



- :: Commander
COL David G. Cotter
- :: Command Sergeant Major
CSM Michael D. Howard
- :: Deputy Commander
LTC Scott S. Naelitz
- :: Public Affairs Coordinator
Lakia Clarke-Brown
- :: Public Affairs Specialist
Dustin Senger
- :: Visual Information Manager
Devin Butler
- :: Photographer
Ding Alcayde
- :: Desert Mesh Contributors
Capt. Jin Choi
Dr. Nikole Scott Conerly
Dr. Rashid S. Niaz
Joel Pattillo

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

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

DESERTMESH

MAGAZINE

Edition 61 June/July 2009



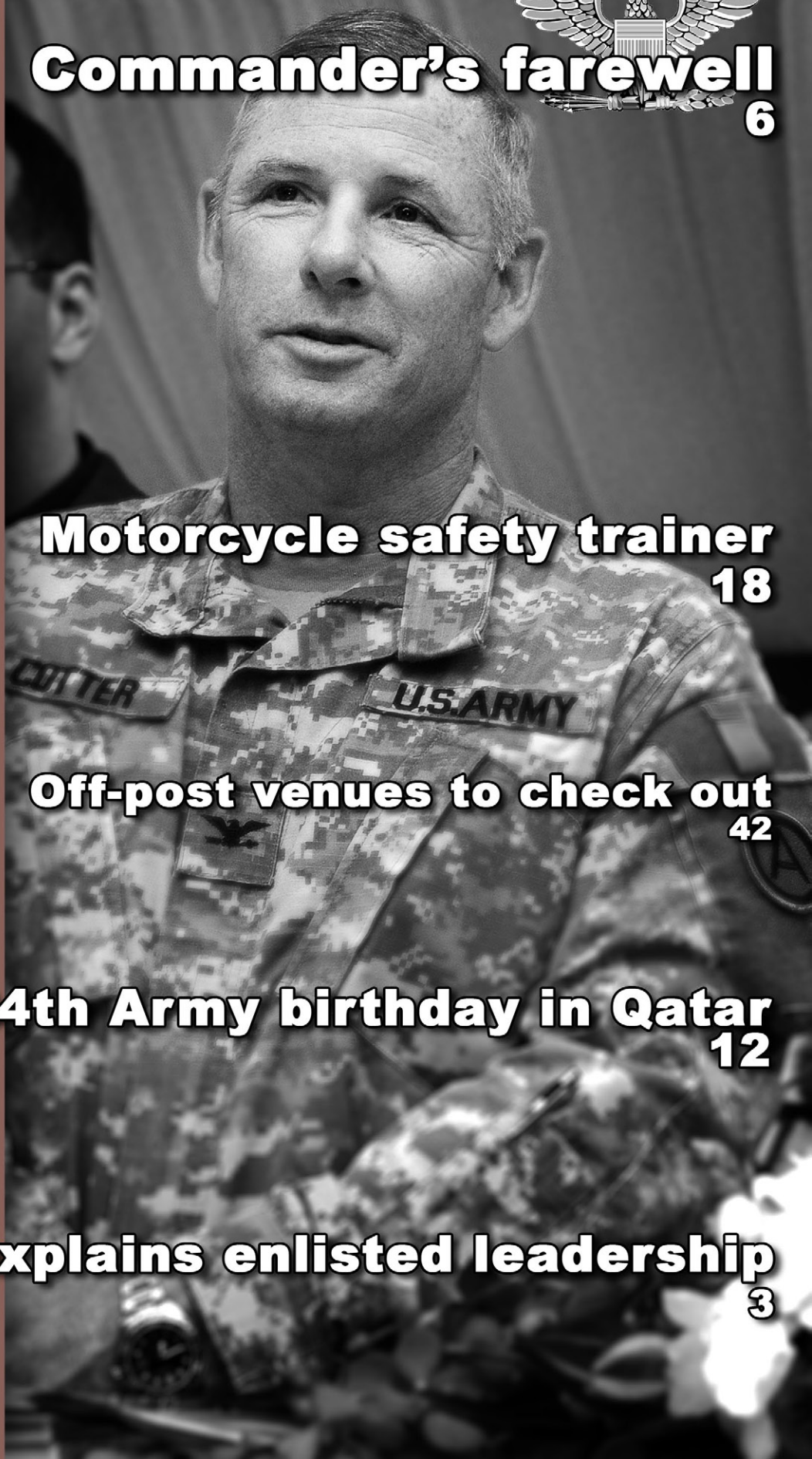
Commander's farewell 6

Motorcycle safety trainer 18

Off-post venues to check out 42

234th Army birthday in Qatar 12

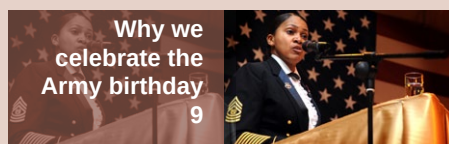
Sergeant explains enlisted leadership 3



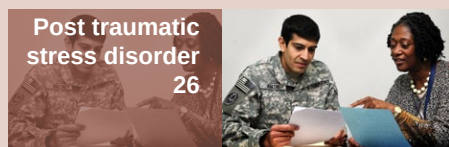


Commander's corner

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



Why we
celebrate the
Army birthday
9



Post traumatic
stress disorder
26

Edition 61

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

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

COVER PAGE: (Top) U.S. Army Col. David G. Cotter, Area Support Group Qatar commander, watches a police special operations training video during the 25th Gulf Cooperation Council Traffic Safety Week, in Doha, Qatar, March 16. Cotter will step down from command of the Qatar base on July 27. (Bottom) Sgt. Carlos Rodriguez, from Bayamon, Puerto Rico, at Camp As Sayliyah, Qatar, June 11. (Cover Photo-Illustration by Dustin Senger)

CONTENTS

DM61: Army commitment

THE WIRE

- What does the Army NCO mean to you? 3
- Webster takes command (*continued from page 4*) 8
- Senior leader explains Army birthday celebration 9
- Soldier inspired to sing at Army birthday celebration 10
- Most senior and youngest Soldiers 11
- Army birthday 12
- Commander's spouse reflects on two years in Qatar 14
- Qatar base maintains premier safety record 16
- Army enhances motorcycle safety training in Qatar 18
- Servicemembers in Qatar honor lives lost 19
- Leader Always: Army values and their significance 20
- Soldiers in Qatar selected for top honors 23
- Troops challenge professional volleyball athletes 24
- X-Games athletes support troops overseas 25
- PTSD: overseas clinicians' review 26
- On-post venues 28
- Ask the chaplain 30
- MWR events 31

FITNESS

- Soldier Strong: Fitness Q&A 32
- Barbell squats for building muscle 34

CULTURE

- Clothing constraints in Qatar 36
- Troops compete in Qatar military basketball tournament 38
- Qatar military basketball 40

DOHA LIFE

- Marhaba! 42
- Off-post suggestions 45

SAFETY

- Safe summers are a team effort 46

Camp profile: What does the Army NCO mean to you?

Noncommissioned officer explains commitment

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

CAMP AS SAYLIYAH, Qatar – “Serving as an Army noncommissioned officer is a lifestyle commitment to provide soldiers leadership at all times,” said U.S. Army Sgt. Carlos Rodriguez, from Bayamon, Puerto Rico, e serving at Camp As Sayliyah, Qatar, June 11. He is the 1st Battalion, 43rd Air Defense Artillery Regiment Echo Company supply sergeant, responsible for 1-43 ADA vehicle part distribution and tactical gear issue at the Qatar base.

“I joined the Army because I needed a change in my life,” said

Rodriguez. “It’s not that anything was wrong – I just felt like I needed an extra push. I believe enlisting made me a man.” In July 2000, he left home to attend recruit training at Fort Jackson, S.C. He is the first in his immediate family to enlist in the Army. Rodriguez was promoted to the rank of sergeant in June 2006.

“NCOs must demonstrate courage to accomplish every task without hesitation – no matter what,” said Rodriguez, while handing cold bottled water to Spc. Brittany Cosom, from Philadelphia, and Pfc. Catlin Barber, from Wilmington,



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

N.C. The three servicemembers were entering a morning scorched by a hot Arabian sun to account for equipment stored in outdoor containers. Air temperatures were already exceeding 115 degrees Fahrenheit at 11 a.m.

“NCOs must remain with their soldiers until the mission is accomplished,” said Rodriguez. “We must show them we are ready at all times – even when we truly want to do absolutely nothing. As an NCO, a leader, I must always show my soldiers that I care enough to put their needs above my own.”

“If I ever show my soldiers that I am not motivated, or simply don’t care, they will believe that’s the right thing to do. If I wake up unmotivated, I recite the Army NCO creed to remind myself that I am a teacher, coach and mentor. As an Army sergeant, I must continue to live every single word of our creed.”

“Being an NCO isn’t easy, but committing yourself to your soldiers is the best feeling ever.” **A**



U.S. Army Sgt. Carlos Rodriguez, center, from Bayamon, Puerto Rico, teaches Spc. Brittany Cosom, from Philadelphia, and Pfc. Catlin Barber, from Wilmington, N.C., an electronic supply ordering and hand receipt system at Camp As Sayliyah, Qatar, June 11. Rodriguez is the 1st Battalion, 43rd Air Defense Artillery Regiment Echo Company supply sergeant, responsible for 1-43 ADA vehicle part distribution and tactical gear issue at the Qatar base. (Official Army Photo/Dustin Senger)



As I take command ...



William G. Webster Jr.

Lieutenant General

Commanding General
USARCENT

Greetings to the Soldiers, NCOs and officers, men and women of the Third Army and U.S. Army Central. I am proud and honored to be rejoining this command after my departure in 2003 as the Third Army's Deputy Commanding General. For those of you who have not met me yet, I'd like to introduce myself: I come from a family with a legacy of service: I am a Soldier, the son of a Soldier, the father of a Soldier, and the uncle and father-in-law of Soldiers. My wife, Kimberly, is the daughter, wife, and mother of a Soldier. I have spent just under 40 years of my life in uniform and I am thankful for having had the privilege to do it, beginning my career as an Armor Officer and commanding at the company, battalion, brigade, division, and now the Army level.

Although a lot has changed in the world since my last posting to Third Army, many things have remained unchanged. The backbone of our Army, the NCO Corps, has maintained the highest standards of performance and behavior as we have moved our Operational Command Post to Camp Arifjan, giving us a robust forward presence in the theater and enhancing our continuity of operations in Kuwait. Our Soldiers and leaders have worked hard and our families and civilian team members have supported us all the way. As we continue the winning traditions of the command, sustaining our efforts in Southwest Asia and preparing for short-notice operations in the area of responsibility, we are going to focus on three critical areas: mission, people, and teamwork.

Having our forces in Kuwait allows us to do our several missions even more effectively: to build friendships and partnerships with allied nations through our Theater Security Cooperation activities; to provide training, equipment, administrative and logistical support for U.S. Central Command and the commanders in Iraq and Afghanistan to accomplish their missions; and to be prepared to deploy and fight anywhere, anytime, within our AOR.

Because we live in an era of persistent conflict, we cannot afford to remain static in our approach to operations, now and in the future. Future exercises such as LUCKY WARRIOR and BRIGHT STAR will be crucial to our continued training readiness. They will ensure that we are working effectively within our own command structure and within the joint and combined arena. These exercises are essential aspects of our preparation for future operations, and they are important for our Department of Defense and international partners, as well.

Because of our backgrounds, Kimberly and I are well aware of the importance of Family. In addition to maintaining our focus on preparing Soldiers for what they must do, it is equally important that we prepare Families appropriately to support their Soldiers. We must ensure that our families have what they need, when they need it, and we need to ensure that our strong team in the field is backed by a strong team at home. The idea of "taking care" of people does not simply refer to providing for their basic needs, though. "Taking care" of people is a leadership function: it means preparing them to complete their assigned tasks. JMETL training must be done frequently.

To be successful, we must act as a team of teams. Teams accomplish so much more than individuals or groups of individuals. From home to headquarters and from Atlanta to Kuwait, we will all work together to stay focused on our priority tasks, to prepare people to perform their assigned missions, and to remain united in our efforts. We are in the unique situation of preparing for war anywhere at any time while actually being at war right now. Our mission requires that we maintain a common focus and shared goals, so please allow me to cover our main lines of effort for the coming years: we must continue to train for combat and

(Continued on page 8)

John D. Fourhman

Command Sergeant Major

Command Sergeant Major
USARCENT

A new enemy has appeared that servicemembers need to be aware of and protect themselves against; the H1N1 flu.

We have seen stories in the news of the flu spreading throughout the U.S. and the world, with new cases being reported daily; we need to make sure that we are doing everything in our power to combat this new enemy here in Kuwait. We routinely do safety checks against possible enemies, but, before recently, we have not accounted for this enemy.

Health care professionals are alarmed at how quickly the flu is spreading, indicating that it has a blast radius of about six feet. There are measures that we can do each day to prevent the spread of this infection and protect our forces from an outbreak.

The biggest thing to do when you feel sick, is to get yourself checked out. Stop trying to diagnose yourself if you're not a doctor. If you feel sick, let a professional determine how serious your cold is, don't think you have to "tough it out."

Leaders need to ensure that if they see one of their Soldiers showing signs of being sick, they do the right thing and have that person go to the medical clinic and get checked out. Just like we watch out for heat injuries and ask our Soldiers if they have symptoms, we need to be engaged in asking our Soldiers if they have any flu like symptoms.

We servicemembers are built to fight through anything and always be tough, but with this new flu strain, we have to be smart and ensure we are screening those who show signs or symptoms; we have to grow beyond thinking we are invincible and accept that we could become sick and, in turn, infect others. This is especially important in high populated areas, such as the transient areas, where servicemembers are in direct contact with other servicemembers all the time.

Servicemembers who are in these locations are traveling to and from the states, and into Iraq and Afghanistan; because of this, it's imperative that they take all the necessary precautions to ensure good health and that they are taking the appropriate steps to stop the spread of infection. Though training and mission don't stop, we need to ensure that we are not harming the mission and our servicemembers further by not acting when we see someone display signs of illness.

In barracks and tents where there is a high volume of servicemembers living in a centralized location, it's important to consider sleeping arrangements and spacing. Ensure that we have the proper space between bunks or cots; again health care providers are saying six feet is a safe distance. In addition, have the bunks or cots face opposite directions so that people are sleeping head to toe to help prevent someone coughing in another servicemembers face while sleeping.

