



::: The Official Voice of Area Support Group Qatar :::

DESERT MESH

NEWSLETTER An ASG-QA Publication

Edition 50 August/September 2007

- :: Commander
COL David G. Cotter
- :: Command Sergeant Major
CSM Michael D. Howard
- :: Deputy Commander
LTC John A. Kizler
- :: Public Affairs Coordinator
Mrs. Lakia Clarke-Brown
- :: Public Affairs Photojournalist
Mr. Dustin Senger
- :: Visual Information Manager
Mr. William R. McLeod
- :: Desert Mesh Contributors
Mr. Alexander Edwards
Mr. Robert East

DESERT MESH IS NOW ONLINE:
<http://www.arcent.army.mil>
Your feedback is important to us.
See the back cover for details.

Desert Mesh: 50th Edition

12

QBS: The Breakfast Show

19

Four Seasons in Doha

23

28
pages

Our biggest ever!

PTSD

10

New moon starts Ramadan

Islam's holiest month 2

On-post implications 8

Off-post guidance 22

Ramadan Kareem



Commander's Corner

- **Third Army** 4-5
- **ASG-QA** 6-7

Bernie Lyons, Radio Qatar's host of The Breakfast Show, shares his life as an entertainer with over 30 years in Qatar.



page 19

Edition 50

This Army newsletter 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 DSN 318-432-2572.

Desert Mesh layout and design by Mr. Dustin Senger. Comments should be addressed to dustin.senger@qatar.army.mil or call DSN 318-432-2800.

COVER PAGE: (Insert) 1st Lt. Hassan Al Sheeb, Qatar Army Military Police, at Fort Zubara in Qatar on June 17. (Top) A multinational color guard represents the United States and Qatar during an Area Support Group Qatar change of command ceremony at Camp As Sayliyah on July 19. (Cover photo-illustration by Dustin Senger)

CONTENTS

DM50: Culture & Ramadan

THE WIRE

- ASG-QA Change of Command 3
- Ramadan affects daily activities on post 8
- Same mission, new commander 9
- Post Traumatic Stress Disorder 10
- Desert Mesh 50: evolving with the mission 12
- Ask the Chaplain 14
- CAS Events Schedule 15

FITNESS

- Strength training and motor skills 16
- Fitness Q&A 17

CULTURE

- Ramadan mubarak *(continued from below)* 18
- Radio Qatar's morning voice 19

DOHA LIFE

- Qatar nears fasting period 22
- Qatar's five-star experience: Four Seasons Doha 23

SAFETY

- Properly hydrated for activities 24
- Personal protective equipment 26
- Office safety 27

Ramadan mubarak

Mr. Hani Abukishk
ASG-QA Civil Affairs

“Ramadan mubarak,” an Arabic phrase used to express religious blessings during the holy month of Ramadan. The major annual event affects Muslims around the world by bringing concentrated religious focus to their lives.

It is a period of religious commitment and reflection. Americans must remain aware of the importance and traditions of Ramadan while working in the Gulf countries. This is an important time to learn about Arabic-Islamic culture and religion, to avoid unintentionally offending the local population.

Ramadan, the ninth and...

Continued on page 8

ASG-QA Change of Command



Jane Cotter, wife of Col. David G. Cotter, admires a flower bouquet during her husband's appointment as Commander, Area Support Group Qatar, on July 19. The ASG-QA Commander is the installation commander for Camp As Sayliyah in the State of Qatar.



Col. Thomas F. Lynch III, Lt. Gen. R. Steven Whitcomb, and Col. David G. Cotter salute the national ensign during a Third Army change of command ceremony on July 19. Cotter assumed command of Area Support Group Qatar; Lynch completed his two-year duty. (Photos by Dustin Senger)



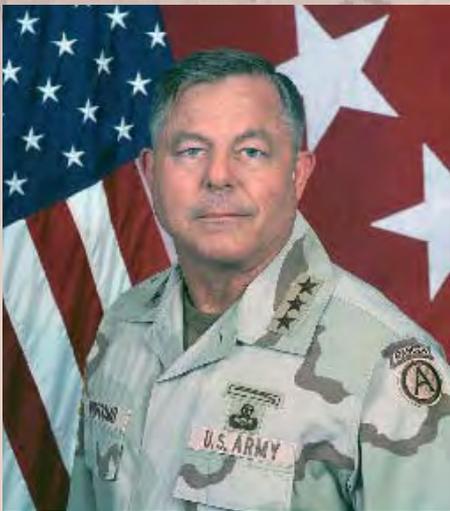
Maj. Gen. Hamad Bin Ali Al Attiyah, Qatar Armed Forces Chief of Staff, and Chase Untermeyer, U.S. Ambassador to Qatar, attend the Area Support Group Qatar change of command ceremony at Camp As Sayliyah on July 19.



A multi-national color guard presents the national ensigns of the United States and Qatar during an Area Support Group Qatar change of command ceremony at Camp As Sayliyah on July 19. Qatari officials, from the host nation, included Maj. Gen. Hamad bin Ali Al Attiyah, Qatar Armed Forces Chief of Staff, and Maj. Gen. Thamer Al Mehshadi, Inspector General and Commander of Qatar Military Police. Qatar is an Islamic state located on Saudi Arabia's eastern coast; a local national recited a passage from the Koran, the holy book of Islam.



Col. David G. Cotter, ASG-QA Commander, and his wife Jane, cut an after-ceremony cake with Chase Untermeyer, U.S. Ambassador to Qatar at Camp As Sayliyah on July 19. The post-ceremony gesture was part of welcoming festivities for the new commander and his spouse.



R. Steven Whitcomb

Lieutenant General

Commanding General
Third Army/USARCENT

Re-enlistment begins at the start



Retention of our great Soldiers is every leader's job. Today our Army continues to demand a very high level of commitment and sacrifice from our Soldiers and their Families.

The Retention incentives offered will help a Soldier make a positive reenlistment decision, but I firmly believe money alone will not keep our Soldiers on the team.

What some leaders do not realize is the reenlistment process begins as soon as a Soldier arrives at his/her new duty station. The reception the Soldier and Family receive is that important "first impression." All leaders, from the immediate supervisor to the Commander, help a new Soldier understand how important they are to the team and retention continues throughout the assignment as leaders lead, talk, mentor, understand, and help Soldiers grow. A Soldier who feels they are part of something larger than themselves, are much more likely to reenlist and stay on the team.

But too often we wait until a Soldier is near the end of their enlistment to get serious and talk about reenlistment. We have a responsibility to talk to our Soldiers about their goals for the future and help them formulate a plan to accomplish these goals. Not all Soldiers will reenlist. As leaders, we should want our best Soldiers to stay on the team or, have a solid plan to accomplish their goals in civilian life. Talk to your Soldiers and encourage them to stay Army Strong.

Just as Retention is important, recruiting plays a vital role in the readiness of our Army. Serving our nation in the Army is a noble and honorable profession. It takes a special patriot to sacrifice a portion of their life to make the world a safer

place and defend the American way of life. Right now it takes an especially special patriot because our Nation is at war. I am sure that most of us know young people who would make great Soldiers. Tell your Army story every chance you get. Young people look up to the great Americans who serve and each of you is one of those great Americans who have chosen to serve. The impact you have on their decision to talk to a recruiter cannot be measured. They want to be like you. Share your Army experiences with them and let them know how proud you are to serve.

