister of state for internal affairs, was the most senior Qatari official in attendance.

"We are honored to share in this special religious occasion," said Col. Maxine C. Girard, Third Army/ U.S. Army Central Area Support Group Qatar commander, upon

arriving at the general's falcon sanctuary, where a large, warmly lit tent contained 50 tables with a dozen food servers standing by.

Throughout the month of Ramadan, Muslims send special invitations to share prayers and meals with others, in an attempt to receive extra blessings from God. Sharing wealth and respecting others are two time-honored practices during Islam's holiest month.

Soon after hundreds of brief introductions, sunset was announced over a loud speaker system. Without delay, each Muslim was offered dates, milk, water and tea – a leisurely end to a day-long fast. "Iftar," is in Arabic word referring to the light meal Muslims eat after sunset.

After terminating their fast, the worshippers lined up in a massive formation. Shoes removed, each Muslim stooped down in submission to God while facing Mecca. Three



Over 400 Muslims line up in a massive formation for "salat el maghreb," the fourth of five daily prayers in Islam, during Ramadan in Doha, Qatar, Aug. 25. After prayer, they resumed embracing each other while bestowing hopes for peace and happiness. (Official Army Photo/Dustin Senger)

cycles of worship were carried out as a devoted community. "Salat el maghreb" is the fourth of five daily prayers in Islam; it's observed right after sunset.

After prayer, everyone migrated inside the tent. Along the way, they resumed embracing each other while bestowing hopes for peace and happiness. Inside, food consistent with Gulf-Arab traditions filled each table top: lamb, hummus, bread, rice and salad. Chefs cut and served baby camel meat as requested.

"The hospitality here is fantastic," said U.S. Army Lt. Col. Peter Butts, from Dallas, Texas, who had previously deployed once to Kuwait and twice to Iraq. "This was a special event that gave us a unique opportunity to interact with our host nation military." 



*Maj. Gen. Hamad bin Ali Al Attiyah, Qatar military chief of staff, is greeted by Col. Maxine C. Girard, Third Army/U.S. Army Central Area Support Group Qatar commander, in Doha, Qatar, Aug. 25. Attiyah had invited 25 U.S. military officers stationed in Qatar to an evening fast-breaking meal during Ramadan, Islam's holy month. (Official Army Photos/Dustin Senger)*



*U.S. Army Lt. Col. Peter Butts, from Dallas, Texas, is served baby camel meat, in Doha, Qatar, Aug. 25. Maj. Gen. Hamad bin Ali Al Attiyah, Qatar military chief of staff, had invited 25 U.S. military officers stationed in Qatar to an evening fast-breaking meal during Ramadan, Islam's holy month.*

## 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 Lt. Col. Sheva Allen, 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>

## 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 Karen Beard, ASG-QA provost marshal, or Hani Abukishk, civil affairs officer, for more information.

# DOHA LIFE

## Troops attend Ramadan suhur celebration in Qatar

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

DOHA, Qatar – U.S. troops experienced an evening submerged in Arabic music, singing and dancing during a Ramadan banquet at the W Doha hotel, Qatar, Aug. 25. Fifteen servicemembers attended the event, seven are enjoying a four-day respite from military operations in Iraq and Afghanistan, by participating in the U.S. Central Command rest and recuperation pass program at Camp As Sayliyah.

Throughout the month of Ramadan, W Doha hotel is hosting “suhur,” an Arabic word referring to the meals fasting Muslims eat prior to dawn. Exquisite suhur banquets carry on throughout the night at most five-star hotels in Qatar. Muslims are joined by patrons of

all faiths, each making an effort to gain greater cultural understanding or merely benefit from the Gulf country’s prolific Arabic atmosphere.

This year’s W Doha hotel banquettes are sponsored by Vodafone, a company that brought competition to Qatar’s telecommunications industry in mid 2008. Grahame Maher, Vodafone Qatar chief executive officer, welcomed the servicemembers as they entered the ballroom and later shared stories and small talk with each one.

The W Doha hotel “Great Room” was illuminated by splashes of blue lighting along the exterior walls, creating a cool outdoor evening ambience. Comfortable booth seating areas were decorated with traditional Arabic lanterns. Tea and shisha were routinely offered. Nine different food corners supplied various French, Italian, Japanese, Iranian and Arabic delicacies. A Lebanese band provided live entertainment; singing classic Arabic songs.



*A Lebanese dancer performs during a Ramadan banquet at the W Doha hotel, Qatar, Aug. 25. Throughout the month of Ramadan, W Doha hotel is hosting “suhur,” an Arabic word referring to the meals fasting Muslims eat prior to dawn. Exquisite suhur banquets carry on throughout the night at most five-star hotels in Qatar. (Official Army Photo/Dustin Senger)*

"The music reminds me of bands in Texas," said Army Sgt. 1st Class Paul Williams, from Dallas, Texas, while studying the soft instrumental music. "In Texas they use trumpets while here they use mostly woodwinds, but it still sounds similar... the way they play the strings."