It goes without saying that if you do cough or sneeze, cover your mouth and nose so not to allow the germs to become airborne. In addition, make sure if you do sneeze or cough, it's into your sleeve or handkerchief, as opposed to your hands because you are less likely to pass germs on to someone else before you wash or sanitize your hands. This of course is the same with washing your hands after using a latrine or before eating, it's basic health safety practices that we need to do every day.

We as Soldiers always make the best possible plans for mission success, but we know the enemy always has its own agenda; well this enemy is no different. Let's ensure we are doing the small things every day to prevent the spread of this infection, while we watch out for and take care of our fellow brothers and sisters.

Patton's Own!



H1N1 awareness





The installation commander



David G. Cotter

Colonel

Commander

Area Support Group Qatar

This *Desert Mesh*, edition 61, should reach you the final week of June. Around this time next month, Jane and I will be headed back to the United States. I will pass command of Third Army/U.S. Army Central Area Support Group Qatar to Col. Maxine C. Girard on July 27. I cordially invite everyone to witness this exchange of installation leadership.

After two years at Camp As Sayliyah, this is my final opportunity to address the Soldiers, Sailors, Airmen, Marines and civilians as the installation commander of this great Qatar community. Together, the installation populace has witnessed impressive improvements during my tenure here.

Since I first joined the team in July 2007, Camp As Sayliyah met and exceeded all requirements as a crucial sustainment area for U.S. Central Command. As installation commander, my overarching priorities were always focused on mission

accomplishment, safe environments, installation security, as well as improving our fox holes. The entire Camp As Sayliyah community readily adopted and advocated these priorities... and the results speak for themselves.

Our throughput in support of Operation Enduring Freedom has increased over 80 percent – effectively answering the call to operate as a vital cog in increasing military maneuvers in Afghanistan. We staged, repaired, refurbished and relocated thousands of vehicles, tons of equipment and loads of life-saving medical supplies for our battle buddies down range.

Regardless of swelled operating tempos, we continued to set the standard in safety programs by boasting over 400 days without a recordable incident this month. This achievement

– a milestone, not a destination – is an amazing feat for any brigade-level command. This extensive period without significant personal injury or damage to government equipment is a result of everyone's hard work and united efforts.

Our security posture and host nation relationships are unparalleled to other U.S. military installations in the Middle East. This is due to understanding and applying indispensable operation security measures, as well as respecting the customs and courtesies as a guest in a devoted Islamic nation.

An improved Morale, Welfare and Recreation program brought our fitness and entertainment venues to a new tier

– supporting numerous rotations of installation residents, plus over 50,000 CENTCOM rest and recuperation pass program participants since July 2007.

On all sides, Camp As Sayliyah has evolved into a great place to work and live. Major

renovations helped our large dining facility become officially recognized as an Army best in the 2008 Connolly Award competition, as well as a strong contender in 2009. Our troop medical clinic greatly enhanced its installation support with premier medical and mental health programs. Units everywhere are dedicated to improving unit operating procedures and support capabilities for each tenant command.

Jane and I will continue to speak highly of everyone after relocating to Fort Leavenworth, Kan. We are confident that Camp As Sayliyah will flourish under new leadership. Every end brings new beginnings.

Patton's own!

David G. Cotter



Michael D. Howard

Command Sergeant Major

Command Sergeant Major
Area Support Group Qatar

Greetings Camp As Sayliyah! As if the sweltering hot Arabian sun wasn't enough, this summer promises to bring a lot of activity to our community – in the form of unit and command rotations. Several troop movements have already occurred, but more are on the way.

To personnel departing: be sure to properly pass the torch. Give your relief the tool belt they need to continue promoting unit success and military excellence at Camp As Sayliyah. Our immense noncommissioned officers corps must not cut corners during this massive summer transition in Qatar. All responsibilities, no matter how minute they seem, are contributing to the overall success of our warriors throughout U.S. Central Command.

To those arriving: welcome to an installation full of commendable achievements, selfless leaders and loyal followers. You're in great hands! Earlier this month, I proudly walked around the installation congratulating units for reaching the coveted 400-day milestone of no personal injuries resulting loss work hours, or significant damage to government property. I found NCOs doing the right thing everywhere – taking care of Soldiers by setting and enforcing standards. This year, Camp As Sayliyah earned the Department of the Army Exceptional Organization Safety Award for a second consecutive year by continuing to care about the welfare of our brothers and sisters in arms.

I eagerly await fresh examples of individuals applying influential initiatives with sound judgment, as leadership changes and new units arrive. While the installation's past is littered with stories of admirable achievements, we're not ready to sit back and bask in the achievements of yesterday. We must attempt to build on previous efforts to forge new and even more impressive accomplishments – because constantly raising the bar is Camp As Sayliyah's unofficial motto!

The Camp As Sayliyah 234th Army birthday was a big hit this month. Since

The Year of the NCO was the theme of the evening, the entire event was coordinated and executed by enlisted leaders at Camp As Sayliyah. Nearly 400 servicemembers and civilians attended to show their support for the Army – in particular, those who serve within its enlisted ranks. If you missed it; you missed a treat. Photos and videos are being made available on the Intranet, the installation newsmagazine and the command information television channel.

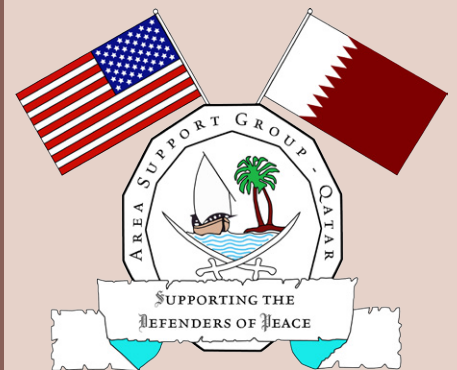
The ASG-QA command group isn't exempt from unit rotations this year. Lt. Col. Scott S. Naelitz, ASG-QA deputy commander, pops smoke the first week of July, after a year at Camp As Sayliyah. A few weeks later, Col. David G. Cotter and his wife, Jane, depart after an eventful two-year term. The camp has hit a major turning point within its top leadership.

Col. Cotter and first lady Jane are a class act. I want to thank both of them for sharing their lives with the Camp As Sayliyah community. Col. Cotter knows what it means to care for people who fall under his leadership and his spouse accentuates each and every effort. Their departure will be both bitter and sweet. I bring up bitter because leaders and spouses like them come far and few between in this business. I say sweet since I know their professionalism and care will spread to the advantage of other installations upon the Cotters' family arrival.

Sir, thank you for your consistent support and words of wisdom for our NCO corps during our two years together at Camp As Sayliyah. It seems fitting to hear you will be teaching and mentoring field-grade officers at Fort Leavenworth, Kan. I look forward to hearing your impact on our Army's young commissioned officers. "Soldiers First, Leader always" – you are truly a Soldier's colonel!



**Farewell to the
installation commander**



Area Support Group Qatar change of command

Support the
ASG-QA
transfers of leadership.



ASG-QA commander

- July 27: Change of command at 10 a.m. in the small gym.

ASG-QA Headquarters-headquarters company

- June 25: Change of command at 10 a.m. in the community activity center.

Contact Capt. Ali Johnson, ASG-QA assistant operations officer, for more information.

THE WIRE

Webster

(Continued from page 4)

prepare our Soldiers, we must take the lead in the U.S.'s responsible drawdown from Iraq, we must support CENTCOM's current efforts in Southwest Asia, we must continuously re-set the Army in support of DA requirements, and we must continue to train and retain the best Soldiers in the world.

Beyond these tasks, we must also complete the BRAC mandated move to Shaw Air Force Base by mid 2011. Moving our headquarters and our Families to South Carolina is a point at which the Soldier and Family lines of effort will converge: it will effect everyone within the command and family team. We are going to put extra effort into planning and executing the BRAC move to

ensure that it goes smoothly and has the least possible impact on our families.

This is a rather daunting set of missions, but working as a team we can accomplish all of them, and accomplish them well. I have always viewed myself as an "inclusive leader," and I do not believe that anyone, at any rank or grade, has cornered the market on good ideas. I encourage everyone on this team to take an active role in meeting our challenges today, tomorrow, and into the future. We are going to assess all issues, consider all approaches, and act together to accomplish our missions. Again, I would like to restate my pride in being a member of this command. It is great to be back in Third Army again, and I look forward to the exciting and challenging opportunities that await us in coming years. **A**



Lt. Gen. William G. Webster, Third Army/U.S. Army Central commanding general, follows Gen. David Petraeus, U.S. Central Command commanding general, off the stage, after taking command of USARCENT at the Fort McPherson theatre, May 4. (Official Army Photo/Sgt. Beth Lake)

Senior leader explains Army birthday celebration

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

CAMP AS SAYLIYAH, Qatar – “I bring you greetings from the great state of Massachusetts, the birth place of our Army,” said U.S. Army Command Sgt. Maj. Mittie A. Smith, U.S. Army Garrison senior enlisted leader, during a speech honoring the 234th Army birthday at Camp As Sayliyah, Qatar, June 12. Smith traveled across the world to celebrate the Army birthday as a guest speaker for Soldiers stationed in Qatar.

During her remarks, Smith addressed an important question, “Why celebrate when the nation is at war?”

“What if your loved ones forgot, or failed, to celebrate your birthday or anniversary?” said Smith. “Your feelings would be tremendously hurt. You’d be disappointed and it would be difficult for them to recover ... because the occasion means something to you. You want your loved ones to remember that special day, regardless of what is going on in the world.”

“Just like your birthday, the Army’s birthday is a day of remembrance,” she said. “It’s a day of honor and respect ... a day to recognize the value of creation. On this 234th Army birthday, we pay special tribute to our noncommissioned officers, the backbone of our Army – hooah!”

“Our NCO corps represents the most professional cohort of enlisted leaders in the world,” said Smith. “They have the freedom and autonomy of independent thought and decisive action, which serves as a critical combat multiplier. They are the vanguard in preserving the

freedoms each American citizen enjoys.”

“During every war since 1775, our NCOs were awarded the Medal of Honor,” she said. “NCOs earned the highest U.S. military decoration for risking their lives above and beyond the call of duty, such as: Sgt. William H. Carney, Civil War; Sgt. Thomas Lee Hall, World War I; Sgt. Troy A. McGill, World War II; Sgt. 1st Class Eugene Ashley, Vietnam War; and Sgt. 1st Class Paul R. Smith, Operation Iraqi Freedom. The bravery and selflessness of these NCOs changed the course of an entire century. At an hour of eminent danger amid the bleakest of circumstances, men who thought themselves ordinary found it within themselves to do the extraordinary.”

“It’s important to celebrate even while the nation is at war – confident and certain we will achieve victory,” said Smith. “It’s important we tell our stories, so people never forget the legacy of service and sacrifice offered by our brave men and women. It’s important to celebrate in order to draw strength from those moments in history when the best among us were somehow able to swallow their fears and emerge courageously in defense of this nation, at all costs.”

“It’s important to celebrate our Army’s birthday because our Soldiers have embedded their majestic footprints in the burning sands of America’s history,” she said. “Society cannot afford to relegate its inherent responsibility to duly acknowledge their contributions to this nation.”

“Army birthday celebrations are not about the events,” said Smith. “They are about touching the hearts of our Soldiers. They serve to crystallize personal commitments. Tonight we celebrate you, for carrying out your role as a value-added member of the United States Army.” **A**



“I bring you greetings from the great state of Massachusetts, the birth place of our Army,” said U.S. Army Command Sgt. Maj. Mittie A. Smith, U.S. Army Garrison senior enlisted leader, during her speech honoring the 234th Army birthday at Camp As Sayliyah, Qatar, June 12. Smith traveled across the world to celebrate the Army birthday as a guest speaker for Soldiers stationed in Qatar. During her remarks, Smith addressed an important question, “Why celebrate when the nation is at war?” (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 (61) was picked up by the following international, national and hometown news organizations (source: DVIDS 360 distribution report, June 24):

ABC News; New York, NY
American Volleyball Professionals Org.; Los Angeles, CA
AP-TV; NY
Basketball Times; Pinehurst, NC
Basketball.com; Irvine, CA
CBS; New York, NY
CNN-TV; Atlanta, GA
Copperas Cove Leader-Press; Copperas Cove, TX
Cove Herald; Copperas Cove, TX
Crestview News Bulletin; Crestview, FL
Cycle News Magazine; Costa Mesa, CA
Cycle World Magazine; Newport Beach, CA
El Expresso de; Puerto Rico, Bayamon
FOX News; New York, NY
Gulf Times; Doha, QA
Hoops World; Tampa, FL
Military Medicine; Bethesda, MD
Motorcyclist; Los Angeles, CA
MSNBC; New York, NY
NBC; New York, NY
NBC Affiliates; Charlotte, NC
News Extra; Crestview, FL
Peninsula; Doha, QA
Pentagon Channel; Washington, DC
Qatar Tribune; Doha, QA
Reuters-TV; New York, NY
Sergeant Major of the Army; Washington, DC
Soldier Systems Center (NATICK); Natick, MA
The Warrior Magazine; Natick, MA
Volleyball Magazine; Quincy, MA

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



THE WIRE

Soldier inspired to sing at Army birthday celebration

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

CAMP AS SAYLIYAH, Qatar – “I was really nervous but inspired,” said U.S. Army Spc. Lisa Ratliff, from Copperas Cove, Texas, after a solo performance of “The Star-Spangled Banner,” during a celebration of the 234th Army birthday at Camp As Sayliyah, Qatar, June 12. “To honor the Year of the Noncommissioned Officer, I was hoping to help make the Army birthday ball in Qatar something spectacular.”

Ratliff arrived to the Qatar base with a 1st Cavalry Division Special Troops Battalion tactical hub in December 2008. She helps support communication requirements in

Iraq. Summer military duty on the Arabian Peninsula is exhausting, given the hot desert climate. To relax in a cooler evening ambiance, Ratliff frequently participates in the installation’s biweekly karaoke nights, organized by the Area Support Group Qatar morale, welfare and recreation team.