We can all assist in the recruiting effort through participation in the Sergeant Major of the Army

“ What some leaders do not realize is the reenlistment process begins as soon as a Soldier arrives at his/her new duty station.”

Recruiting Team (SMART) program. By helping our great recruiting force, we help ensure that our ranks remain filled with highly qualified and motivated new Soldiers. The

SMART program allows Soldiers, DA Civilians, and even retirees to refer a young person for contact by a recruiter and possible enlistment into the Army. This obviously helps our Army's recruiting efforts, but can also be very beneficial to the person making the referral. If the referral enlists in the Army or a Reserve Component, the person making the referral will receive \$1,000 shortly after the recruit enters basic training and another \$1,000 when he/she completes job training. This is a definite win-win opportunity. For more information visit the Web site at <http://www.2k.army.mil>.

I am proud of all who serve and I am humbled by your enduring sacrifices in the service to our Nation. I am honored to command the greatest Soldiers in the greatest Army in the world.

PATTON'S OWN!

Third, Always First! 



Franklin G. Ashe
Command Sergeant Major
Command Sergeant Major
Third Army/USARCENT



Taking opportunities to train equals combat readiness

Can they fight?

That's one of the most important questions a leader must ask himself about the members of his unit. It doesn't matter if that unit is an infantry outfit at a forward operations base or if it's stationed at Third U.S. Army headquarters. It has to be able to destroy the enemy on the battlefield. Through consistent training on warrior tasks and battle drills, troops can condition themselves to be more effective individually and collectively.

All Soldiers need to be qualified in what I call the "big four." Those are physical fitness, weapons marksmanship, first aid and battle drills.

In my opinion, these four areas are the absolute foundation of every troop in the U.S. military. These skills are the heart and soul of being a warrior and a rifleman first.

“ All Soldiers need to be qualified in what I call the ‘big four.’”

“ Everytime you train, think about the possibility that it could be the last time you'll have the chance to practice that skill before you have to use it in combat.”

In addition to those skills, Soldiers should maintain proficiency in their military occupational specialty. Regardless of what your job is, you need to take every opportunity you can to make yourself better in that area. Continuously seek improvement in your specialty. Through practice, proficiency and improvement in any skill set can be achieved.

Every time you train, think about the possibility that it could be the last time you'll have the chance to practice that skill before you have to use it in combat.

Though some of us are serving in Kuwait supporting Operation Iraqi Freedom, we're still in a combat zone. We have to be qualified on our

individual readiness and unit training prior to deploying, but these skills are all perishable.

PATTON'S OWN!



Third, Always First! 



A message from the Installation Commander



David G. Cotter

Colonel

Commander

Area Support Group Qatar

First, I would like to thank everyone who attended the Area Support Group Qatar change of command on July 19. It was a great welcome from a proud assembly of organized service members, honorable civilians, diligent contractors, supportive foreign nationals, as well as distinguished Qatari visitors. I plan to demonstrate my appreciation for that welcome, as Commander of Area Support Group Qatar and Camp As Sayliyah over the next two years.

ASG-QA's change of command ceremony was reflective of this installation's joint and combined posture; a structure which continues to successfully meet mission requirements day-after-day. Many are familiar with a joint-service and combined atmosphere but being stationed in Southwest Asia brings to light a cooperative commitment, one that involves an integration of nations and cultures. It is vital that we continue to remain open-minded and receptive to differences in customs and heritage – to respect our host nation.

Ramadan, Islam's holiest month, will begin in mid-September. Muslims, followers of the Islamic faith, are abundant in the Middle East, especially within the Gulf nations. Qatar is governed by Islam's Sharia Law; there is little separation of church and state. The holy month of Ramadan requires all capable adult Muslims to fast during the daylight hours, as well as spend more time praying. Hani Abukishk, ASG-QA Civil Affairs Officer, explains Ramadan's significance in the Islamic faith in this edition of the *Desert Mesh*, page 2.

To protect our installation populace and support our host nation's religious commitments, the gate guards will have new guidance during Ramadan. The guards at the exit points will remind automobile occupants to avoid eating, drinking or smoking in their vehicles. Try to avoid off-post travel during daylight hours. As we near sunset, the gates will temporarily close for all but critical and emergency traffic. There is a history of aggressive driving as daily fasting ends – we don't

need to be competing with those trying to rush for iftar, the meal ending daily fasting. My mandatory guidance is provided in Installation Policy Letter 16 (*Ramadan 2007*, available on the ASG-QA secure and non-secure Intranet site). You can further read about how daily installation activities will be affected on page 8 of this *Desert Mesh*.

Those not fasting must understand Islamic guidelines to avoid being clearly offensive off the installation, such as rules of modesty, conservative dress and no public displays of affection. This becomes exceedingly important during religious periods, such as Ramadan and Eid celebrations. Let's make it through this period with no negative impacts on host nation relations. Not showing respect for the host nation's customs and laws can result in an arrest by local authorities. This edition of the *Desert Mesh* explains how Ramadan's fasting period will affect Qatar's Muslim population on page 22.

It's also time to think about upcoming surges and rotations in Southwest Asia. Our primary mission in Qatar is to support Operations Iraqi and Enduring Freedom. We must flawlessly absorb increased personnel and rotations over the next several months. Camp As Sayliyah will see a boost in our Combined Joint Reception Station and Onward-movement missions. I anticipate a decrease in our Rest and Recuperation Pass Program participation during the heavy phase of rotations; however, I do expect an increase in cargo throughout. Changes should be evident through Christmas and into February 2008.

Let's continue to be a successful joint community as we end another hot summer, enter an important local religious period, and begin new commitments as a forward-operating installation in support of the Global War on Terrorism.

Patton's Own!

Michael D. Howard

Command Sergeant Major

Command Sergeant Major
Area Support Group Qatar

To all residents of Camp As Sayliyah, we are entering an important month for our gracious host nation, Qatar. As an Islamic state, the holy month of Ramadan is an important religious period; supported by local laws. Now, more than ever, it is paramount for everyone to prove their ability to remain courteous and respectful to our host nation by respecting their culture and religious practice.

We represent a society governed by a democratic process of good will to all. We serve to protect the rights all Americans enjoy today. As Americans serving overseas, we must remain respectful of heritage and culture without discrimination or segregation on the grounds of race, color, national origin or religion. American Soldiers and civilians in Qatar must remember: we are visitors and as such, we must exhibit ourselves as good ambassadors to our nation. The way we conduct ourselves while interacting with the host nation populace directly affects the mission of Camp As Saliayah.

Ramadan will begin with the first new moon, expected around the second week of September. Ramadan will end with a follow-up crescent around mid-October. The most significant period of caution is during the daylight hours while Muslims fast. They stop drinking water, eating food, chewing gum, smoking – sometimes the accumulation of saliva in the mouth is spit out. They also avoid any impure thoughts, such as feelings of sexual arousal. In Qatar, people can be sent to jail if they are believed to be tempting Muslims during their fast; an incredibly offensive behavior.