"It's good to get out, relax and meet new people and see different cultures," said Marine Corps Cpl. Kenneth Chambers, from Honolulu, Hawaii, pleased with his brief pass from duty in Iraq. "The Iraqis are pretty friendly people too. I've learned how hospitable and friendly Muslims are... most are very friendly and would give you the shirt off their back."

"I am really enjoying Qatari culture," said Navy Petty Officer 2nd Class Christina Crawford, from San Diego, Calif. Crawford's military duties in Iraq present few opportunities to travel off post. She grew up in Germany and feels accustomed to meeting and appreciating other cultures. While on pass in Qatar, she said the people are inviting and eager to explain and share their traditions.

"This is fantastic – it's wonderful to feel welcomed into such hospitality," said Army Sgt. 1st Class Darryl Jenkins, from Fayetteville, N.C. "The R&R participants are so thankful." Jenkins arrived to Qatar only four days ago. He knows first-hand about deployments with prior service in Honduras, Korea, Germany, Bosnia, Uzbekistan, Saudi Arabia and Kuwait. Jenkins' latest assignment: the CENTCOM respite program non-commissioned officer in charge.

"It's great to be able to spend time with people from the military," said Maher. "They are trying to keep the world sane and safe and doing it by risking their lives." **A**



*Grahame Maher, Vodafone Qatar chief executive officer, and U.S. Army Sgt. 1st Class Paul Williams, from Dallas, Texas, share some laughs during a Ramadan banquet at the W Doha hotel, Qatar, Aug. 25. This year's W Doha hotel banquettes are sponsored by Vodafone, a company that brought competition to Qatar's telecommunications industry in mid 2008. (Official Army Photos/Dustin Senger)*



*U.S. Army Command Sgt. Maj. Michael D. Howard, from Jacksonville, Fla., talks with Marine Corps Cpl. Kenneth Chambers, from Honolulu, Hawaii, during a Ramadan banquet at the W Doha hotel, Qatar, Aug. 25. "It's good to get out, relax and meet new people and see different cultures," said Chambers, while on pass from duty in Iraq.*



*U.S. Navy Petty Officer 2nd Class Michelle Caraway, from Euless, Texas, and Petty Officer 2nd Class Christina Crawford, from San Diego, Calif., sip Arabic tea during a Ramadan banquet at the W Doha hotel, Qatar, Aug. 25.*

**Safety/Fire Training**  
Attend installation safety training.

**HAZWOPER Refresher**

• Sept. 6: 9 a.m. to 4 p.m.

**HAZWOPER Supervisor**

• Sept. 9: 9 a.m. to 4 p.m.

**First Aid Training**

• Sept. 14: 9 a.m. to 3 p.m.

**CPR Training**

• Sept. 15: 9 a.m. to 4 p.m.

**Unit Safety/Fire Warden Training**

• Sept. 17: 9 a.m. to 5 p.m.

**Fire Extinguisher Training**

• Sept. 22: 9 a.m. to 10 a.m.

**Confined Space Training**

• Sept. 23: 9 a.m. to noon

**Fire Prevention Week**

• Oct. 4 to 10.

Contact Joel Pattillo, installation safety manager, or Daniel Guzman, installation fire chief, for more information.

**Motorcycle Safety**

**Situations when crashes are most likely to occur:**



- Car in front making a left turn
- Riding in a driver's blind spot
- Hazardous road conditions
- Obstructed line of site

**Ways to increase awareness make yourself visible**

- Ride where you can be seen
- Never share a lane with a car
- Clearly signal intentions to other drivers

Contact Joel Pattillo, installation safety manager, for more information.

# SAFETY

## Personal protective equipment

**By JOEL PATTILLO**  
ASG-QA safety

There are plenty of ways to get banged up at work. Potential hazards are everywhere – many risks are dug so deep in daily routines they go unnoticed. Once you recognize vulnerability, make sure the right equipment is available to accomplish a job safely. Most hazards can be combated by following established safety rules and using personal protective equipment when necessary; appropriate gear is available for virtually every type of job.

Everyone needs to be aware of potential hazards in order to take appropriate action as required. In some scenarios, wearing PPE is required to prevent or minimize injuries, such as hard hats, eye protection, work gloves and steel-toed boots. Avoiding PPE regulations puts

you at risk of being struck, cut, burnt, blinded or electrocuted.

Hand injuries are most common. As expected, around 70 percent of injured workers do not wear gloves – numerous others wore damaged or inappropriate protection.

Furthermore, 84 percent of workers who experience head injuries do not wear hard hats, 60 percent of workers who sustained eye injuries were not wearing eye protection and 77 percent of workers who suffered foot injuries were not wearing safety boots or shoes.