“I enjoy sharing my talents and entertaining,” said Ratliff. Her frequent interest in karaoke evolved to an appearance in a February talent show at Camp As Sayliyah. She earned second place singing “My Immortal,” a song by the rock band Evanescence. “I remember my knees shaking quite a bit during the talent show, but everyone gets a little stage fright once in awhile. For me, it’s never to a point that I fail at what I am trying to do.”

“My first experience singing was as an eighth-grade student at South Central Elementary School in Jonesborough, Tenn.,” she said. “As a community project, my



U.S. Army Spc. Lisa Ratliff, from Copperas Cove, Texas, sings the “The Star-Spangled Banner,” during a celebration of the 234th Army birthday at Camp As Sayliyah, Qatar, June 12. “I was really nervous but inspired,” she said. “To honor the Year of the Noncommissioned Officer, I was hoping to help make the Army birthday ball in Qatar something spectacular.” (Official Army Photo/Dustin Senger)

class put together a folklore book by going door-to-door asking people about stories they'd heard. Our finished book, 'Stories from the Nolichucky River Valley,' gained lots of attention as an impressive collection of local legends prepared by a bunch of teenagers."

Inspired, she decided to write a few verses about the book's contents and then sing them in class. According to Ratliff, the song "stuck" and subsequently helped take the small-town class project to another level. The book was eventually featured on the evening news, along with Ratliff singing her rendition of the folklore stories.

At 19 years old, Ratliff enlisted in the Army, after moving to Copperas Cove, Texas.

"It's my goal to become a sergeant," she said, with over three years of service. "I felt singing the national anthem at the Army birthday ball was another way for me to grow professionally toward my next promotion. I still have a few steps to take before pinning it on my uniform, but I am actively knocking them down one at a time."

"While in the Army, I've been asked to sing at promotion and change of responsibility ceremonies for 1st Cavalry Division at Fort Gordon, Ga.," said Ratliff. "Singing the national anthem has always meant more to me than anything else. Coming from a military family, you can't help but feel pride in your country... and singing the national anthem is all about expressing patriotism. It's a way to stand up and

"Coming from a military family, you can't help but feel pride in your country... and singing the national anthem is all about expressing patriotism. It's a way to stand up and represent the United States of America." Spc. Lisa Ratliff, Copperas Cove, Texas

represent the United States of America." Ratliff gained a lot of attention in Qatar after singing "The Star-Spangled Banner" during a formal Memorial Day observance at Camp As Sayliyah, March 25.

The Army birthday solo positioned the Soldier in front of her largest audience ever: several hundred Soldiers, Airmen, Sailors and Marines, as well as Department of Defense civilians and contractors. The audience applauded immediately

following her performance.

"I'm glad my sergeant pushed me to sing at the Army birthday ball," she said, referring to Sgt. Stephen De Freitas, from Long Island, N.Y. "Having a dedicated noncommissioned officer has helped me get to where I am right now. He has helped me succeed in a lot of areas."

"It's important for NCOs to build confidence in their Soldiers," said Freitas. "Standing up and singing the national anthem on stage, in front of a large group of people, promotes military bearing in a very patriotic way – you're singing for your country." **A**

:: Most senior and youngest Soldiers



U.S. Army Brig. Gen. John F. Wharton, Third Army/U.S. Army Central Operational Sustainment director, and Spc. Karlissa Wise, from Laurel, Del., cut a birthday cake during a celebration honoring the 234th Army birthday at Camp As Sayliyah, Qatar, June 12. Col. David G. Cotter (far left), Area Support Group Qatar commander, and Command Sgt. Maj. Michael D. Howard (far right), ASG-QA senior enlisted leader, assist in the traditional cake-cutting tradition carried out by the oldest and youngest Soldiers in attendance. "It was surprising to hear I was the youngest Soldier!" said Wise, 19, after returning to her seat to watch a video presentation paying tribute to the Army's Year of the NCO initiative for 2009. (Official Army Photo/Dustin Senger)

ARMY BIRTHDAY

June 12 – Official Army Photos/Ding Alcayde





THE WIRE



Jane Cotter, from West Warwick, R.I., receives flowers during the Third Army/U.S. Army Central Area Support Group Qatar change of command ceremony at Camp As Sayliyah, Qatar, July 7, 2007. Col. David G. Cotter received command with his wife Jane at his side. (Official Army Photo/Dustin Senger)

Equality Observance

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

Women's Equality Day

• Aug. 26: *Observance to be determined.*

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

CAS in the News!

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

Commander's spouse reflects on two years in Qatar

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

CAMP AS SAYLIYAH, Qatar – “I’ve been traveling with my husband throughout his entire 25-year military career,” said Jane Cotter, from West Warwick, Rhode Island, while volunteering at the United Service Organization lounge at Camp As Sayliyah, Qatar, June 23. Col. David G. Cotter received command of Third Army/U.S. Army Central Area Support Group Qatar in July 2007, with his wife Jane at his side. Nearly two years have passed and the colonel is set to relinquish command next month.

“My husband and I have made some wonderful friends here,” said Jane, who prepared numerous four-course dinners for ASG-QA Soldiers at their off-post residence; at times, serving over 100 servicemembers in one day. “Camp As Sayliyah is full of professionals with commendable work ethics and a great sense of community. This assignment has been an absolute pleasure; it will be difficult to leave everyone in July.”

The Army command sponsorship program allows military families to remain together during extended overseas assignments. Protected under the umbrella of the program, the command agrees to be legally, medically, financially and morally responsible for dependents while joining their spouse in a foreign country.



U.S. Army Col. David G. Cotter, Third Army/U.S. Army Central Area Support Group Qatar commander, admires cake decorations with his wife, Jane, shortly following the ASG-QA change of command ceremony at Camp As Sayliyah, Qatar, July 7, 2007. The Army command sponsorship program allows military families to remain together during extended overseas assignments. Protected under the umbrella of the program, the command agrees to be legally, medically, financially and morally responsible for dependents while joining their spouse in a foreign country. (Official Army Photo/Dustin Senger)

"When David told me about the tour to Qatar," said Jane, "I immediately went on the Internet to learn more about the country. I saw all the beautiful hotels and malls, as well as the palm trees and bright blue water. I told my family it looked like we were headed to Miami!" Jane previously joined her husband for two assignments in Germany; Qatar is their first Middle Eastern assignment together.

"Qatar is rich in culture and Islamic fundamentals," she said. "It's important to keep an open mind and positive attitude, especially people who have become reliant on a Western way of life. I was thrilled to hear we could bring our two dogs, Penny and Eleanor." Prior to arriving, Jane researched the history of Qatar's royal family, climate, culture and courtesies.

"Soon after David took command, I began volunteering at the USO center three or four days per week," said Jane. "They needed some additional help from the community, so I stepped in." Since she first reported for volunteer duty at the USO, she has spent nearly 1,000 hours helping servicemembers participating in the U.S. Central Command rest and recuperation pass program at the Qatar base. She became well-known for her homemade baked items – in particular, her signature chocolate-chip cookies.

From January 2008 to June 2009, Jane integrated more into the local community by gaining employment with Weill Cornell Medical College Qatar, where she worked in the medical department as a clinical affairs aid.

"We have experienced and enjoyed



Jane Cotter, from Providence R.I., serves her signature chocolate-chip cranberry cookies inside the United Service Organization lounge at Camp As Sayliyah, Qatar, June 23. U.S. Army Pfc. Jarrod Adams, from Moses Lake, Wa., and Pfc. Adam Huseman, from Killeen, Texas, were participating in the U.S. Central Command rest and recuperation pass program at the Qatar base.



Jane Cotter, from Providence R.I., assists servicemembers inside the United Service Organization lounge at Camp As Sayliyah, Qatar, June 23. (Official Army Photos/Dustin Senger)

Islamic culture to the fullest – etching everlasting memories," she said. "I recommend all spouses come to Qatar, if given the opportunity. You can mitigate the stress of long family separations while obtaining a great first-hand cultural understanding of a generous Islamic nation." ^A



In the true spirit of interagency cooperation, three agencies have come together to form the Integrated Linguistic Activity-Doha. The ILIAD is a confederation of three agencies providing regional customers with captured document exploitation, open source intelligence and translation services. Located on Camp As Sayliyah, Qatar, the ILIAD combines the expertise and capabilities of the Combined Media Processing Center-Qatar, the National Virtual Translation Center-Doha and the Open Source Center-Doha. It is the U.S. government's premier regional center for translation services, delivering analysis on collected foreign materials as well as openly available information, and distribution of materials throughout the intelligence community via the harmony database. The ILIAD concept is developing everyday as three organizations unite for the benefit of U.S. Government agencies.

U.S. Army Lt. Col. Christopher B. Pultz and Air Force Maj. Kasandra T. Traveek contributed to this report.

THE WIRE

Qatar base maintains premier safety record

By DUSTIN SENGER
ASG-QA public affairs

CAMP AS SAYLIYAH, Qatar – U.S. Army Command Sgt. Maj. Michael D. Howard, Area Support Group Qatar senior enlisted leader, toured installation facilities to congratulate servicemembers for officially completing 400 days without significant military personnel injury or government property loss at Camp As Sayliyah, Qatar, June 3.

For well over a year, the military workforce at the installation has prevented missed work days and slowed production tempos by executing a safety program that resulted in no recordable incidents. The U.S. Army Combat Readiness/Safety Center recognizes recordable accidents as: Class A, an incident resulting in property loss over \$1 million, death or permanent disability; Class B, property damage over \$200,000, nonfatal accidents leading to permanent partial disability or hospitalization of three or more individuals; and Class C, property damage of over \$20,000, nonfatal injury or illness resulting at least one day away from work or training.

"It's very rare that a brigade-level command achieves such an extensive term without any significant incidents," said Joel Pattillo, installation safety manager. Pattillo has spent over 16 years involved in Army safety programs. "This accomplishment is an indicator of a proactive approach toward safety by all

servicemembers at Camp As Sayliyah. They are effectively identifying and mitigating risks in their workplaces."

After announcing 300 days in March, safety officials discovered the installation was performing better than previously thought. An extensive audit of records rushed the intense crawl pass the coveted 365-day mark.

"Looking back, the last recordable incident was documented on April 27, 2008," said Pattillo. "It was an R&R participant who got injured at a water sports venue." ASG-QA is well known for executing the only authorized U.S. Central Command rest and recuperation pass program in Southwest Asia. Since its 2004 inception, over 180,000 war fighters have traveled to Camp As Sayliyah for a brief respite from regional military operations.

"Servicemembers who come here for a rest are a great concern," he said. "It's easy to become distracted while attempting to obtain a mental and physical recharge."

Aside from the R&R program, Camp As Sayliyah functions as a hefty hub for onward movements supporting Operations Enduring Freedom and Iraqi Freedom. Installation residents battle safety risks associated with repetitive logistical operations.

"We are constantly exposed to risks associated with receiving, refurbishing and shipping light, medium and heavy tactical vehicles," said Sgt 1st Class Lee Bolding, from Gulfport, Miss. Bolding is the 1st Battalion, 401st Army Field Support Brigade maintenance noncommissioned officer in charge of maintenance



"We are constantly exposed to risks associated with receiving, refurbishing and shipping light, medium and heavy tactical vehicles," said U.S. Army Sgt 1st Class Lee Bolding, from Gulfport, Miss., to Command Sgt. Maj. Michael D. Howard, Area Support Group Qatar senior enlisted leader, at Camp As Sayliyah, Qatar, June 3. (Official Army Photo/Dustin Senger)

operations supporting vehicle requirements for combat operations in Afghanistan.

"We try to minimize workplace complacency by conducting two safety briefs every day," said Bolding. "One in the morning prior to work and the other in the afternoon – to tackle 'post-lunch syndrome,' a time when people are full of food and tired. The afternoon is an important time to remind everyone about Army and installation safety regulations."

"Downloading equipment is the most dangerous thing we do," said Sgt. 1st Class Marlon Wade from Orlando, Fla. Wade is a 1-401 AFSB logistics material control noncommissioned officer. He manages the prepositioning of vehicle repair parts for onward movement throughout Southwest Asia. "We try to move most of our parts in the daylight to mitigate risks. Safety training is constantly provided by contracted supply specialists."

"Forklifts are our biggest risk," said Sgt. Jose Lopez, from Fort Worth, Texas. "Operators must be aware of their surroundings at all times."

Lopez is the 354th Medical Logistics assistant noncommissioned officer in charge of the medical material receiving section at the Qatar base. The reserve unit from Seagoville, Texas, facilitates the shipping of life-saving medical supplies to troops in Afghanistan and Iraq.

"We do remedial safety training before each shipment arrives," said Lopez. "During the training, we discuss ways to execute proper risk management to keep everyone safe."

"We're getting ready to turn on a diesel-powered generator," said

Pfc. John Harms, from Fairfield, Calif., while accompanied by several other Soldiers from the 1st Battalion, 43rd Air Defense Artillery Regiment. "It generates enough power to support large work centers. Since we run the risk of shock, it's important to remove loose clothing, jewelry, dog tags – anything that could get snagged. We officially perform safety training monthly, but we also spend time discussing risk management with each other every day."

"This 400-day milestone is a joint effort from everyone on camp," said Howard. "This great achievement is made even more impressive when considering the enormous amount of people who consistently work in a pushed atmosphere – one that is always striving to meet deadlines and save money."

"Our NCO corps is the backbone of the commendable safety program at Camp As Sayliyah," he said. "They're out there giving risk management classes, as well as conducting personnel and equipment inspections. They are committed to enforcing standards - to best support their battle buddies downrange." ^A



"Forklifts are our biggest risk," said U.S. Army Sgt. Jose Lopez (right), from Fort Worth, Texas, to Command Sgt. Maj. Michael D. Howard, Area Support Group Qatar senior enlisted leader, at Camp As Sayliyah, Qatar, June 3. (Official Army Photo/Dustin Senger)

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.

Desert Mesh Online!

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

Town Hall

Attend the quarterly installation town hall meetings to ask questions and voice your opinion.

3rd Quarter

- Aug. 3: Town hall meeting from noon to 1 p.m. in the large dining facility.