Before the month begins, please take the time to learn Ramadan's significance in Islam, the dates affected, guidelines for remaining respectful, upcoming issues on the road, as well as changes in the off-post business and government operational hours. Look in this edition of the *Desert Mesh* for important cultural explanations, off-post ramifications and on-post procedures and policies.

You don't have to leave the installation to be affected by this holy period. Ramadan will not only affect off-post business but also on-post activities. Many Americans and foreign nationals are actively following Islamic beliefs while supporting the Global War on Terrorism on Camp As Sayliyah. Tempting a Muslim may not get you jail time while on the installation, but you

will be violating our policy of religious courtesy and respect.

Traveling on and off the post will be reduced, if not restricted to official travel only. Everyone – male and female – entering and exiting the installation will wear proper and modest attire. Long-sleeve shirts will be worn by all. Leaders must remind everyone leaving the installation during daylight hours: no public eating, chewing, drinking, smoking or displays of affection.

After Ramadan concludes, we will enter an important three-day family holiday period known as Eid El Fitr. This holiday celebrates the completion of the month of Ramadan. "Eid Mubarak," is an Arabic phrase welcoming the Eid holiday.

Ramadan information will be broadcasted on CAS-TV, e-mailed to all Area Support Group Qatar network users and posted on the command information boards.

On the topic of professional conduct and leading by example, I want to recognize this year's ASG-QA Noncommissioned Officer of the Year and Soldier of the Year. Staff Sgt. Gerson Lecar, from Miami, Fla., earned ASG-QA NCO of the Year. ASG-QA Soldier of the Year is Spc. Iraq Blackledge, from Philadelphia, Penn. Please congratulate these Army Soldiers for their hard work and rewarding accomplishments. Their commitment to an Army-Strong attitude has earned them recognition as important members within the Army team on Camp As Sayliyah.

Lastly, I want to commend everyone for their patience and attention to safety during Qatar's hot summer days. In addition to Islam's holy month, September brings a continuation of Qatar's soaring heat and humidity. August was very hot – configuring air temperature and humidity, some days felt like a smoldering 130 degrees Fahrenheit! Stay alert and safe as we conclude the hot season over the next two months. Remember: to avoid becoming a heat casualty statistic, the best time to conduct out door physical activities is in the early morning or evening. Stay safe and watch out for your battle buddies.

Patton's Own!



Remain respectful during Ramadan



Here are some activities to avoid while walking around the installation during Ramadan's daylight hours:

- ✗ **DO NOT** eat sandwiches, chips, or other food items from the dining facility or Post Exchange.
- ✗ **DO NOT** chew on gum, tobacco, breath mints or candies.
- ✗ **DO NOT** smoke cigarettes, cigars or pipes.
- ✗ **DO NOT** drink water, sodas or Gatorade.

Speak Arabic

- Yameen - Left
- Yessar - Right
- Laa - No
- Naam - Yes
- Laakin - But
- Wa - And
- Aw - Or
- Laisa - Not
- Illa - Except
- Baad - After
- Qabl - Before
- Min - From
- Maa - With
- Fee - In
- Ala - On Top
- Taht - Under
- Fawq - Above
- Huwa - Him
- Hiya - Her
- Ila - To or toward
- Maa - What
- Ayy - Which
- Ayna - Where
- Mun - Who
- Kaif - How
- Kum - How much
- Indi - With Me
- Indaho - With him
- Indaha - With her
- Lee - For me
- Laho - For him
- Laha - For her

THE WIRE

Ramadan affects daily activities on post

Mrs. Lakia Clarke-Brown
ASG-QA Public Affairs

Everyone – regardless of religious belief – must accept and understand the Islamic holy month of Ramadan. Even while on Camp As Sayliyah, it is important to practice respect for the Islamic traditions of Qatar, the installation's generous host nation. Everyone must adhere to the Ramadan installation policy letter and limit off-post activities during daylight hours. Ramadan presents a fantastic time to focus on joining several of the activities provided on the installation by Area Support Group Qatar Morale, Welfare and Recreation.

Even while on Camp As Sayliyah, it is important to practice respect for the Islamic traditions of Qatar, the installation's generous host nation.

During this religious period, it's paramount to practice additional modesty and adjust routine on- and off-post conduct. Fasting Muslims will be restricting themselves from food, water and any impure thoughts. They commit themselves to resisting hunger pangs, thirst and other temptations while gaining a closer relationship to God.

The month of Ramadan affects host nation productivity during the day. Most downtown businesses adjust their office hours during the holy month. Take this into consideration when planning off-post missions. Contact vendors and businesses for their hours of operation

in advance, to ensure on-going missions can still be completed. Shipments and deliveries to the installations may be delayed. On-post construction and remodeling will be limited. Try to be open-minded, patient and prepared – more than usual.

Ramadan will begin in mid-September and end in October.

"For Muslims, fasting is obligatory not optional," said Hani Abukishk, Area Support Group Qatar Civil Affairs Officer. "Individuals not observing Ramadan should be courteous, observant and respectful towards fasting Muslims on and off post." There are fasting Muslims working on the camp. They will be entitled to additional breaks due to their religious commitments – not only fasting but increased time spent praying. Please ensure fasting employees are not



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

overworked or in direct sunlight for long periods. If you witness a distraught individual, contact the Troop Medical Clinic immediately.

It is imperative to avoid tempting fasting Muslims into breaking their religious duties. Restrict food and water intake to the dining facilities or personal living quarters. Be sure no one is fasting in your office area

prior to warming food or opening a bottle of water. If you plan to be outdoors, drink plenty of liquids prior to departing the confinement of a building. Most important: if you are unsure who is fasting, just ask.

Ramadan 2007, Installation Policy Letter 16, explains appropriate on- and off-post behavior. The policy also explains the consequences for

noncompliance. The policy applies to all military and civilian personnel assigned, attached, on temporary duty or serving in support of Camp As Sayliyah. Tenant unit commanders, officers in charge and supervisors are responsible for ensuring all personnel are properly briefed. Installation Policy Letter 16 is accessible on the ASG-QA intranet (domain access required).^A

Same mission, new commander

Mrs. Lokia Clarke-Brown
ASG-QA Public Affairs

CAMP AS SAYLIYAH, Qatar – “I am a Solder; I take command and control of Camp As Sayliyah very seriously,” said Col. David G. Cotter, Area Support Group Qatar Commander. “All Soldiers, Sailors, Airmen and Marines serving on this installation can expect my fullest dedication to the mission and to them.” Cotter assumed command of Area Support Group Qatar on July 19. It is ASG-QA’s mission to serve as an Army component headquarters at Camp Sayliyah. The installation’s posture remains positive because of an effective team of military, civilians and contractors.

Cotter recently finished a successful assignment in Iraq as the Chief of Staff, 13th Sustainment Command. Now in Qatar, located on Saudi Arabia’s Eastern shore, he continues to support the Global War on Terrorism from a forward-deployed location. Cotter is committed to a two-year service as an Army brigade-level support group commander and U.S. Army installation commander at Camp As Sayliyah. He also serves as the senior U.S. Army officer in Qatar; a local representative for U.S. Army Central Command.