Injuries typically occur for two reasons: PPE wasn't used or PPE didn't offer full protection.

For quick jobs, it may seem like a lot of trouble to obtain and put on protective equipment, but consider this: a 10-inch diameter grinding wheel, traveling at 1,850 revolutions per minute can throw a particle 55 mph toward your face. If your eye is located three feet from the grinding wheel, a particle can break off and strike it in less than a tenth of a second.

Injuries typically occur for two reasons: personal protective equipment wasn't used or PPE didn't offer full protection.

You wouldn't have a chance without proper protective eyewear.

The point to remember: many times, workplace tragedies can be averted by using appropriate PPE. We must wear appropriate attire for specific work functions and promote its use to others. Don't be hesitant to take corrective action and recommend proper PPE use in your work areas. You may save someone from experiencing an awful accident. **A**

### HEAT STRESS MANAGEMENT

HEAT CATEGORY	WBGT INDEX (°F) °C	EASY WORK		MODERATE WORK		HARD WORK	
		WORK REST	WATER INTAKE (Qt/hr.)	WORK REST	WATER INTAKE (Qt/hr.)	WORK REST	WATER INTAKE (Qt/hr.)
1	(78°-81.9°) 25.6-27.7	NL	1/2	NL	3/4	40/20 MIN	3/4
2 GREEN	(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.

## Office safety hazards

By **JOEL PATTILLO**  
ASG-QA safety

Safety in the work place often brings up images of risky construction sites, hazardous manufacturing facilities and various other areas crammed with intense labor situations. Many people don't realize: statistically, injuries occur just as often in office spaces.

The nature of office work itself may produce stress-related symptoms and musculoskeletal strains. Hasty work tempos can distract employees from promptly recognizing safety concerns. Spending long hours seated behind a poorly designed computer workstation can cause soreness in the neck, back, shoulders, lower extremities, arms, wrists and hands. Vision can become temporarily impaired. Emotionally, it's easy to feel increased tension and irritability after a long day behind a desk.

Slips, trips and falls are common occurrences in buildings—slipping on wet floors, tripping on loose carpeting, objects stored in halls or walkways. Many falls occur from unstable chairs and tripping over electrical cords or wires. People are frequently injured by using a chair or stacked boxes in place of a sturdy ladder. All of these fall hazards are preventable by identifying potential risks in your work area. Emergency situations can become deadly by running into blocked or improperly planned out escape routes.

If you find yourself heading for a fall, remember to roll – don't reach.

By letting your body crumple and roll, you are more likely to absorb the impact and momentum without injury. Reaching an arm or leg out to brace your body is likely to lead to a broken limb.

To prevent office injuries always ensure your work areas are clean and organized. Be sure heavy objects are not poorly stored in overhead compartments. Ask your unit safety representative about proper lifting techniques to avoid back injuries. Straining a muscle in an office setting causes just as much misery as in construction zones and manufacturing areas.

The following preventive actions can help eliminate accidents in your office area:

- ☐ Clean up pathways; keep clear.
- ☐ Always close and secure drawers.
- ☐ Avoid excessive bending, twisting and leaning.
- ☐ Secure electrical cords and wires.
- ☐ Always use a stepladder for overhead reaching.
- ☐ Never use chairs as ladders
- ☐ Immediately clean up spills.
- ☐ Never carry anything that obscures your vision.
- ☐ Pick up objects on the floor.
- ☐ Report loose carpeting or damaged flooring.

Injuries and personnel lost days are always bad for you, your business and your co-workers. Take appropriate measures to avoid becoming the reason your co-worker has to pick up extra duties. Always remain safety conscience and request others do the same. We must always watch out for each other – even in seemingly safe office areas. Remember, at Camp As Sayliyah, everyone is a safety officer. **A**

## H1N1

Protect yourself with good hygiene.



- ✓ Wash your hands with soap and water, or alcohol-based hand wash.
- ✓ Avoid close contact with sick people.
- ✓ Drink plenty of fluids.
- ✓ Get quality rest and night.
- ✓ Remain physically active.
- ✓ The virus is not transmitted through food – you cannot catch it by eating pork.

Contact Maj. Sameer Khatri, Area Support Group Qatar medical and health services director, for more information.

## Fire prevention

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

To fight a fire with an extinguisher, remember the acronym: **PASS**

**P**ull the pin (or other motion) to unlock the extinguisher.

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

**S**queeze the lever to discharge the agent.

**S**weep 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 Joel Pattillo, installation safety manager, or Daniel Guzman, installation fire chief, for more information.



Engineered for life

## What did you think of Desert Mesh edition 62?

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: \_\_\_\_\_

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Edition 62

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# We need your feedback!

Fill out the form above, call or e-mail the Third Army/USARCENT ASG-QA public affairs office.

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