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

THE WIRE

Army enhances motorcycle safety training in Qatar

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

CAMP AS SAYLIYAH, Qatar – U.S. Army Staff Sgt. Tom Vacca, from Pittsburg, Kan., and Staff Sgt. Douglas Brandstetter, from Westworth Village, Texas, completed a motorcycle safety course using a Honda Safe Motorcyclist Awareness and Recognition Trainer (SMARTrainer) at Camp As Sayliyah, Qatar, June 2. Capt. Thomas Crane, from Naperville, Ill., continues to help potential riders commit to safe roadway habits, as well as re-orientate experienced motorcycle owners before they redeploy.

According to the U.S. Army Combat Readiness/Safety Center, motorcycle fatalities have steadily increased over the last decade. In fiscal 2008, the Army lost more Soldiers to motorcycle accidents

than any previous year since 1986.

This year, Third Army/U.S. Army Central Area Support Group Qatar increased efforts to save lives by introducing the latest technology from the Motorcycle Safety Foundation – just in time for Soldiers returning home during the warm summer months. Al Hydeman, MSF managing director, delivered the Honda SMARTrainer to the U.S. military installation in March. While in Qatar, Hydeman conducted a two-day training session for Crane and two installation fire department contractors – thereby announcing the first MSF-certified SMARTrainer coaches in the Middle East.

Each SMARTrainer system integrates a computer, monitor and printer with motorcycle controls and a noise suppression headset. Powerful software delivers four driving courses: practice, city, suburban and touring. Each scenario is further broken down into several different routes, as well as options to navigate though daylight, nighttime or foggy conditions. Crane asks each servicemember which situation they are most likely to encounter to customize the training.

"Inexperienced riders who are eager to hop on a motorcycle after redeploying are our biggest concern," said Crane, an avid rider and owner of a Harley-Davidson Road King 1450cc. "It's easy to feel an adrenalin rush after returning home from a long overseas deployment ... riding a motorcycle seems to be a growing outlet for that energy. Servicemembers



A Honda Safe Motorcyclist Awareness and Recognition Trainer displays possible road hazards after a scene was completed during a safety class at Camp As Sayliyah, Qatar, June 2. Each SMARTrainer system integrates a computer, monitor and printer with motorcycle controls and a noise suppression headset. (Official Army Photo/Dustin Senger)

often find themselves encouraged to join military riding groups; plus, today's gas prices are making it more inviting from a cost-savings perspective. At Camp As Sayliyah, they are able to get a safe reality check on what it's like to ride before returning home."

"I'm looking forward to buying a motorcycle when I get home," said Vacca. He attended Crane's SMARTrainer safety class to better understand riding. "I've wanted to own a bike for a long time. My first purchase will probably be a sport bike. The Patriot Guard Riders participate in a lot for military memorials and parades in my hometown – I'd like to join them someday."

"We're not promoting motorcycle riding," said Crane. "We are trying to help them stay safe after redeploying. Some even say the trainer helps make them become better drivers, since a lot of the simulated situations can happen in a vehicle too."

"The SMARTrainer helped me identify dangers from different perspectives," said Vacca. Various replay settings allow riders to review their performance from a bird's eye perspective to the front seat of a passing car. "The more time



U.S. Army Capt. Thomas Crane, from Naperville, Ill., sits back as Staff Sgt. Tom Vacca, from Pittsburg, Kan., navigates through a Honda Safe Motorcyclist Awareness and Recognition Trainer scenario at Camp As Sayliyah, Qatar, June 2. "I'm looking forward to buying a motorcycle when I get home," said Vacca. (Official Army Photo/Dustin Senger)

I can spend on this trainer, the more comfortable I will be on the road." After the class was over, Vacca immediately asked Crane for another opportunity on Friday.

helps make riders more aware of unexpected hazards found in the streets. It should be a part of all basic motorcycle safety courses in the United States."

"The SMARTrainer software drives the message home with detailed feedback and different playback options," said Brandstetter. The Suzuki Boulevard 800cc owner passed MSF Basic and Experienced Rider Courses at Aberdeen Proving Ground, Md. "This training system

"My wife was happy to hear I planned on attending this motorcycle safety class while in Qatar," said Vacca, recalling a phone conversation with his spouse last light. "It will help me stay safe after buying my first motorcycle when I get home." ^A

:: Servicemembers in Qatar honor lives lost



Joseph Evan LeBaron, U.S. ambassador to the State of Qatar, U.S. Army Maj. Gen. Charlie Cleveland, Special Operations Central commander, Qatar air force Brig. Gen. Abdullah Jum'aan Al Hamad, armed forces general coordinator, and U.S. Army Col. David G. Cotter, Area Support Group Qatar commander, stand during the playing of the U.S. national anthem at Camp As Sayliyah, Qatar, May 25. (Official Army Photo/Dustin Senger)

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 Capt. Owen Brown, ASG-QA finance officer, for more information.

THE WIRE

LEADER ALWAYS

Army values and their significance

By Lt. Col. SCOTT NAELITZ
ASG-QA

Many people know what the words loyalty, duty, respect, selfless service, honor, integrity, and personal courage mean, but how often do you see someone actually live up to them? We emulate the seven Army Values because they are the standard for behavior and the bedrock of who we are as Soldiers. "Army Values" is not merely a phrase for how members of the Army should act; they are who we are. These behaviors are important because they have been proven over time to contribute to successful operational performance. In short, the seven core Army Values are what being a Soldier all is about.

The Army's seven core values are:

Loyalty

Loyalty is the faithful adherence to the nation and its heritage; to bear true faith and allegiance to the U.S. Constitution, the Army, your leaders, your unit and other Soldiers. Loyalty extends to all members of all components of the Army; both the active and reserve components — Army Reserve and

Army National Guard — as well as, Army civilians. It is the very fiber that binds our actions together and causes us to support each other.

Open criticism and being disloyal to leaders, Soldiers and the Army destroys the foundation of the organization and results in diminished mission accomplishment. We establish loyalty to our Army, our superiors, our unit and its Soldiers when we fulfill our obligations and accomplish the mission no matter how difficult.

"There's a great deal of talk about loyalty from the bottom to the top. Loyalty from the top down is even more necessary and much less prevalent. One of the most frequently noted characteristics of great men who have remained great is loyalty to their subordinates."
- General George S. Patton, Jr.,
Commander Third Army, 1944-1945



Lt. Col. Scott Naelitz

Soldiers fight for each other; loyalty is that commitment.

Duty

Duty is the legal or moral obligation to accomplish all assigned or implied tasks to the fullest of our ability. Every Soldier must do what needs to be done without having to be told to do it. Simply, fulfill your obligations.

Duty requires a willingness to accept full responsibility for our actions; leaders and Soldiers alike. It requires leaders to take the initiative, anticipate requirements,

while leading from the front and Soldiers to accomplish all assigned tasks to the best of their ability.

You may be asked to put the nation's welfare and mission accomplishment ahead of the personal safety of you and your Soldiers. Soldiers and leaders must have a deep commitment to duty and what is best for the unit and the Army. This will ensure that you make the right decision when it really counts.

"I regret that I have but one life to give to my country." – Captain Nathan Hale, Soldier of the American Revolution

The duty bound Soldier has a sense of moral commitment to someone or something. This commitment results in action and it is not a matter of inactive emotion.

Respect

Respect begins with the fundamental tenet that all people possess worth as human beings. It is treating others as they should be treated, with consideration and honor and the ability to accept and value Soldiers as individuals.

Respect is developed by accepting others for who they are and acknowledging their worth without feeling obligated to embrace all their ideas. All of us possess special skills and adhere to certain values. Without respect for all other individuals, there would not be a cohesive and team-oriented Army.

"We confide in our strength, without boasting of it; we respect that of others, without fearing it." – Thomas Jefferson, 3rd President of the United States

As Soldier's, we pledge to "treat



U.S. Army Maj. Gen. Curtis Scaparrotti, 82nd Airborne Division commander, awards the Bronze Star Medal with Valor to Sgt. James Carter Jr., from St. Robert, Mo., assigned to Company B, 2nd Battalion, 505th Parachute Infantry Regiment, 3rd Brigade Combat Team, 82nd Abn. Div., Multi-National Division - Baghdad, May 22. Scaparrotti awarded Carter for his actions in combat on July 17, 2007, in Samarra, Iraq. During a patrol, a massive improvised explosive device detonated inside a culvert, causing a catastrophic effect under a U.S. Navy Explosive Ordnance Disposal vehicle. The enormous explosion threw the vehicle high into the air, causing it to land on its side; trapping the three Navy EOD personnel inside. Carter risked his life by entering the burning vehicle in order to extract the trapped personnel. As a result of the attack, two of the EOD members were killed in action, however Sgt. Carter's was able to save one member of the team in an act of true bravery. Along with his valorous award, Carter was recently selected as the 3rd Brigade Combat Team's Medic of the Year during a board held in Baghdad. (Official Army Photo/Sgt. 1st Class Alex Licea)

others with dignity and respect while expecting others to do the same."

Selfless service

Placing duty before personal desires is key to the uniqueness of the American Soldier. Selfless service is placing the welfare of the nation, the Army and your subordinates before your own. It is the ability to endure adversity and battle insuperable odds because of love of fellow Soldiers and devotion to our country.

The axiom mission, men, me is an old slogan used in many military units to remind Soldiers to focus on the mission, to take care of the

people responsible for mission success, and to put one's self last. Selfless service is critical to the esprit de corps and welfare of military organizations.

"And so, my fellow Americans, ask not what your country can do for you; ask what you can do for your country." – John F. Kennedy, 35th President of the United States

The selfless Soldier does not make decisions and take actions designed to promote self, further a career or enhance individual wellbeing.

(Continued on page 22)

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>

Camp Policies

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

*ASG-QA domain access required.

CAS-TV

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



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

THE WIRE

Values

(Continued from page 21)

Honor

Honor provides the “moral compass” for character and personal conduct in the Army. It is living up to the Army Values. It starts with being honest with oneself and being truthful and sincere in all our actions.

Honor is demonstrating an understanding of what right looks like. Without reservation, that’s what you promised when you took your oath of office or enlistment. To be an honorable person, you must be true to your oath, live Army values in all you do and take pride in your reputation.

“The untruthful Soldier trifles with the lives of his countrymen and the honor and safety of his country.” - Gen. Douglas MacArthur, Supreme Commander for the Allied Powers, 1945-1951

The Nation’s highest military award is the Medal of Honor. This award goes to Soldiers who make honor a matter of daily living; Soldiers who develop the habit of being honorable, and solidify that habit with every value choice they make.

Integrity

Integrity is a steadfast adherence to a strict moral or ethical code; doing what’s right legally and morally. Every Soldier must possess high personal moral standards and be honest in word and deed. You must live by your word; no buts, no excuses.

Integrity is seen as the quality of having a sense of honesty and truthfulness in regard to the motivations for one’s actions. It is the basis of conviction and confidence

that exists among Soldiers. It is the source for great personal strength and is the foundation for organizational effectiveness.

*“The only guy I have to get better than is who I am right now.” - Colonel Potter, M*A*S*H*

If you make a mistake, you should openly acknowledge it, learn from it and move forward.

Personal courage

Personal courage has long been associated with our Army — face fear, danger or adversity... both physical and moral. Physical courage is a matter of risking personal safety and at times enduring physical pain, hardship, or threat of death, while moral courage is the ability to overcome fears of other than bodily harm in the face of popular opposition, shame, scandal, or discouragement.

Soldiers who stand up for what they believe is right regardless of the consequences, take responsibility for their decisions and actions — even when things go wrong — display personal courage. Building physical and moral courage in our daily lives takes practice and develops strong and honorable character. We expect and encourage candor and integrity from all Soldiers. Doing the “hard right” verses the “easy wrong” saves lives.

“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do.” - Eleanor Roosevelt, First Lady of the United States, 1933-1945.

Personal courage isn’t the absence of fear; rather, it’s the ability to put fear aside and do what’s necessary. **A**

Soldiers in Qatar selected for top honors

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

CAMP AS SAYLIYAH, Qatar – U.S. Army Spc. Chyna Williams, from Crestview, Fla., and Staff Sgt. Ria Phillips, from Saint Croix, Virgin Islands, were announced as the Third Army/U.S. Army Central Area Support Group Qatar Soldier of the Year and Noncommissioned Officer of the Year, respectively, at Camp As Sayliyah, Qatar, May 11. Williams is an ASG-QA headquarters and headquarters company training assistant. Phillips is an intelligence analyst.

In June, the servicemembers will travel to Camp Buehring, Kuwait, to compete for top USARCENT honors. Soldier performance testing will include: weapons qualification, Army physical fitness, urban warfare orienteering, warrior task testing, as well as a 50-question multiple choice and written exam.



U.S. Army Spc. Chyna Williams, from Crestview, Fla., practices gas mask clearing procedures with Staff Sgt. Ria Phillips, from Saint Croix, Virgin Islands, during the Third Army/U.S. Army Central Area Support Group Qatar Soldier of the Year and Noncommissioned Officer of the Year selection process at Camp As Sayliyah, Qatar, May 11. In June, the servicemembers will travel to Camp Buehring, Kuwait, to compete for top USARCENT honors. "I always put my Soldiers to the test, so it's about time I do it myself too," said Phillips, prior to beginning the NCO of the Year selection process in Qatar. (Official Army Photo/Dustin Senger)

"Participating in a Soldier of the Year competition is a good experience," said Williams. "A lot of people aren't afforded this kind of opportunity. I know it will make me a better NCO someday." Williams graduated boot camp in November

2007. Last month, while stationed in Qatar, she was promoted to specialist.

"I always put my soldiers to the test, so it's about time I do it myself too," said Phillips, prior to beginning the NCO of the Year selection process in Qatar. "I have learned that preparation involves much more than a study guide – you have to become confident about going through the different stages. I am avoiding minimum expectations by always trying to prepare for the next level."

"Williams and Phillips are already well trained," said 1st Sgt. Donald Williams, ASG-QA headquarters and headquarters first sergeant. "But participating in this selection process will help them become stronger soldiers and more capable leaders. It's an important tradition for the Army's NCO corps." **A**



U.S. Army Staff Sgt. Ria Phillips, from Saint Croix, Virgin Islands, and Spc. Chyna Williams, from Crestview, Fla., are announced as the Third Army/U.S. Army Central Area Support Group Qatar Soldier of the Year and Noncommissioned Officer of the Year, respectively, at Camp As Sayliyah, Qatar, May 11. First Sgt. Donald Williams, ASG-QA headquarters and headquarters first sergeant, stands behind the two selected soldiers. (Official Army Photo/Dustin Senger)

Troop Medical Clinic

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

Mornings: 0700-1100

After Hours: 1900-2300

Routine appointments are for evaluation or re-evaluation of chronic medical conditions, medication refills and post-deployment health assessments. Every day: 1300-1800

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

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

CAS in the News!