“Camp As Sayliyah is an integral part of U.S. Central Command’s area of responsibility,” said Cotter. “It offers USCENTCOM and USARCEN a small, but efficient logistics and sustainment area.” In 1992, the state of Qatar signed a memorandum of agreement to allow the United States to preposition military and combat supplies in the Gulf. Since 1996, ASG-QA (then ARCENT) has supported the Global War on Terrorism from Qatar. “Qatar is a critical strategic and operational hub. Camp As Sayliyah serves as the receiving, staging and onward movement gateway for many units,” said Cotter.



ASG-QA maintains the Rest and Recuperation Pass Program in Southwest Asia. The program offers recreational venues on the installation so war fighters can enjoy a brief break from combat operations.

“The R2P2 program is a labor of love,” said Cotter. “Our support is a valuable contribution to the entire theater’s wartime efforts. We will spare no energy or available resources to ensure that the warriors visiting this installation on a brief respite from combat receive the best experience we can provide.”^A



Col. David G. Cotter, Area Support Group Qatar Commander, addresses his Soliders after an award ceremony in a base gymnasium at Camp As Sayliyah on Aug. 25. Cotter assumed command of ASG-QA and control of Camp As Sayliyah on July 19. (Photo by Dustin Senger)

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 further information

Contact CW2 Patrick Earl, ASG-QA R2P2 Officer in Charge, for more information.

Photography Support

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

*ASG-QA domain access required.

THE WIRE

Post Traumatic Stress Disorder

Mr. Alexander Edwards
JDEC-Iraq

Post Traumatic Stress Disorder is a concern for anyone who has ever served in a stressful combat situation. According to an article by the National Veterans Foundation in January, more than 1.6 million U.S. servicemen and women have served in Afghanistan and Iraq during Operations Iraqi Freedom and Enduring Freedom. Roughly 60 percent of these veterans show signs of PTSD but were unwilling to seek help or counseling for their condition for fears of losing their job and or the loss of future career opportunities. Understanding PTSD is important to any person in support of war fighters – everyone must be aware of its definition, causes, symptoms

and available treatment to help decrease the amount of untreated persons. Residents of Camp As Sayliyah must be able to identify this condition when engaging with Rest and Recuperation Pass Program participants, individuals enjoying a break from combat operations in Southwest Asia.

Definition

According to the American Heritage Dictionary, PTSD is “a psychological disorder affecting individuals who have experienced or witnessed profoundly traumatic events, such as torture, murder, rape, or wartime combat, characterized by recurrent flashbacks of the traumatic event, nightmares, irritability, anxiety, fatigue, forgetfulness, and social withdrawal.”

Causes

PTSD is commonly caused by a person living through, or having been exposed to, a highly hazardous or perceived life threatening event. An individual with PTSD may not know he or she has any type of mental defect or odd behavioral mannerisms. A significant number of U.S. service members are reporting to “the rear” for rest and recuperation while suffering from symptoms, then redeploying home in need of further help.

Symptoms

Individuals suffering from PTSD will typically show signs of being distraught, having excessive anxiety, aggressiveness, rapid-eye movement, sleeplessness or exhibit manic-depressive behaviors. PTSD sufferers are often withdrawn or become entirely introverted and



Under the cover of darkness, Platoon Leader Sgt. 1st Class Steven Kirk from 4th Platoon Alpha Company, 1/17th Infantry 172nd Stryker BDE Ft. Wainwright, AK has a smoke while scanning his target area for suspicious activity or movement while on a Small Kill Team (SKT) mission at an undisclosed location in the desert July 12, 2006 in Mosul, Iraq. Soldiers on SKT missions are randomly placed in and around the city to watch for suspicious activity or movement. The goal of the mission is to kill Anti Iraqi Forces placing IED's. Missions can last anywhere from 30 minutes to 72 hours. (Photo by Tech. Sgt. Jeremy T. Lock, USAF)

unsociable. They may have vivid dreams that remind them of their life-altering event, further prolonging the disorder. In many cases PTSD has no known lifespan – potentially lasting years after the traumatic exposure. A PTSD sufferer may have the ability to cope with their disorder for weeks, months – sometimes even several years - without treatment. However, in some severe cases, individuals suffering from PTSD have committed suicide after deciding they can no longer live with their condition.

Treatment

Recognizing PTSD symptoms and receiving early treatment is paramount. Those who need treatment for this disorder usually begin with counseling. To restore serotonin levels in the central nervous system, some sufferers may be prescribed antidepressants; such as Prozac, Zoloft, or Lamotrigine. A combination of one-on-one or group counseling with low-dose medication can help sufferers deal with the event that caused his or her disorder. Through professional treatment, patients can reconcile ill feelings and return to leading a productive life.

“We had a Bradley commander experience a severe combat-related episode in a track after re-deployment, during our first tactical engagement scenario since Iraq,” said Command Sgt. Maj. Michael D. Howard, Area Support Group Qatar Command Sergeant Major. He was assigned to 1/15th Infantry, 3rd Infantry Division during the first rotation into Iraq in 2003. “He needed to be pulled from the exercise



Gunner Spc. David Johnson and Assistant Gunner Sgt. Justin Javar from HHC 1/17th Battalion Mortars 172nd SBCT Ft. Wainwright, AK fire illumination flares over the city of Mosul, Iraq with a 120mm Mortar Cannon June 1, 2006 from a Mortar Carrier Stryker (an eight wheeled medium armored weapons combat troop transport vehicle). The illumination flares being fired will brighten the city in hopes it will help deny the terrorist terrain so they are less likely to place IED's. (Photo by Tech. Sgt. Jeremy T. Lock, USAF)

and taken to a hospital at Fort Benning, Ga. Two junior enlisted Soldiers also suffered from PTSD during the tactical exercise.”

“Becoming better educated is necessary to help recognize early warning signs,” said Howard. “Everyone has been through a PTSD chain-teach seminar at Camp As Sayliyah. It helps to become more sensitive to combat stress and how to treat it; so it does not go unrecognized in troops on the installation for rest and recuperation.”

It is important to pay close attention to your “battle buddy’s” behavior following exposure to prolonged stress levels, especially after direct combat actions. If you believe you or a friend is suffering from PTSD, it is incumbent on yourself to contact a chaplain, counselor, family member or confidant. Make them aware that help is required. **A**

ASG-QA upgrades computer systems

ASG-QA is approved for a \$150,000 budget for computer upgrades. This upgrade is in its first phase. We purchase 25 computers and received them on Aug. 1. More are on order for future phases of the project.



This upgrade is a necessary advancement toward modern technology. The new systems are not only faster but also smaller; they improve work environments by freeing up space. During this upgradework sections will exchange old systems for new equipment. This also an opportunity to rid an area of obsolete or broken equipment.

Systems that are still current should be turned in for reprogramming. More turnovers will be scheduled with ASG-QA personnel.

A special thanks to the following ASG-QA personnel for their assistance in turning in 15 computers, 11 printers, 13 monitors and three scanners:

- Sgt. 1st Class Michael Jackson
- Staff Sgt. Jessica Vaughan
- Sgt. Vanessa Bonet
- Sgt. Jason Shatzer

CFC-O donations benefit CAS

Contact your CFC-O representative for more information about Camp As Sayliyah's 2007 donation campaign.