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

Optical Fabrication Laboratory

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

• Monday thru Thursday:

9 a.m. to 4 p.m.

• Friday:

Appointments only

• Saturday:

Closed

• Sunday:

9 a.m. to 3 p.m.

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

THE WIRE

Troops challenge professional volleyball athletes

By **DUSTIN SENGER**

ASG-QA public affairs

CAMP AS SAYLIYAH, Qatar – U.S. servicemembers played against national volleyball athletes at Camp As Sayliyah, Qatar, June 3. The evening game in the base gymnasium positioned the military installation's best players against four of the nation's top athletes.

The U.S. Association of Volleyball Players, a leading national league hosting summer and winter tournaments, was represented by Brooke Hanson, Ryan Mariano, Jeff Nygaard and Matt Olson. The four athletes played with several servicemembers during a support tour to U.S. military installations in Southwest Asia.

After playing alongside the professionals, the final game divided everyone into two teams: eight military versus four AVP athletes. Two referees sanctioned the game following Federation International de Volleyball rules. The team of four professionals ultimately won 20-3.



U.S. Army Pfc. Thuc Nguyen, from Boston, Mass., holds 'thumbs up' after scoring during a volleyball game with professional players at Camp As Sayliyah, Qatar, June 3. U.S. Association of Volleyball Players Ryan Mariano (far right) stands behind him waiting for the next play. Brooke Hanson, Jeff Nygaard and Matt Olson were also present. After playing alongside the professionals, the final game divided everyone into two teams: eight military versus four AVP athletes. Two referees sanctioned the game following Federation International de Volleyball rules. (Official Army Photo/Dustin Senger)

"I've always enjoyed playing against people of this caliber – it helps learn something more about the game," said U.S. Army Sgt. Carlos Rodriguez, from Bayamon, Puerto Rico. He played All-Army Volleyball from 2003 to 2004. "I intend to continue playing once I get situated back in the States again."

"Each national-level player was really easy to talk with," said Rodriguez, who further commented on Nygaard's height. The 6-foot-8 AVP player is a two-time indoor volleyball Olympian. He first competed in AVP beach events with indoor volleyball Olympian John Hyden in 2001, leading to seven appearances during his introductory season.

"I have watched professionals play volleyball in California," said Pfc. Thuc Nguyen, from Boston, Mass., "but I've never played with them before!" Nguyen recalled being part of the Boston Latin High School volleyball team, as well as a participating in a volleyball club in college.

"Each servicemember thoroughly enjoyed playing with – and against – the professional volleyball players," said Lt. Col. Scott Naelitz, Area Support Group Qatar deputy commander. "Since we regularly promote physical fitness in our deployed environment, this opportunity to compete against Olympic-level athletes is an unforgettable experience for everyone." **A**



U.S. Army Sgt. 1st Class Steven Fountain, from Panama City, Fla., and Association of Volleyball Players Booke Hanson battle over the net during a volleyball game at Camp As Sayliyah, Qatar, June 3. Ryan Mariano (far right), Jeff Nygaard and Matt Olson were also present. After playing alongside the professionals, the final game divided everyone into two teams: eight military versus four AVP athletes. Two referees sanctioned the game following Federation International de Volleyball rules. (Official Army Photo/Dustin Senger)

:: X-Games athletes support troops overseas



U.S. Army Spc. Paul Word, from Garland, Texas, takes a photograph with professional X-Games athletes at Camp As Sayliyah, Qatar, June 21. From left: Jen Hudak, Tom Stober, Graham Watanabe and Dane Ferguson. "I skateboarded when I was kid," said Word. "I tried to master all the tricks. You have to be good; it's an art." The extreme action sports stars were beginning a support tour of military installations in the Middle East. (Official Army Photo/Lakia Clarke-Brown)

THE WIRE



Dr. Rahid S. Niaz, from New Orleans, La., reviews post traumatic stress disorder treatment scenarios at Camp As Sayliyah, Qatar, June 21. "It's important for every servicemember and leader to understand and recognize the symptoms of PTSD," said Niaz. "The longer an affected person waits before seeking help, the more treatment he or she is likely to need." (Official Army Photo/ Dustin Senger)

USO Qatar

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

USO is seeking volunteers

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

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



Post traumatic stress disorder: overseas clinicians' review

By RASHID S. NIAZ, M.D., M.P.H.
and
By NIKOLE SCOTT CONERLY, Ph.D., C.G.P.
ASG-QA TMC

CAMP AS SAYLIYAH, Qatar – Third Army/U.S. Army Central Area Support Group Qatar is dedicated to the promotion of medical and mental health care at Camp As Sayliyah, Qatar. Post-traumatic stress disorder is a special concern for anyone previously exposed to an intense combat situation and quickly recognizing symptoms makes recovery

much easier. To support timely treatment, the Area Support Group-Qatar troop medical clinic offers help for servicemembers while they are overseas.

The Camp As Sayliyah military community operates as a vital sustainment force for combat maneuvers throughout Southwest Asia. Daily activities at the installation are not bombarded with direct enemy contact, however many troops have seen combat while serving in other areas in the region. Furthermore, ASG-QA executes the only authorized U.S. Central Command rest and recuperation pass program; recharging over 185,000 war fighters since its 2004 inception. Service members dealing with the grind of duty in Iraq and Afghanistan make up the bulk of the program's participation.

Medical professionals at the Qatar base routinely make proactive



U.S. Army Maj. (Dr.) Sameer Khatri, Area Support Group Qatar medical and health services director, reviews post traumatic stress disorder treatment scenarios with Dr. Nikole Scott Conerly, from Washington D.C., at Camp As Sayliyah, Qatar, June 21. Conerly is a certified group psychotherapist who offers mental health support for servicemembers at the U.S. military installation in Qatar. Since 2004, over 185,000 war fighters have traveled to the Qatar base to participate in the only authorized U.S. Central Command rest and recuperation pass program in Southwest Asia. (Official Army Photo/Dustin Senger)

attempts to explain available resources to service members suffering with any mental health issues, including PTSD. They also strive to eliminate social stigmas associated with seeking professional assistance. An on-staff psychologist is available specifically for service members living with PTSD and other mental disorders. Fortunately, many of today's troops are learning the value of seeking mental health treatment and appear more likely to recommend it to their peers.

In the past, troops were reluctant to seek treatment from a psychologist, or other mental health professional. Many of our nation's warriors believed seeking mental health treatment was a sign of weakness. Others thought it automatically resulted in taking numerous medications with undesirable side effects. While many others simply believed seeking mental health treatment was admitting to being "crazy." Thankfully, these destructive concepts are being neutralized throughout the military with routine education and awareness training.

"It's good to have a program where we can get help with mental health problems without shame," said a career Soldier receiving PTSD treatment at Camp As Sayliyah. "Talking to a psychologist about my PTSD issues helps me feel better. Memorial Day was hard for me because I kept thinking about all of the friends I have lost over the years in combat. Knowing I could talk to my therapist – and cry if I needed – helped me to make it through."

"I am enjoying a better relationship with my family since receiving therapy," said a Soldier who recently began coping with PTSD symptoms by visiting the psychologist at Camp As Sayliyah. "To me, knowing it's

time to seek help doesn't mean I'm weak. It means I'm smart enough to know when I need assistance."

As defined by the National Institute of Mental Health, PTSD is an anxiety disorder that can develop after experiencing or witnessing a terrifying event in which grave physical harm occurred or was threatened. PTSD may be triggered by vicious personal assaults, natural or human-caused disasters, accidents or military combat. Service members who have experienced life-threatening situations are at high risk, such as enemy engagement, terrorist attacks or witnessing a violent death.

One of the most common symptoms of PTSD is repeated memories of the traumatic event. Episodes of reliving, or re-experiencing, the incident through "flashbacks" or nightmares can be incredibly distressing and disorientating. The stress can lead to physical reactions, such as shaking and sweating.

When PTSD symptoms occur soon after a traumatic event, they readily get better after three months. However, some are affected by long-term symptoms that lead to suffering for many years. The actual cause of PTSD development is not entirely known, but primarily contributors may be physical (neurochemical pathways) and psychological factors.

Treatment should always be sought, regardless of when the traumatic event happened. PTSD symptoms may occur soon after a major trauma, or they can be delayed for months – possibly years – after the event. They can also come and go over time. A person is probably suffering from PTSD if symptoms

last longer than four weeks, result in great distress, interfere with work or disrupt home life. Patients who are treated early often get better with little intervention.

A number of treatments for PTSD are helpful; most involve psychological treatment, such as a course of trauma-focused cognitive behavioral therapy. Medication can also be helpful. There are many different types of professionals qualified to provide trauma-focused clinical and psychological therapy, including family practitioners, psychiatrists, clinical psychologists, clinical social workers and clinical nurse specialists.

A service member's primary medical treatment facility is the best place to start finding help with PTSD symptoms. They'll either receive treatment or a referral to an appropriate facility. They can also seek help from TRICARE, a unified coverage program of the Military Health System that merges military health care resources with civilian health care professionals, institutions, pharmacies and suppliers.

After separation from the military, former service members can qualify for care related to their time spent in uniform. The Veterans Administration has specialists available for anyone suffering from PTSD.

Regardless of where professional help is requested, all healthcare professionals are required to treat patients with respect, sensitivity and understanding – their job is to explain PTSD and its treatment, simply and clearly. **A**

U.S. Army (Dr.) Maj. Sameer Khatri, Area Support Group Qatar medical and health services director, and Dustin Senger, ASG-QA public affairs specialist, contributed to this report.

Rest and Recuperation Pass Program

Donations

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

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

Contact Capt. Diane Collver, ASG-QA rest and recuperation pass program officer, for more information.



THE WIRE

On-post venues

By LAKIA CLARKE-BROWN
ASG-QA public affairs

Camp As Sayliyah enhances combat strength, readiness and retention by providing world-class service while maintaining mobility; conforming to the installation's temporary posture. Area Support Group Qatar provides and maintains numerous outlets of products, services and recreational venues for servicemembers at Camp As Sayliyah in Qatar.

While on-post amenities were originally structured to accommodate permanent residents, they later received major renovations in support of servicemembers participating in the U.S. Central Command rest and recuperation pass program (R2P2). Since the program's inception in 2004, ASG-QA has recharged over 185,000 war fighters, taking a brief break from contingency commitments throughout the USCENTCOM area of responsibility.

ASG-QA morale, welfare and recreation team works cooperatively with United Service Organization Qatar to enhance the success of the R2P2 program, while also supporting the installation's vast community of servicemembers stationed at Camp As Sayliyah. The USO lounge is filled with traditional Arabic décor, which creates a calm and comforting place for servicemembers to relax,

play games, read books or watch movies.

In 2007, ASG-QA spent over \$200,000 in renovations and improvements in the large garrison dining facility to better serve patrons. Breakfast, lunch, dinner and a mid-night meal is served daily – with an optional "Grab-and-Go" service. In 2008, the facility was recognized as the best in Third Army. ASG-QA was announced as the 2008 Phillip A. Connelly Award winner on Dec. 20, 2007, for providing the best large garrison dining facility Army-wide. In December 2008, the facility received commendable remarks while competing for the 2009 Connelly Award.

The Army, Air Force Exchange System provides relentless service for installation residents. Since 1895, AAFES has consistently provided outstanding service for men and women serving in the Armed Forces while stationed overseas. The AAFES Post Exchange at Camp As Sayliyah presents a substantial amount of stocked items; such as: military and civilian clothing items, jewelry, movies, shoes, CDs, books and magazines. The AAFES concessions mall complex provides a one-stop-shop for a variety of services; such as fast-food outlets, barbers and stylists, pedicures and manicures, military car sales, tailors, laundry and assistance with finding great souvenirs from Qatar. The outdoor seating area is equipped with free WiFi service.

AAFES made several upgrades to the post theater in 2008, to include a new projector, projector screen and the implementation of professional 35 millimeter film reels. On January 6, Col. David G. Cotter, ASG-QA commander reopened the movie theater, thereby introducing an ability to offer daily first-run flicks



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

on the installation.

There are many active components sustaining the on-post relaxation and recreation atmosphere. Under the commander's leadership and the efforts of the entire Camp As Sayliyah community, the level of excellence continues to rise, increasing its standards as a pleasant place to live, work and play. **A**

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

AAFES Post Exchange

Barber shop
Braids and More Hair Salon
Military Car Sales
Dry cleaners
Alteration shop
Gift shops
Jewelry shops
Popeye's Chicken and Biscuits
Subway
Pizza Inn
Green Beans
Western Union
Wi-Fi Internet
Outdoor Food Court
EagleCash Kiosk

R2P2 Building

Internet cafe
DSN phone center
ATM machine
EagleCash Kiosk
Reading room
Movie-theater TV lounge
Toiletry closet
Donation closet
Chaplain's support room
Green Beans
Kitchen with snacks and beverages
X-Box / PlayStation
Big-screen TV lounge

USO Lounge

X-box stations
TV corner
Book corner
United Through Reading room

MWR Top-Off Club

Mularkeys' Irish Pub
Cactus Restaurant and Bar
Wine Bar
Plasma TVs
Wi-Fi Internet
Eight-lane bowling alley
Dance Dance Revolution Arcade
Gaming System
Electronic darts
Electronic gaming systems
Basketball cage
Pool tables
Foosball
Air hockey
Darts
Batting cage
Night-life entertainment (1800-0100)

MWR Oasis Club

Restaurant
Pool tables
Foosball
Plasma TVs
Night-life entertainment from (1800-0100)
Postal Office (adjacent to Oasis Club)

MWR Pool Area

Swimming pool

Heated Outdoor Jacuzzi
Chili's restaurant

MWR Large Gym

Endurance-training section with Broadcast Vision
Resistance-training area
Internet cafe and phone center
Wi-Fi Internet
Video rentals
X-Box game room
Big-screen TV lounge
Ping-pong tables
Foosball
Nine-Hole miniature golf
Golf driving range
Outdoor basketball courts
Dairy Queen/Orange Julius
The Spa
Barbershop
EagleCash Kiosk

MWR Small Gym

Endurance-training section
Resistance Training Area
Indoor basketball court
Barber shop
Finance office
EagleCash Kiosk
Personnel office



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

Chaplain Services

Attend the installation ministry team's spiritual support services.

Spiritual Fitness Luncheon

- July 30: Luncheon at noon in the large dining facility.
- August 26: Luncheon at noon in the large dining facility.

Contact Capt. Jin Choi, ASG-QA chaplain, for more information at DSN 432-2198.

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.

THE WIRE

Ask the chaplain

By Capt. JIN CHOI
Installation ministry team

Q. What kind of activities does the installation's ministry team provide?

A. The installation ministry team offers several programs to promote spiritual fitness at Camp As Sayliyah. Since preserving your faith while stationed overseas is important, everyone is encouraged to stay focused on spiritual growth. Spiritual strength supplies motivation, dedication and will to succeed and survive.

A really active area for us is religious services support; such as Catholic mass, Muslim prayers, Protestant and Later Day Saints service. At Camp As Sayliyah, most religious services are held at the community activity center (CAC), located northwest of the Area Support Group Qatar compound. Furthermore, our spiritual support is augmented by the Al Udeid Air Base ministry team, where Jewish and Wicca religious groups are readily available. If you're interested in any of our neighbor's services, don't worry about transportation – we'll help you get there!

For spiritual education, we offer inspirational

studies that focus on biblical lessons found in literature. The meetings are found in the CAC on Wednesdays and Sundays. On Thursdays, we move over to the rest and recuperation pass program building to accommodate the R&R program's troops and staff members. Currently, our topic for the Sunday Bible study is "If You Want to Walk on Water, You've Got to Get Out of the Boat," a book by John Ortberg. On Wednesdays and Thursdays, we discuss "The Truth Project; An In-depth Christian Worldview Experience," by Dr. Del Tackett.

Thursdays nights are full for activity in the CAC, an evening for exploring musical talents at Camp As Sayliyah. We offer guitar and drum lessons for anyone interested in trying something new. You can also ask about joining the installation praise team for an opportunity to sing and play musical instruments in an enthusiastic group setting. It's a great way to increase your involvement in social activities on camp.

Finding ways to support our troops participating in the R&R program is important to the installation ministry team. We try to help maximize their recharge from the daily grind of combat operations throughout the Central Command area of responsibility. Program participants are always appreciative of anyone willing to donate time and assistance.

Lastly, the Chapel team welcomes new ideas. If you have any suggestions or questions regarding the Camp As Sayliyah programs, please feel free to let us know. **A**



U.S. Air Force Capt. Jin Choi, Area Support Group Qatar chaplain, jokes with Staff Sgt. Steven Drew, chaplain assistant, inside the installation chapel at Camp As Sayliyah, Qatar, June 2. (Official Army Photo/Ding Alcalayde)

MWR events

- ♦ **Flyleaf Band Performance**

July 1 • 8:30 p.m. • Top-Off Club

- ♦ **4th of July Events**

July 4 • 10 a.m. • Small Gym (Volleyball)

July 4 • 1:30 p.m. • Large Gym (Jenga)

July 4 • 3 p.m. • Small Gym (Dodgeball)

July 4 • 6 p.m. to 1 a.m. • Top-Off Club

- ♦ **Elevation Performance**

July 1 • 8:30 p.m. • Top-Off Club

- ♦ **NCAA Football Coaches Tour**

July 5 • 11:30 a.m. to 1 p.m. • Large Dining Facility

- ♦ **Elevation Band**

July 8 • 8:30 p.m. • Top-Off Club

- ♦ **New England Patriot Cheerleaders**

July 21 • 11:30 a.m. to 1 p.m. • Large Dining Facility

July 21 • 8:30 p.m. • Top-Off Club

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



AAFES movie theater

Visit the new AAFES movie theater adjacent to the large dining facility. All movies shown using professional 35 millimeter film reels! More movie times at: <http://www.aafes.com/ems/euro/qatar.htm>. Contact Teresa Barrett, AAFES service business manager, for more information.



FITNESS MANIA!

U.S. Army Staff Sgt. Vanessa Manuel, Area Support Group Qatar, scored 1,010 points to win the May fitness challenge at Camp As Sayliyah! Her score was 250 points higher than second place finisher Sgt. Amanda Alward, Joint Psychological Operation Task Force.

Sign up for the July 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.



(Courtesy Photo/Dustin Senger)

FITNESS

SOLDIER STRONG

Fitness Q&A

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

Q. There are a lot of supplements on the market – what actually works?

A. Thousands of companies battle over the \$20-billion U.S. dietary supplement industry every day, trying to turn profit by selling vitamins, minerals, botanicals, meal replacement supplements and various sports nutrition products. With all the money exchanging hands, from research and development to overly hyped-up advertising, it's often hard to separate fact from fiction. Looking at clinical evidence, conclusions based on scientific observation, as well as anecdotal reports from trained athletes, two over-the-counter supplements consistently come ahead of all others: creatine and caffeine.

In March 2009, Creatine and caffeine were announced as “ergogenics that work as claimed” by the American Dietetic Association, Dietitians of Canada and the American College of Sports Medicine. The statement was made in an official position stand on nutrition and athletic performance. Creatine is an effective supplement for fueling repeated short bursts of high-intensity activity. Caffeine is an effective CNS stimulant that decreases an athlete's perception of effort; furthermore, it helps mobilize free fatty acids and spare muscle glycogen. Creatine-containing

supplements are not prohibited by the International Olympic Committee and caffeine ingestion is only banned over a certain limit. In general, their use in sports is generally left to each athlete's discretion.

Creatine

Creatine is currently the most widely used performance-enhancing substance by bodybuilders and powerlifters. Numerous ergogenic effects have been documented in clinical studies over the last 15 years. It is effective at enhancing anaerobic energy systems for intense resistance exercise. People who train for strength, power and speed use intramuscular stores of adenosine triphosphate and phosphocreatine as the primary energy substrates. Creatine is an important source of chemical energy for muscle contraction because it can create phosphocreatine or donate phosphate to adenosine diphosphate to form adenosine triphosphate, catalyzed by the enzyme creatine kinase.

While research using previously untrained subjects isn't nearly as conclusive, numerous studies have reported creatine's positive influence on strength performance and body composition in already trained individuals. To see the most benefit from creatine supplements, previous resistance training efforts should have re-enforced accurate motor control to train against resistance with extreme intensity. Additionally, individuals should already have a considerable amount of muscle mass, dense tissue primed to take advantage of any increase in intramuscular energy pools. Women tend to respond less to creatine supplementation than men, which is likely due to less lean body mass. Reasonably muscular men are likely to increase one to two kilograms of

body mass, or more, with only short term use. This quick volumizing affect is a result of an increase in intramuscular creatine and hydration levels. Combined with progressive resistance training, continued use will assist in increasing dry muscle cross-sectional area.

In May 2009, the Journal of Strength and Conditioning Research published a study reviewing two and five days of creatine loading on muscular strength and anaerobic power in trained athletes. Seventeen men, each with a history of resistance training, ingested either creatine or a placebo, a substance that was “similar in appearance and taste” to creatine. A traditional 20-gram loading protocol was administered: four five-gram doses per day, over five days. Anaerobic power and strength performance measures were conducted in the morning before the supplementation began and then on the third and sixth days, to establish the effect of two and five days of creatine loading, respectively. The study found that a five-day creatine loading regime quickly and significantly improved average anaerobic power during resistance training, as compared to training alone. Creatine uptake in the body improved after two days but the greatest ergogenic effect occurred after five.

Creatine use offers no prevalent performance advantage for endurance exercise that primarily taps aerobic energy pathways. Aerobic metabolism uses oxygen to generate cellular energy where oxidative phosphorylation produces most of the muscle’s adenosine triphosphate. To sustain endurance through repeated exercise (running, cycling), the aerobic process is much more effective than anaerobic metabolism. Athletes engaged in mixed events, like rowing and

swimming, might benefit from creatine use.

A typical mixed diet generally serves up around one gram of creatine each day. A diet high in protein-rich foods yields much more – 500 grams of fresh, uncooked steak contains around two grams of creatine. Creatine can be created endogenously, in the liver, kidneys and pancreases from glycine, arginine and methionine. Although creatine is considered safe in healthy adults, the most common adverse effects include weight gain (fluid retention), cramping, nausea and diarrhea.

Caffeine

Caffeine’s action as a central nervous system stimulant receives the most attention but studies on athletes have also shown a decreased perception of effort during exercise. Also, it increases the use of fats for fuel which, in turn, limits carbohydrate consumption, thus delaying muscle glycogen depletion. At nine kilocalories of energy per gram, fats are a much more potent energy source than carbohydrate or protein, both yielding only four kilocalories.

In September 2007, researchers from the Department of Kinesiology at California State University, Northridge, published a review of the physiological effect of caffeine ingestion on one-repetition maximum muscular strength. Few studies have documented caffeine’s ability to boost strength performance. One hour prior to exercise, they administered either a placebo or six milligrams of caffeine per kilogram of body weight to 22 resistance-trained men. Everyone refrained from caffeine intake for two days prior to each performance-based study. The researchers did not

note a significant change in bench press or leg press performance. However, they did note an 11- to 12-percent increase in endurance with caffeine supplementation. Greater endurance results in a better peak power output when training with short or no rest intervals, or when training large muscle groups with heavy loads.

In April 2008 research published in the International Journal of Sport Nutrition and Exercise Metabolism reported caffeine’s potential to increase testosterone secretion in response to resistance exercise. The anabolic actions of testosterone can help promote quick recovery by encouraging an environment that favors muscle growth. Large doses of caffeine can counteract this benefit by increasing cortisol secretion, which causes a catabolic environment from a resultant decline in the testosterone-to-cortisol ratio. Caffeine’s desirable effect on testosterone levels seems to be best acquired at doses around 400 to 600 milligrams.

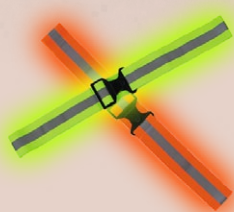
Contrary to popular belief, recent reports show that caffeine in moderation does not cause dehydration or electrolyte imbalance. Nonetheless, when rapid rehydration is needed, caffeine-free beverages should be used. Caffeine in excess can be potentially dangerous. Popping pills, slamming caffeinated beverages and snacking on caffeine-laced sports bars can lead to unhealthy amounts. Adverse effects include dependency, anxiety, jitteriness, rapid heartbeat, gastrointestinal distress and insomnia. **A**

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

WEARING OF REFLECTIVE BELT/GEAR

(Ref: USARCENT Policy Memo OPL PROT 04)

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



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

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

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

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

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

FITNESS

Barbell squats for building muscle

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

The barbell squat is one of the most misunderstood, or otherwise neglected, exercises in strength training. Many trainees perform it incorrectly, while others avoid it like a painful pandemic. The importance of intense leg exercises cannot be undermined in resistance training programs, since muscle growth throughout the body can be negatively affected. While genetic limitations differ between individuals, in general, human muscular systems require symmetry. They will stop responding to growth cues if an extreme imbalance starts to unfurl, in order to remain a fully functional organism. Learning how to squat correctly is essential for building a stronger and more muscular body. Squats also help promote a greater tolerance to the stress of intense exercise.

Free-weight squats are a functional movement. Unlike leg presses and hack squats, they work the body's largest muscular systems through a natural range of motion. Squatting primarily recruits the quadriceps, a large mass of muscles covering the front and sides of the femur, to include: vastus lateralis, on the lateral side of the femur; vastus medialis, on the medial side of the femur; vastus intermedius, between vastus lateralis and vastus medialis on the front of the femur. As the weight is lowered, significant support is offered by the gluteus maximus (glutes), inner thigh adductors and soleus. The movement is counter balanced

and stabilized with activation of the hamstring, calf, lower back and abdominal muscles.

All this muscle activation is exhausting! When barbell squats are performed correctly, the movement is mentally and physically draining. It causes extreme central fatigue, decreased plasma PH levels (acidity), dehydration, depleted glycogen stores and a drop in blood glucose. Remaining disciplined during a nauseating condition is a true testament of character. The human body naturally resists moments of extreme fatigue and metabolic strain – as a survival mechanism. For that reason, many trainees lose sight of proper form and execution. Giving up and moving over to the Smith Machine isn't a commendable retreat; it results in less stabilizer and supporting muscle activation while using a fixed path that acts against the body's natural arc of movement. Moreover, allowing one's self to continually lock out knee joints is not beneficial to performance gains; since the load is subsequently transferred from the muscles to the skeletal system.

A free-weight squat should be performed in a rack with safety bars. In preparation, position the barbell so it's racked at shoulder level. Dismount the bar by resting it behind the head, nestled inside the meaty part of the upper back, and carefully take a step or two away from the hooks. With a firm grip securing the weight across the shoulders, sit back through the decent, until the knees are fully bent and hips are parallel to the floor. This depth is often referred to as "going to parallel" in powerlifting circles. Over-zealous lifters often wrap their knees in a rush to ego lift greater loads – they often drift from full- to quarter-range squats

in their misguided efforts. Wrapping the knees can prevent required adaptations from occurring, resulting in system imbalances. If proportionate development, training longevity and injury prevention is important, the safest route is to avoid knee wraps and simply train to parallel with a lighter load until hip and ankle flexibility improves.

After the decent, immediately reverse direction with the head and shoulders moving first – not the hips. Lift until the legs extend enough to contract the quadriceps, but remain bent to avoid placing the load on the skeletal system. Don't look down at feet placement as the load is forced against gravity. In every sport, athletes look where they want their efforts to be applied – golfers gaze off to the green and bowlers keep an eye on the pins. When squatting, weightlifters should look up, maybe forward, but never down. For the best structural support during the lift, the back should remain straight

and erect while the feet stay flat on the floor. The weight should share equal distribution across the soles. To avoid a repetitive stress injury, the knees must always remain pointed in the same direction as the feet. The movement should be continuously repeated until the leg's extensive network of muscles gives in to the load. Muscle failure should occur at around 10 to 20 repetitions; high repetitions are advocated since the legs generally have a slow rate of fatigue.