Area Support Group Qatar service members receive a charity check on Aug. 1; the proceeds were generated by a Combined Federal Campaign Overseas drive on Camp As Sayliyah last year. The donations are used to fund Moral, Welfare and Recreation activities, such as the installation's Rest and Recuperation Pass Program. Renee Acosta, president and CEO of Global Impact, delivered the monetary donation on behalf of the CFC-O to: Col. David G. Cotter, Area Support Group Qatar Commander; Sgt. Lumbala Wa Lumbala, ASG-QA Personnel Services Non Commissioned Officer; and Capt. John Bond, Headquarters, Headquarters Company Commander. (Photos by Dustin Senger)



Sgt. Lumbala Wa Lumbala, from Sacramento, Calif., was one of the prominent fund raising representatives last year; educating potential contributors about the campaign. "These charities need help and there are tons of them out there," said Wa Lumbala. "You choose a charity when you donate. We don't care how much or who – as long as we get donations." A monetary donation to the Family Support and Youth Programs (FSYP) benefits the contributor's installation of origin.

THE WIRE

Desert Mesh 50: evolving with the mission

Mrs. Lakia Clarke-Brown
ASG-QA Public Affairs

Desert Mesh, edition 50, continues to evolve as a valuable source for command information at Camp As Sayliyah in Qatar. It provides readers with local and regional information concerning the U.S. military's support of the Global War on Terrorism. The newsletter also helps family members back home understand day-to-day life in the deployed location. The *Desert Mesh* serves as the only authorized newsletter for Camp As Sayliyah; the official voice of Area Support Group Qatar.

The Army's command information program requires the Public Affairs Office to provide a source of communication for military organizations, service members, civilian employees and family members. An effective command information program provides a consciousness of an organization's goals and significant developments. It keeps Americans informed about current events and operations of an organization.

"The *Desert Mesh* has evolved into a meaningful magazine-like publication," said Edmond Williams, ASG-QA Protocol Officer. Williams works closely with the ASG-QA Public Affairs Office and has witnessed the growth of the command

newsletter. He routinely provides copies to distinguished visitors and the American Embassy Qatar. "It is very informative and provides good information concerning the Camp As Sayliyah community."

Formally known as *The Mesh*, the publication was provided by the U.S. Central Command Public Affairs Office in Qatar. It was eventually delegated to the ASG-QA – then Army Central Command (ARCENT) – Public Affairs Office in 2003. The newsletter earned a new name after a voting contest was offered to Camp As Sayliyah residents.



Desert Mesh, Edition 1

July 2003

Desert Mesh was first published by ASG-QA on July 2, 2003, by Army Capt. Eric Clark. The Public Affairs Officer overhauled the newsletter from a daily two-page black and white product into a weekly four-page and full-color publication.

The newsletter was specifically driven toward the internal audience of Camp As Sayliyah. It focused on shows and events sponsored by Morale, Welfare and Recreation events, as well as the Rest and Recuperation Pass Program.



Desert Mesh, Edition 29

January 2004

In 2004, the newsletter changed from a weekly to a monthly publication. The newsletter began to provide more information concerning community relations, holiday events, as well as monthly ethnic observances and celebrations. Clark, and

his initiative, was succeeded in April 2004 but new Public Affairs Office personnel continued to build upon his product.

November 2004

Edition 29 initiated a migration from the four-page newsletter by expanding to a six-page publication. Further emphasis was placed on stories to educate readers about local traditions and cultures found in the Islamic host nation, Qatar.

August 2005

Missions changed and the *Desert Mesh* continued to follow suit. Edition 38 started a larger bi-monthly publication. The newsletter subsequently grew from seven to 11 pages, to efficiently distribute more information in support of increased operations.

February 2006

Edition 41 was published with increasing content – packing 22 pages full of information, setting a new standard for the publication.

August 2006

Edition 44 received a major modification in its visual presentation by Dustin Senger, ASG-QA Public Affairs Photojournalist. A new structure was also presented, providing five sections: a commander's corner, information passed from Third Army and ASG-QA leadership; "The Wire," addressing on-post events and concerns; "Culture," providing



Desert Mesh, Edition 44

cultural information; "Doha Life," issues regarding off-post activities; and "Safety," important safety information. A section titled "Fitness" was subsequently started with edition 45, since remaining in top physical shape is important to service members. A special "Ask the Chaplain," feature was initiated with the 50th commemorative edition. The newsletter is focusing less on general recreation venues with special emphasis on how Camp As Sayliyah supports war fighters in Southwest Asia, as well as cultural understanding and education.

"I wanted to take the great information tool and expand on its design and content," said Senger. "The goal was to design a fresh template to better suit the readers – while becoming more satisfying for the editors. We also needed a product that would further encourage camp-wide attention and contributions. We needed something to feel a genuine sense of pride while compiling and distributing."

Present day

The publication continues to reach its target audience through multiple venues. It is assessable by anyone with Internet access at: <http://www.arcent.army.mil>. It is also available and archived on the ASG-QA Intranet at: <http://arcentqa.mil> (domain access required). Most recently, the *Desert Mesh* is offered via e-mail to relatives and friends of ASG-QA service members. Today it is fully compliant with: Army Regulation 360-1, the Army Public Affairs Program; Army Regulation 25-30, the Army Publishing Program; and



The Desert Mesh, is the only authorized newsletter for Camp As Sayliyah in Qatar. The publication focuses on several topics for service members and civilians serving in Qatar. Installation news and events are highlighted (The Wire). Fitness-related topics help guide an active lifestyle while overseas (Fitness). Cultural awareness is stressed for those unfamiliar with local traditions and religions (Culture). A general lifestyle section provides information for those traveling or living off post (Doha Life). Focus is also placed on staying safe while working on and off post (Safety).

the Associated Press Stylebook for writing (per regulation).

The ASG-QA Public Affairs Office requires feedback from internal and external audiences regarding the command newsletter to continue evolving in a positive direction. A customer comment card is provided on the back of each edition.

"I have seen the Desert Mesh change from four to over 24 pages", said Barbara Leonard, ASG-QA Civilian Personnel Advisor. "I was on Camp As Sayliyah prior to the first edition. It went from looking like an amateur product to a very informative and professional newsletter." **A**

Equality Observance

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

Hispanic Heritage Month

- Sept. 17: Opening Ceremony at noon in big DFAC
- Oct 4: Luncheon at noon in Big DFAC
- Oct 12: Finale from 6 p.m. to 7 p.m. in Oasis

Contact MSG Kimberly Milam, ASG-QA EO, for more information.

Desert Mesh online!

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

Patriots Day



ARMY STRONG.

In memory of the attacks on Sept. 11, 2001, Camp As Sayliyah will be hosting a Patriot Day Ceremony. The events will include an invocation followed by the National Anthem and remarks by a guest speaker. We will observe a moment of silence before the flag is lowered by a joint color guard.

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

Contact Mr. Edmond Williams, ASG-QA Protocol Officer, for more details.



THE WIRE

Ask the Chaplain

Lt. Col. Elizabeth Mayforth
Installation Chaplain

Q. My family was very supportive the first time I deployed overseas. This is my second time - now in Qatar - and my spouse is becoming exceedingly more distant. What can I do to keep my marriage strong while I am overseas?

A. Dear married spouse deployed for a second time, rest assured you are experiencing a very normal reaction. The most important thing to remember and practice is good communication.

The distance you are feeling - is it a lack of written communication or phone conversations? Don't be afraid to address the issue head on; saying "honey, you seem very quiet or preoccupied. Can you share with

me what's going on?" Sometimes a spouse is waiting for you to notice the changes they are experiencing.

All marriages go through cycles: intimacy, conflict and withdrawal. How we respond during those stages is important. Be emotionally vulnerable and willing to share your feelings; as well as acknowledging those of your spouse. By speaking and naming your feelings, you encourage others to share as well. Both of you have successfully completed one deployment already - you will get through this one as well. Be patient, proactive and reassuring at all fronts. Ask about the children and their daily activities, "What's happening with..."

Increase your contact with cards, letters, phone calls and little remembrances from Qatar. Family

Increase your contact with cards, letters, phone calls and little remembrances from Qatar.

members need a sense of stability and continuity to ensure everything will be okay, even in your absence. You must

engage in their routines and be an encourager. There are Family Readiness Groups (Army) and Phoenix Readiness Spouses back at home to help with this transition.

They let family members know they are not the only ones going through this hardship.

Most of all remember "these three remain: faith, hope and love. But the greatest of these is love," 1 Corinthians 13:13.

Please, let us know how things are working out. Come by the installation chaplains' office located in the Community Activity Center or call DSN 432-2198. **A**



Lt. Col. Elizabeth Mayforth, holding cards and letters from her family, sends a USO-sponsored video message in time for Valentine's Day on Feb. 7. Mayforth, an Installation Chaplain in Qatar, demonstrates the importance of two-way contact using a combination of technology and traditional correspondence. (Photo by Dustin Senger)



BILLY BLANKS®
SPiRiT & BODy
 TOUR
 PRESENTED BY PRO SPORTS MFF

BILLY BLANKS®

SHELLIE BLANKS CIMAROSTI

JULIEANN HARTMAN

CAS Events Schedule

- ◆ **Labor Day 5K Fun Run**
 Sep. 3 • 5:30 a.m. • CAC
- ◆ **Labor Day Luau**
 Sep. 3 • 5:30 p.m. to 7:30 p.m. • Pool
- ◆ **Billy Blanks Spirit & Body**
 Sep. 4 • 6 p.m. to 8:30 p.m. • Small Gym

Blanks will begin with a fitness session (6 to 7 p.m.), followed by a motivational speech. Afterwards, he will meet with Camp As Sayliyah residents and sign autographs.

- ◆ **Mathew D. & Random Tuesday**
 Sep. 12 • 8:00 p.m. • Top-Off Club
- ◆ **Lori Passineau Band**
 Sep. 17 • 8:00 p.m. • Top-Off Club
- ◆ **Solution Band**
 Sep. 24 • 8:00 p.m. • Top-Off Club
- ◆ **Major League Baseball Players**
 Sep. 27 • TBD • TBD

Contact Mr. Tony Randall, ASG-QA Community Services Manager, for more information.

Camp As Sayliyah, Qatar  **3 Sept 2007 (Labor Day)** 

September 3rd	
0530	Labor Day 5k Fun Run
0900	Miniature Golf Tournament
1330	Dodge Ball Tournament
1730-1930	Luau Dinner
1830	Limbo Competition
1845	Hula Hoop Contests
1830	Horseshoe Tournament
1900	Water Polo

MWR
 FOR ALL OF YOUR LIFE

FITNESS MANIA!

CW2 Brooks DeMonte, 3-43 ADA, scored 2,440 points to win the fitness challenge for July. His score was 600 points higher than second place. Congratulations!

Don't forget to sign up for the September Fitness Mania at the Fitness Center front desk.



Education Center

Take advantage of the education center's counseling services:

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

Contact the installation Education Center for more details.

Photography Support

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

*ASG-QA domain access required.

Equal Opportunity Training

Participate in equal opportunity training and education.

Sexual Assault Prevention and Response Training

• Oct. 25: 9 a.m. to 10 a.m at the base theater.

Contact MSG Kimberly Milam, ASG-QA EO, for more information.

FITNESS

Strength training and motor skills

Mr. Dustin Senger
ASG-QA Public Affairs

Increases in limit strength are a result of many factors, but it makes sense to consider resistance training as a motor learning process. Strength progression involves muscular growth with a build up of new proteins, while improvements in coordination are a learning process established by new neural pathways in the central nervous system.

It is well known that previously untrained individuals can attribute early strength gains to increased motor unit activation of trained muscles. Muscle fiber hypertrophy is often insufficient to account for measured changes in strength during the early stages of resistance training. Strength is frequently gained with no changes in lean body mass. An increase in muscle fiber cross sectional area becomes a leading training adaptation during later stages.

Motor and muscle memory connections mature with training consistency. Motor memory refers to recalling specific motor skills. Proper motor skills are required for the muscles, brain, skeleton, joints and nervous system to work together efficiently toward accomplishing a task. Muscle memory is properly defined as the body's collective ability to memorize and perform well rehearsed muscular contractions. This learned behavior is not easily lost and muscle memory allows a person to regain muscle lost after an extended period of limited exercise.

The affects motor skills and neural

drive have on performance is easily observed during resistance training programs. Overtraining causes CNS fatigue, resulting in sub maximal muscle contractions from decreased physiological arousal. Impaired neural drive sends training progression to a slowing skid. Additionally, this premise further explains why strength coaches routinely advise power athletes to train with their competition's lifts; such as the bench press, deadlift and squat. Training each upper body muscle with isolation exercises will not peak bench press power; the lift itself must also be routinely performed to encourage a strong mind-muscle connection.

Alterations in the activation of multiple systems during training can be related to changes in the ability to focus motor commands to specific muscles. During the early stages of training, strength gains can be attributed to less supporting muscle involvement and greater neural efficiency toward activating the intended muscle. As a person advances in weight training experience, they reduce multi-muscle activation. The ultimate value of a training routine is limited to an individual's ability to accurately recruit muscular systems.

A previously untrained person will perform a movement with one intention: move a load from point A to B. Proper exercise form can be lost in an attempt to make the movement easier; an understandable reaction but it must be minimized for further strength and muscular development. For instance, beginners tend to perform bicep barbell curls while swinging their arms – falling short of adequately extending their elbow joints in a rush to become stronger. The load ends up recruiting much larger supportive muscles while using their bone structure to provide additional leverage. The biceps

muscles are suppose to get direct engagement but were insufficiently recruited for each repetition. The training stimulus required for growth of the biceps is consequently weak.

On the other side, experienced and well-informed individuals use superior technique by properly developing the motor skills required

for strength training. They exhibit superior mind-muscle connections and motor memory throughout each workout. The load moved during a biceps' curl moves with intense bicep contractions. The elbow joint is properly extended for each repetition and excessive momentum fails to take tension away from the biceps. The muscle

receives adequate recruitment and the training stimulus sets the stage for total muscular failure and successive growth.