Squatting isn't easy, especially as fitness thresholds increase and greater loads add to each workout's intensity. However, handling heavier loads shouldn't be the only method for applying a progressive overload. Altering program design to permit sets with short rest intervals will dramatically increase the training stimulus. Twenty-repetition "widow maker" sets are well known as an effective method for stimulating growth in the leg muscles. To further

ramp up intensity, a load heavier than a 20-repetition maximum can be used with brief moments of rest. Around 65 percent of a trainee's one-repetition maximum frequently fits the bill. The increase of intensity helps maintain reliance on the explosive anaerobic energy system during the agonizing climb to 20 repetitions.

When performed correctly and consistently, free-weight barbell squats are a great muscle growth stimulator. They also provide an edge in sports where sprinting and jumping is necessary. Most strength coaches consider squatting as a fundamental exercise for greater total-body muscularity and physical competence. ^A

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



Barbell squat competition in the large gym. (Official Army Photo/Dustin Senger)

Qatar “do’s” and “don’ts”:

- ✓ Do drink plenty of water.
- ✓ Do use sunblock for outdoor activities.
- ✓ Do use Greetings and Formalities. Such as: Good Morning/ Evening.
- ✓ Do dress Modestly.
- ✓ Do only use Karwa Taxis.
- ✓ Do bargain with Souq shopkeepers.
- ✓ Do be aware of gender specific counters and waiting areas.

- ✗ Don't take photographs of Arab women, children, mosques or government buildings.
- ✗ Don't look or stare at people especially women and children.
- ✗ Don't ask an Arab lady for information.
- ✗ Don't be offended if your handshake is refused.
- ✗ Don't use your left hand to eat or drink.
- ✗ Don't sit with the soles of your shoes facing others.
- ✗ Don't go barefoot in the sea.

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*

CULTURE

Clothing constraints in Qatar

By DUSTIN SENER
ASG-QA public affairs

The Gulf state of Qatar is an Islamic nation; full of history, tradition and culture. It is also a nation governed by Islamic law. According to the Koran, the Islamic holy book, Muslims are forbidden to expose certain sections of their body while in public. Throughout the world, followers of Islam have different interpretations of what is considered modest dress but on the Arabian Peninsula, Muslims adhere to strict rules for humble attire.

In obedience to the Islamic laws governing Qatar, public clothing must avoid encouraging fornication or adultery. Qatari officials require all local nationals, expatriates, visitors and tourist wear modest attire while in public. A recent officer augmentation has increased enforcement of Islamic laws and courtesies in Qatar.

In March, the Qatar Ministry of Interior launched a Rescue Police unit, a road patrolling force known locally as “Al Fazaa.” The Al Fazaa force adds a fleet of more than 100 patrol cars to Doha districts, each positioned based on population and traffic density. According to Qatar Brig, Gen. Mohamed Saad Al Kharji, Traffic and Patrols Department director, the core mission of the Al Fazaa patrols is maintaining public security by increasing patrols in, and around, Doha. They contribute to ensuring the smooth flow of traffic on roads, detect traffic violations, respond to emergency situations and offer support in social and

humanitarian services.

Numerous expatriates have reported witnessing Al Fazaa patrols observing nightlife at various hotel establishments with nightclubs, venues where people tend to dress up in an effort to appear more attractive in the social setting. Over the last few months, patron testimony has suggested an increased refusal to allow entry into nightclubs due to apparel that is too revealing or seductive.

Gulf Arabs often wear loose-fitting clothing that is unique to the region and promotes modesty in public. The apparel for both men and women conforms to Islamic law and the valued traditions of the Gulf countries.

Gulf Arabs often wear loose-fitting clothing that is unique to the region and promotes modesty in public.

According to Islamic beliefs, women must dress in a manner that does not produce or imply sexual thoughts. All Muslim women must reserve their beauty for members

of their immediate family – most of all, their husbands. “Hijab” is the act of covering everything but the face and hands in clothing. A khimar is a veil that covers the face and hair. The intent is to cover up a woman's figure and feminine characteristics.

Many Muslims in the Gulf countries believe hijab is insufficient for women of Islamic faith traveling in public. Instead, a dark loose-fitting robe is worn to increase face and figure concealment, called an “abaya.” An Abaya is large piece of black fabric draped from head to feet. A “burqa” is an optional veil to completely hide a woman's facial features. Qatari women are often fully covered in public, wearing an abaya and burqa.

Modest dress for Muslim men is a position less defined than the

rules in place for women. As a minimum, many Islamic scholars argue that Muslim men should cover themselves from the navel to the knees while in public. Qatari men often wear a “thobe,” a white, long-sleeved robe that usually extends from the shoulders to the ankles. Also called a “dishdash,” it’s usually made of cotton, wool or silk. A “ghutra,” or headscarf, is generally worn with a thobe. To keep the ghutra in place, an “agal” is worn on top of the head gear. Men may wear a “keffiyeh” under the ghutra for additional support, which resembles a small head cap. Thobes are worn throughout the Gulf countries but each nation’s style and length varies. Qatari men often wear formal and casual attire in public.

For prayers to be valid, Muslims must dress conservatively and remain respectful while worshipping God. Muslims must wash their hands and feet prior to entering a mosque, the Muslim place of worship. Most mosques have outdoor facilities for this purpose. “Wudu” refers to systematic ablutions performed before prayer. Shoes are strictly prohibited inside a mosque. There are five daily prayers in Islam: “Fajr,” before sunrise; “Dhuhr,” shortly after noon; “Asr,” late afternoon; “Maghrib,” just after the sun goes down; and “Isha,” before retiring for the night.

Islam tends to emphasize the direct relationship of each believer to God, rather than elaborating roles for human intermediaries. As such, there is no specific attire designated for the “imam,” the leader of prayer in a mosque who delivers a message or sermon. In the same respect, the “muezzin,” who recites each call to prayer, follows the same dress requirements as any worshipping Muslim. They may wear special robes or turbans of honor, but these vary according to regional customs.



U.S. Air Force Airman 1st Class Jose Elvin, from Camden, Ga., poses for a photograph with Gen. Hamad bin Ali Al Attiyah, Qatar armed forces chief of staff, at the general’s beach home in Al Khor, Qatar, Feb. 17. Attiyah is dressed in traditional attire for the Gulf state: a white thobe with a ghutra secured by an agal. (Official Army Photos/Dustin Senger)



Fatima Al Hamadi explains a Book of Secrets exhibit at the Museum of Islamic Art listen to in Doha, Qatar, Dec. 20, 2008. Hamadi is dressed in a black Abaya. “Hijab” is an arabic word referring to the act of covering everything but the face and hands in clothing to conceal a woman’s figure and feminine characteristics.

It’s important to understand and respect the long-held traditions in Qatar. Host nation officials value the preservation of their Islamic fundamentals – they are quick to identify and prosecute offending behaviors. Adherence to the Area Support Group Qatar clothing policies will ensure you dress in an acceptable manner while enjoying off-post activities. **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 deputy provost marshal, or Hani Abukishk, civil affairs officer, for more information.

Drove a Little Fast?

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

Education Center

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

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

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

DOHA LIFE

Troops compete in Qatar military basketball tournament

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

DOHA, Qatar – A U.S. armed forces basketball team ended participation in the annual Qatar military sports competitions after an intense battle on the court at Al Gharafa stadium, Qatar, May 21. While stationed in Qatar, experienced players from Camp As Sayliyah and Al Udeid Air Base attempted to qualify for their host nation's armed forces basketball tournament finals by facing four games out over the last two weeks.

The U.S. military basketball team trailed far behind in the first three games of the tournament, defeated

by the Qatar navy 57-44, army 74-27, and general headquarters logistics 94-49. At their final opportunity to qualify for the semi-finals, the U.S. military team appeared set up for victory after outscoring the Qatar air force early in the game. However, in the final half, Qatar players earned enough points to sufficiently widen the gap, winning the game 86-76.

Since the initial invitation in July 2004, U.S. servicemembers have embraced opportunities to join Qatar's premier military sports competitions, as the only non-Qatar military participants. Each athletic event presents a venue for sociable interaction between the two nations' forces. Since the 2004-2005 sports season, U.S. involvement in the annual competitions has included: marksmanship, military and cross-country runs, soccer, table tennis and basketball.

"This was a once in a lifetime



U.S. Air Force Senior Airman Nathan Ondracek, from Chico, Calif., and Army Sgt. 1st Class Billy Robertson, from Denver City, Texas, listen to advice from Sgt. 1st Class Otis Walker, from Miami, Fla., during a Qatar armed forces basketball tournament at Al Gharafa stadium, Qatar, May 17. Walker, the team's coach, was trying to help the players gain ground on the Qatar military general headquarters logistics team. "Our guys are used to playing on the smaller courts found on camp," said Walker. "Also, some of the rules are different – the three-point area is wider, the down-low area is more spread out and everyone gets to take three full steps with the ball, instead of two." (Official Army Photo/Dustin Senger)

opportunity,” said U.S. Air Force Staff Sgt. Tommy Nixon, from Philadelphia, Pa. “I have played a lot of basketball in my life, but these were the most talented teams I have ever played against. Their superior size, speed and cohesion were big factors in beating us. Our team had only been together for a week before the tournament but I think we played really well, regardless. We just weren’t nearly as organized.”

“We definitely should have won the last game,” said Jamelle Moye, from Fayetteville, N.C. “We just didn’t apply enough defensive pressure and often displayed poor judgment.”

“We just needed more confidence on the court,” said U.S. Army Sgt. 1st Class Otis Walker, from Miami, Fla. Walker has been involved in basketball throughout his life – from grade school athletics to military installation tournaments. During the Qatar competition, he stayed along the side lines to instruct and motivate the newly formed U.S. team.

“Our guys are used to playing on the smaller courts found on camp,” said Walker. “Also, some of the rules are different – the three-point area is wider, the down-low area is more spread out and everyone gets to take three full steps with the ball, instead of two.” The referees called plays based on International Basketball Federation rules, which differ from NBA or NCAA sanctioned games in the United States.

“The hardest part was not understanding each player’s strengths and weaknesses well enough to play as a truly competitive team,” said Walker. “But in the end, it’s safe to say everyone enjoyed the experience and played with a lot of heart.” **A**



U.S. Air Force Senior Airman Gary Cooper, from Detroit, Mich., rests on the sidelines during a Qatar armed forces basketball tournament at Al Gharafa stadium, Qatar, May 17. The U.S. team was trying to pull ahead of the Qatar military general headquarters logistics team, after losing their first two games to the navy and army; 57-44 and 74-27, respectively. Qatar eventually defeated the United States 94-49. (Official Army Photos/Dustin Senger)



A Qatar navy servicemember scores against U.S. Air Force Senior Airman Gary Cooper, from Detroit, Mich., during a Qatar armed forces basketball tournament at Al Gharafa stadium, Qatar, May 21.

QATAR MILITARY

May 12 to 21 – Official Army Photos/ Devin Butler



Photography Support

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

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

*ASG-QA domain access required.

BASKETBALL



Rest and Recuperation Pass Program Sponsorship

Sponsor an R2P2 participant to give them an opportunity to see the local culture and atmosphere while enjoying a break from operations.

• Call the R&R Desk for more information

Contact Capt. Diane Collver ASG-QA rest and recuperation pass program officer, 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.

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 deputy provost marshal, or Hani Abukishk, civil affairs officer, for more information.

DOHA LIFE

Marhaba!

By LAKIA CLARKE-BROWN
ASG-QA public affairs

“Marhaba,” is an Arabic word meaning “welcome.” Residents of Qatar are welcoming major developments in the prosperous and wealthy Arab-Islamic nation. Qatar is positioned to become the latest role model for economic and social transformation in the Gulf region. Recent surges in construction and infrastructure, boosted by a large foreign national work force, have prepared the emirate for world-wide exposure. In 1993, Qatar was home to approximately 500,000 people. According to the U.S. department of state since May 2008, the population rate has grown 59.6 percent, increasing the country’s total population to 1.5 million residents.

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

The Villaggio, a mall with an interesting Venetian theme, is Qatar’s leading shopping venue.

Currently, it features 98 retail stores, 21 restaurants and seven cafes – as well as 28 high-fashion boutiques that just opened over the last year. Villaggio offers patrons popular retail stores and well-known Western restaurants. A gondola service, or water taxi, allows surveys of the area using a traditional Italian transport. An ice-skating rink offers a welcomed social activity during hot summer months. The mall neighbors Khalifa stadium, a popular sports complex that hosted the 15th Asian Games Doha in 2006.

The country’s superb stadiums support international sporting events and world-renowned athletes, competing for awards, prizes and recognition. International competitions include: the Qatar Masters golf tournament, the Qatar Airways Squash Challenge, the Qatar Tennis Open and the 15th Asian Games Doha. The competitions have attracted many businesses, investors and thousands of visitors; many have remained in Qatar long after the events’ conclusion.

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

The Qatar museum of Islamic Art The museum first opened its doors to visitors on Dec. 1, 2008. The emir gave the architect unlimited funding to build the magnificent museum. The buildings strong elegant design is nestled within the Gulf coastline; creating a vivid contrast of colors,

from the warm desert sand to the cool ocean waters. The museum holds fragments of Islamic history, such as manuscripts, textiles and ceramics. Many exhibits originate from Turkey, Egypt, Iraq, Iran and India. Admission is free and guided tours are readily available.

Caribou Coffee opened in Qatar earlier this year. The Minnesota-based specialty coffee shop is well known for promising coffee lovers “the best cup of coffee in the world.” The two locations in Qatar present 26 high-quality roasted coffee blends in a warm cabin-like Midwest atmosphere that affords free wireless Internet.

Krispy Kreme has offered arguably the best pastries in the United States since 1937. In February 2008, the franchise expanded its service to Qatar. The opening date

was met with a huge line of eager customers. Like a long-awaited concert, many people camped out to be the first served.

There are several recreational activities available in Qatar, some just beyond the city limits. Without too much effort or financial obligation, residents enjoy sand-dune camps, a day at the luxurious Doha Golf Club or relaxation at Sealine Beach resort. Enormous sand dunes present an opportunity for ATV and four-wheel drive vehicle motorists to satisfy their needs for a thrill – an Arabian past time similar to riding snow mobiles through sand-covered hills. Horse and camel races offer something for visiting equestrians. Many other outdoor excursions are arranged by local tour companies.