Muscle memory can allow a return to previously held strength levels, as long as sufficient motor skills and neural drive were developed through consistency. **A**

Fitness Q&A

Mr. Dustin Senger
ASG-QA Public Affairs

Q. I just started working out – how fast can muscle be put on?

A. Increasing muscle mass turns up the metabolic furnace in favor of burning stubborn fat stores. The act of resistance training itself does not build muscle. Periods of training above previous fitness thresholds lead to athletic advancement and subsequently more muscle mass. Muscle-building routines must apply progressive overloads, use program variations and set specific goals. Adequate nutrition and caloric intake is also necessary – you can't build a house without the bricks!

The fact is: increases in muscle mass are never linear. All through puberty, adolescents grow in development spurts. Strength training progresses in a similar pattern. Muscle gains are achieved in bursts. Growth rate and frequency is primarily based on training experience. If professional bodybuilders could continue to grow without letting up, many would be well over 300 pounds – rock hard.

Several adaptations occur after embarking on a consistent resistance training routine:

- Resistance training is a motor learning process; eventually more muscle fibers can be recruited with less supporting muscle activation.
- Changes in muscle architecture, fiber density and type, occur as one advances.
- An increase in the cross-sectional area (hypertrophy) of muscle is the result of persistent and progressive resistance training.
- In general, dealing with high lactate levels is more motivational than a physical adaptation. Advances in limit strength require tolerance to the burn associated with resistance training.

Furthermore, the magnitude of progression is dependent on key training variables: intensity, volume, exercise selection and order, rest periods between sets, and frequency. In 2002, researchers from the American College of Sports Medicine cultivated over 260 studies to outline progression models for resistance training. In the position stand, they examined progression rates and known adaptations. Research consistently confirms the majority of strength increases take place in the first four to eight weeks of training.

According to the ACSM, literature reveals the following average progression rates in healthy adults during consistent training periods of four-weeks to two-years:

- Untrained individuals, no training for several years, accumulate increases in force production of approximately 40 percent and respond favorably to most protocols.
- Moderately trained individuals routinely add strength gains in the region of 20 percent.
- Trained athletes, typically with at least six months of consistent resistance training, obtain roughly 16 percent increases in strength.
- Advanced trainees with years of experience and a significant amount of development, grow at a 10-percent progression rate.
- Elite athletes, highly-trained competitors, are scraping the progression barrel at a two-percent pace.

The actual rate of growth can be restricted by personal constraints; such as genetic limitations, access to strength coaches and nutritionists, adequate training facilities and dietary supplements. **A**

Rest and Recuperation Pass Program Donations

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



• Call the R&R Desk for further information

Contact CW2 Patrick Earl, ASG-QA R2P2 Officer in Charge, for more information.

CULTURE

Ramadan mubarak

(Continued from page 2)

holiest month of the Islamic (lunar) calendar, begins in mid-September. During this month, revelation of the holy Koran to the Prophet Mohammed took place in the sixth century. Ramadan includes a phase of obligatory fasting for all adult Muslims; excluding

Sighting of the new moon signifies the beginning of Ramadan and daily fasting.

those experiencing poor health, age-related illness, long travel, pregnancy (or otherwise nursing), or a menstrual cycle. Sighting of the new moon signifies the beginning of Ramadan, and daily fasting. A sighting of the next new moon signifies the end of Ramadan and the beginning of a three-day Eid Al Fitr, holidays spent celebrating completion of the holy month.

“Salat El Fajr,” an Arabic phrase referring to the first prayer of the day, begins daily fasting the moment

the first sliver of light breaks the darkness on the morning horizon. During the fast Muslims abstain from food, drink, sexual activities, foul language (profanity, slander, backstabbing, lying), smoking, anger or carrying grudges or ill-will towards others. Abstinence is applied to any avoidable activities that distract a Muslim from worshiping God. “Salat El Maghrib” is an Arabic word for the prayer observed at sunset; terminating daily fasting periods during Ramadan.

Guests in Islamic countries, homes and businesses should pay special attention to dress conservatively. Muslims will spend more time wearing religious clothing and attending gatherings in Mosques. It is important to respect their more conventional dress code by not wearing anything remotely offensive.

Many Muslim men do not shake hands with women during their daily fast. It's best to avoid physical contact between unmarried men and women. This is to avoid anything that might lead to impure thoughts. If a Muslim is reluctant, or refuses to shake hands – even if he or she had done so in the past – don't be offended.

The fast can be broken accidentally or purposely. A person does not sin if they don't purposely break the fast. Ramadan's special blessings can be

Ramadan has several meaningful intentions in Islam:

- ♦ **Worldwide, it is the month when Muslims take an opportunity to renew their faith and commitment to God and Islam.** To do this, Muslims must try to stop bad habits and repent for their sins. They must seek new habits of worship and sources of blessings to become better Muslims and human beings. They must pray for forgiveness of past deeds; as well as, ask strength and blessings in future deeds.
- ♦ **During times of fasting, Muslims reflect on the fact that people are feeling the pain of hunger year-round.** This should increase appreciation for what one has, and willingness to give to those that have less.
- ♦ **Muslims learn to resist desire and temptation for a higher purpose.** During periods of fasting, they must refrain from forbidden acts; such as: food, water and sexual activities. The goal is to carry the ability to resist temptation and sin throughout the remainder of the year.
- ♦ **Regularly scheduled Islamic activities increase inside and outside of mosques.** Scholars from around the world visit Mosques and religious schools for nightly lectures and seminars. Individuals hold events in their homes for family members and guests.
- ♦ **Many blessings are received from God through increased good deeds and prayers.** All blessings are multiplied during the month of Ramadan. Muslims receive more blessings when they pray in congregation; for instance, during the Friday “Jumah” prayer. There are many extra established prayer events where the wealthy or financially able feed the poor. Charity events can help make up for a lapse during fasting or missed prayers, but many eagerly seek the extra blessings. Numerous Muslims bring guest into their homes, since sharing a meal is another source of blessings. There are some Muslims that confine themselves to a mosque, especially during the last 10 days. Some receive extra blessings by preparing food for others in a mosque. All acts of goodness and kindness are rewarded with blessings and forgiveness of sin.
- ♦ **The overall goal is a closer relationship with God.**

abandoned or forfeited if someone deliberately, without an allowed exception, breaks their fast. If someone accidentally eats or drinks, they should immediately resume the fast once they realize the mistake. For each oversight, a Muslim must make up an entire day of fasting after the concluding Eid celebration. Fasting is required as one of the five pillars of Islam – it is obligatory, not optional.

Special foods and celebrations are prepared exclusively for breaking daily fasts during the month of Ramadan. These may vary between countries, tribes or even families. In the middle of the month, children celebrate the passing of the first half of Ramadan with the Garangaou festival. Garangaou is not a religious ritual, it's cultural – it's practiced in the Gulf region as entertainment for the kids. Muslim nations have different names for it. Groups of

children go from house-to-house singing, dancing and collecting presents consisting of sweets, nuts and money. Shops will also hand out sweets to children on this day. The gifts are usually put in small cloth bags so the children can carry them.