(Continued on page 44)

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>



U.S. Navy Petty Officer 2nd Class Emecher Jacobs, from Wilmington, N.C., pets a donkey at a shopping area in Doha, Qatar, Oct. 11, 2008. Jacobs was enjoying a four-day pass from military commitments in Kuwait, by participating in the U.S. Central Command rest and recuperation pass program. With help from a sponsor familiar with Qatar culture, Jacobs joined two other respite program participants to visit the Gulf state's oldest and most famous shopping establishments. (Official Army Photo/ Dustin Senger)

DOHA LIFE



Children spend an afternoon ice skating at the Winter Wonderland ice rink inside City Center Mall, Doha, Qatar, June 19.

Marhaba!

(Continued from page 43)

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

Qatar’s numerous five-star hotels and resorts house a great deal of daytime and evening entertainment; such as the Ritz-Carlton, Four Seasons, InterContinental, Marriot and Sheraton. Major hotels also include beautiful indoor and outdoor swimming pools, saunas, spas and fitness centers.

Sharq Village and Spa, a popular Ritz-Carlton attraction, features fourteen breathtaking waterfront properties, an attractive Arabic market and six exquisite restaurants. Al Dana delivers a chic dining experience combined with

the impeccable Ritz-Carlton service standards.

The W Doha Hotel and Residences, Qatar’s newest hotel, opened in October 2008. The “W” in the hotel’s name represents the hotel’s motto: whatever/whenever. W Doha was designed to accentuate quality and create the ultimate expression of style, sophistication and elegance. The hotel is widely known for its international cuisine restaurant, Market by Jean-Georges. The restaurant’s theme is inspired by traditional Middle Eastern souqs.

Qatar has elaborate plans for the near future. The Pearl, a new 4-million square-meter island is designed to accommodate over 40,000 residents. The man-made island is the country’s first international real-estate venture. The Pearl is expected to define the concept of luxury living for its residents. The multi-billion dollar project will reinforce Qatar’s position as a first-class destination in the Middle East. The island is located offshore of Doha’s West Bay Lagoon area. Upon completion, the project will encompass over thirteen islands. Private owners will occupy eight of the islands. The largest island will host luxury villas, apartments, 5-star hotels and over two million square meters of retail shops, restaurants, cafes and entertainment.

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



A Caribou Coffee employee prepares “the world’s best cup of coffee” in Doha, Qatar, June 19. The two locations in Qatar present 26 high-quality roasted coffee blends in a warm cabin-like Midwest atmosphere that affords free wireless Internet. (Official Army Photos/Dustin Senger)

Off-post suggestions

Supermarkets – Grocery stores can be found throughout the city and in major malls.

Al-Meera, 432-0222
Carrefour (City Center Mall), 484-6265
Carrefour (Landmark Mall), 452-0760
Carrefour (Villaggio Mall), 413-9888
Dasman Centre (Al Matar Street), 431-3115
Family Food Centre (Airport Road), 462-2722
Giant Store (Hyatt Plaza), 469-2994
LuLu Hypermarket, 466-7780
Mega Mart (The Centre), 444-0019

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

Al Khaima (Arabic), Al Sadd Street, 469-0600
Biella (Italian), City Center Mall, 467-7731
Black & White 50s Dinner (Western), Salwa Road, 444-4585
Chili's (Western Tex-Mex), Ramada Junction, 444-5335, or City Center Mall, 411-5848
Nandos (Barbeque), Salwa Road, 435-6756, or City Center Mall, 493-0785
Shebestan Palace (Iranian), Al Sadd Street, 442-5599
Tajine (Moroccan), Salwa Road, 444-4171
The Mongolian Barbeque (Stir-fry), Al Sadd Street, 444-0488
Soy (Chinese, Japanese, Thai), Souq Waqif, 442-6767
Johnny Rockets (American), Salwa Road, 455-2792
Layali (Lebanese), Salwa Road, 431-0005
Korean Garden (Asian), Ramada Junction, 442-1820
Romano's Macaroni Grill (Italian), Villaggio Mall, 451-7585
Neo (Asian, Italian, French), Salwa Road, 432-2508
The Butcher Shop & Grill (South African), Villaggio Mall, 413-5797
Starbucks, Salwa Road, 467-1196
Café Bateel, Salwa Road, 444-1414, or Souq Waqif, 435-8380
The Coffee Beanery, Al Sadd Street, 447-1036, or Souq Waqif, 466-9247
Al Mandarin, Salwa Road, 442-0808

LeNotre Paris, Salwa Road, Ramada Junction, 455-2666
Caribou Coffee, Salwa Road and Villaggio Mall, 469-5469

Shopping Centers – Qatar's malls carry new and contemporary brand names.

City Centre Mall, 493-3355
Landmark Mall, 487-5522
The Villaggio Mall, 413-5222
Centrepont Mall, 428-9141
Hyatt Plaza, 469-4848
Royal Plaza, 413-0000
Salam Plaza, 448-5555
Blue Salon, 446-6111
The Centre, 444-0202
Emporium Shopping Center, 437-5796
51 East, 436-1111

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

Souq Waqif (fabric, spices, souvenirs, coffee shops and restaurants), Al Ahmed Street
Al Asiry (fabric, luggage, shoes, perfumes), Al Ahmed Street
Souq Faleh (tailors and discount item outlets), corner of Grand Hamad Street on Al Ahmed Street
Souq Al Dira – (beaded fabrics, designer fabrics, perfumes, shoes), Al Ahmed Street
Souq Al Jabor (footwear, baby wear, luggage, small gifts, toys), Al Ahmed Street
Gold Souq (gold, diamond, genuine-stone and customized jewelry), small road behind Al Ahmed Street

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

Grand Cinema, City Center Mall, 483-9064
Cinema Land, Landmark Mall, 488-1674
Gulf Cinema, C-Ring Road, 467-1811
The Cinema Palace, Royal Plaza Mall, 432-0938
Cabana Club, Ramada Plaza, 428-1428
Doha Gulf Club, 496-0777
Dana Club, 496-0666
Diplomatic Club, 483-9000
The Racing & Equestrian Club, 480-3098
Khalifa Tennis & Squash Complex, 440-9666
Al Shahhania Race Track, 487-2028

Sealine Beach Resort, 476-5299
Adrenaline Zone Paintball Club, Al Sadd Sports Club, 504-6885
Gondolania Ice Arena, Villaggio Mall, 450-7873
Qatar Bowling Centre, Near British Embassy, 444-3355
Qatar Paintball Centre, Hyatt Plaza Mall, 656-6219
Winter Wonderland, City Center Mall, 483-9501
Doha Zoo, Al Furousiya Street, 468-2610
Grand Cinema, City Center Mall, 483-9064
Cinema Land, Landmark Mall, 488-1674
Gulf Cinema, C-Ring Road, 467-1811
The Cinema Palace, Royal Plaza Mall, 432-0938
Qatar Museum of Islamic Art, 422-4444

Hotels – Several five-star hotels offer luxurious overnight stays, evening dining and dancing, as well as daytime recreation.

Four Seasons Hotel, 494-8888
<http://www.fourseasons.com/doha>
Grand Hyatt Doha, 412-8086
<http://www.doha.grand.hyatt.com>
Grand Regency Hotel, 434-3333
<http://www.grand-regency.com>
InterContinental Doha, 484-4444
<http://www.intercontinental.com>
La Cigale Hotel, 428-8888
<http://www.lacigalehotel.com>
Marriott Doha, 429-8888
<http://www.dohamariott.com>
Millennium Hotel Doha, 424-7777
<http://www.millenniumhotels.com>
Movenpick Tower & Suites Doha, 469-6600
<http://www.movenpick-doha-tower.com>
Sharq Village and Spa, 425-6666
<http://www.sharqvillage.com>
Sheraton Doha, 485-4444
<http://www.sheraton.com/doha>
The Ritz-Carlton, Doha, 484-8000
<http://www.ritz-carlton.com>
Al Sultan Beach Resort (Al Khor), 472-2666
<http://www.alsultanbeachresort.com>
Sealine Beach Resort (Mesaieed), 476-5299
<http://www.qnhc.com/sealine.html>
W Doha (Hotel & Residences), 453-5353
info.wdoha@whotels.com



Safety/Fire Training

Attend installation safety training.

HAZWOPER General and Site Specific

- July 4-12 (Day 1): 9 a.m. to 4 p.m.

New Comers Briefing

- July 7: 10 a.m.

Fire Warden Training

- July 16: 9 to 10 a.m.

Unit Safety Representative Training

- July 16: 10 a.m. to 3 p.m.

CPR Training

- July 20: 9 a.m. to 3 p.m.

First Aid Training

- July 21: 9 a.m. to 5 p.m.

Confined Space Training

- July 22: 9 a.m. to noon

HAZWOPER Refresher

- July 27: 9 a.m. to 4 p.m.

Fire Extinguisher Training

- July 28: 9 a.m. to 10 a.m.

HAZWOPER Supervisor

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

Unit Safety Representative Training

- Aug. 20: 10 a.m. to 3 p.m.

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

SAFETY

Safe summers are a team effort

By JOEL PATTILLO
ASG-QA safety

The Army continues to reinforce its commitment to protect its global family with the launch of the 2009 Safe Summer Campaign. From May through September, this year's annual campaign will emphasize vigilance during another summer season, a time when the Army typically experiences an increase in off-duty accidental fatalities.

To better protect the Army family, the U.S. Army Combat Readiness/Safety Center created a Safe Summer Campaign Web site at: <https://safety.army.mil>. Insert that link in your browser and then look for the safe summer campaign logo at the bottom of the Web page. This online portal contains posters, articles and videos relating to nearly 20 summer safety topics. A couple of the areas covered are: boats and watercrafts, water and swimming, extreme sports, motorcycles, as well as safe food preparation during summer vacations.

Another important topic for Army organizations is heat injury prevention; a year-round concern for all military installations located on the Arabian Peninsula. The risks encompassing daily activities within a hot and humid climate should never be taken for granted by any Soldier in Qatar, where morning temperatures were already breaking the 115-degree Fahrenheit mark in May.

All personnel must remain watchful of their battle buddies. Use and recommend sun screen during outdoor activities between 10 a.m. and 3 p.m. – when the sun's intensity is strongest. Everyone must continue efforts to promote staying hydrated by constantly drinking fluids when sweat loss is significant. What's more, becoming properly hydrated prior to outdoor activity is at least as critical as replacing water loss during exposure. Thankfully, our installation workforce does a wonderful job reminding each other to hydrate, but let's resolve to learn how to hydrate correctly too.

During the summer months, it's important to avoid over-consumption of caffeinated beverages and sports supplements. A dehydrated condition can become exaggerated by a combination of daily rituals, such as: a morning coffee, two or three; numerous sodas or teas in the afternoon; caffeine-laced supplements prior to intense physical training; and evenings spent indulging in alcoholic drinks at the Top-Off Club. Consuming all these products, in copious amounts, can adversely affect the body's ability to stay hydrated. They promote increases in activity amid a diuretic effect that constantly pushes water out of the body. Avoid substances may counteract

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.

attempts to stay hydrated.

Good nutrition is an integral – yet often overlooked – part of summer safety. Simply put, a healthy body is less likely to succumb to heat injuries. The installation dining facility is full of fresh fruits and vegetables, each offering a great way to stay hydrated! Celery, lettuce, watermelons, cucumbers and tomatoes are all over 90-percent water by weight

– by all means, eat them regularly and in large amounts. This way, you can satisfy hunger pangs while promoting proper hydration. Remember: thirst is often confused as hunger.

The Safe Summer 2009 Champaign Web site is a great resource for all leaders and individuals interested in summer safety awareness and training. Let's enjoy the summer months in Qatar, but do so safely. **A**

Third Army/U.S. Army Central earns safety award

Courtesy Story
USARCENT public affairs

CAMP ARIFJAN, Kuwait – Third Army/U.S. Army Central was recognized for their outstanding safety and Army readiness by being selected as the winner of the 2008 Secretary of the Army and Army Chief of Staff, Army Headquarters Safety Award, June 8.

The award was presented to Maj. Gen. Charles A. Anderson, Third Army/USARCENT deputy commanding general, by Brig. Gen. William T. Wolf, U.S. Army Combat Readiness/Safety Center, on behalf of Secretary of the Army Pete Geren and Chief of Staff of the Army Gen. George W. Casey.

"I'm here today to recognize Third Army/USARCENT for all their efforts in leading the way for the Army," said Wolf.

Third Army/USARCENT was commended on their understanding

of the theory and practice of Composite Risk Management, and how it applied it in achieving an outstanding safety record during 2008. Composite Risk Management is the Army's primary decision making process to identify hazards, reduce risk and prevent both accidental and tactical loss.

"It is absolutely amazing to see what's going on here," said Wolf. "You see almost 600,000 or 700,000 troops come through your [area of responsibility] every year."

USARCENT provides a forward-based, service component command to plan, and on order, conduct land operations across the U.S. Central Command AOR and supports force rotations, conducts reception, staging and onward movement, provides theater sustainment and other support as required in support of Operations Iraqi and Enduring Freedom.

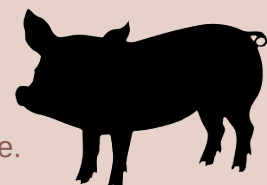
Wolf also spoke about USARCENT's safety accomplishments and how they clearly reflect a dedicated service as an Army organization that is continually striving to achieve Army readiness and mission success. **A**



A U.S. servicemember drips with sweat during a Qatar armed forces basketball tournament at Al Gharafa stadium, Qatar, May 21. Heat injury prevention is a year-round concern for all military installations located on the Arabian Peninsula, where morning temperatures exceed the 115-degree Fahrenheit mark as early as May. (Official Army Photo/ Devin Butler)

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.



Engineered for life

What did you think of Desert Mesh edition 61?

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

How would you rate this edition? _____

What is your opinion of the content? _____

Was the layout and design appropriate? _____

Do you find it easy to obtain a copy? _____

Additional Comments: _____

DESERTMESH

MAGAZINE 

Edition 61

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

We need your feedback!

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

Defense Switched Network: 318-432-2800

Commercial: 011-974-450-2714

E-mail: pao@qatar.army.mil