Muslim families often extend invitations to co-workers and friends to join them during "iftar," an Arabic word for the first meal immediately following a daily fast. Be polite and respectful if you have other obligations or an otherwise objection. If you feel inclined, it should prove to be an excellent opportunity to experience traditional Islamic Arab culture. Many hotels and other commercial establishments hold nightly events and celebrations – most open to non-Muslim patronage. Hotels and other designated areas include banquets, music and light celebrations. Qatar's roads become

horribly congested during this time. If you would like to attend, plan to leave early. Tents routinely open roughly 30 minutes prior to iftar. While attending, it's important to be respectful, open minded and patient.

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

Your participation and support is greatly appreciated if we conduct an installation iftar on Camp As Sayliyah during Ramadan – may God bless you. **A**

Radio Qatar's morning voice

Mr. Dustin Senger
ASG-QA Public Affairs

Bernie Lyons is host of The Breakfast Show on Qatar Broadcasting Service, FM 95.7, from 6 a.m. to 9.am. His early-morning silliness, laced with an Irish accent, is hard to ignore. He is a man of true radio talent. Lyons is capable of generating smiles without becoming offensive to anyone; a mandatory trait while broadcasting in an Islamic nation. His show delivers a helpful distraction during frequently frustrating and congested commutes in Doha, Qatar's capital city. Many people know his voice – perhaps even his name – but a real-life understanding of the man behind Radio Qatar's morning entertainment is rare.

Originally from Ireland, Lyons is deeply rooted in the entertainment

industry. Interestingly, he left school with a doctorate in industrial radiology. He readily admits he was never a medical examiner but claims he can still read a radiologist exam at local clinics.

The doctor-turned-entertainer followed his limelight dreams. He traveled the world, gaining recognition in films, television and radio. He still collects royalties from a 1974 hit, "Sugar Baby Love," a song consistent with the British 1970's sound, carrying memories of peace, harmony and bell-bottom jeans. His band first wrote and recorded the song for fun, but experts knew it would become a hit. The Rubettes were then created as a front band, sending the song to the masses. It quickly ascended to the top of British music charts and remained there for several weeks.

"When I sang," said Lyons, "I had to play the piano as well – I had to actually play it with a microphone dropped nearby. There were no computers or separated recording

sessions. Back then, you really had to have the talent and be able to perform. Everyone struggled to become big stars." Lyons has contagious respect for those that once recorded using very limited resources.

(Continued on page 20)



Bernie Lyons hosts The Breakfast Show for Qatar Broadcasting Service, 95.7. The disc jockey has spent 30 years delivering entertainment for Qatar residents. (Courtesy photo from Bernie Lyons)

CULTURE



Lead vocalist Bernie Lyons performs at a Los Angeles concert in 1975. "My father told me, 'if you're going to do anything – do it with style,'" said Lyons. (Courtesy photo from Bernie Lyons)

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 further information

Contact CW2 Patrick Earl, ASG-QA R2P2 Officer in Charge, for more information.

Camp Policies

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

*ASG-QA domain access required.



Qatar Broadcasting Service's morning disc jockey Bernie Lyons at his villa in Doha, Qatar on Aug. 5. Lyons explained a photo illustrating the wardrobe he wore during "Morocco," a 1972 film. "I loved that country in the 1960's – it was so free." (Photo by Dustin Senger)

(Continued from page 19)

"We once went to a big show in California as a warm-up band," he said. It was 1975; he came to the United States to help open a concert full of celebrity artists in Los Angeles. Billy Joel was just establishing his career as a musical icon but Neil Diamond was the night's most anticipated entertainer. "I met John Denver there too. He was quite strange, even then. He was very into the environment. I had never been to Colorado – I didn't know what he was talking about."

"During college in England, I worked part time for BBC," said Lyons. The British Broadcasting Corporation was founded in 1922 to inform, educate and entertain. Today, the corporation produces programs and broadcasts on television, radio and the Internet.

BBC asked Lyons to go to the Gulf state of Oman in 1972, where he was later offered employment at a newly instituted radio station in nearby Qatar. Tragically, 1977 changed his life. His late wife Caroline passed away from Leukemia. Lyons later accepted the radio position in Qatar, since it allowed him to care for their son without frequent and global travels.

"I don't know how I would have made it in the film business," said Lyons. "It was either my son or films – and of course, my son was most

important. When you have children, your first duty is to them, not your career. Children do not ask to be born but once they are, it takes years to bring them up. Qatar made me an offer I couldn't refuse."

"When I first came here in 1977, all I saw was sand," he said. "Where there was no sand, there was the sea. There were small shops everywhere – no Sheraton, no Corniche, no malls. The gold shops have always been here, gold has always been important to Arabic traditions. The innate honesty at the time was the most incredible. If you didn't have money, shop owners would let you leave with items and come back later with money. I had borrowed items from gold shops worth thousands of dollars to show my wife – they just expected you to return with it, or the money,

From an outside perspective, being a disc jockey in the Middle East can seem restrictive for anyone in an occupation known elsewhere for candid acts and perverted humor.

and you always did." Lyons insists Qatar has always contained trustworthy communities. He feels safe on the Gulf peninsula; safe from vandalism or thieves.

"Here I don't have to worry," said Lyons.

"Back in England, our house has four locks on the door! Rosemary has had her car stolen twice in London – and mugged." Lyons met Rosemary in Bath, England. By chance, he had previously met her late husband in Qatar. The two began a relationship and later married. Today, Lyons has homes in Ireland, England and India; as well as a villa in Doha.

"I am not Muslim," he said. "I come from Ireland, a very Catholic area where everyone knows everyone. But you don't spend 30 years in an Islamic state without learning something, and I don't see anything wrong with Islamic laws. Expatriates have never had a problem here – unless they do something bad. You can't drink and drive in America;

you can't do it here either. You can't go to the beach wearing a g-string bikini, but some people shouldn't be wearing them anyway! I have been in every Gulf country and some have gone too far – they open up too much, too quickly. I like Qatar the best."

Lyons has adjusted to the Islamic state very well, as an entertainer, entrepreneur and family man. His morning broadcast on QBS allows him to be creative and frequently spontaneous; often he finds himself writing his content during his show. He fully accepts his responsibility to keep apolitical without insulting anyone.

"We are all inter-connected," he said. "I can say something in Qatar that can affect someone elsewhere. I have to be careful what I say – even when reading the news or if I do not agree with something." The broadcaster's experience calls for true creativity. A program can not be based on controversial or crude subjects and commenting. From an outside perspective, being a disc jockey in the Middle East can seem restrictive for anyone in an occupation known elsewhere for candid acts and perverted humor.

"Anyone can tell dirty jokes," said Lyons, "but that doesn't mean you're talented. Many disc jockeys are not only rude but totally offensive. Kids can not listen to it – nobody wants them bringing it into their home. I don't believe you need to use that kind of content if you're talented." A true indication of on-air talent is the ability to rise above your limitations while embracing the positive nature they may convey. "I love the new stuff but I will only air what isn't offensive. Many records we get from the States, we can't use. I get requests for Eminem, but after editing the content – there is nothing left to play."

"I love what I do. I have to be one of the happiest persons in the world." Mr. Bernie Lyons

"Qatar only has one radio station and we need to please everyone," said Lyons. Qatar receives reception from neighboring countries, but QBS is its sole radio show provider. "I enjoy Qatar because I get calls from everywhere – Indian, American, Filipino – they all want different things. It keeps it interesting." Lyons takes his request

very seriously. In 1993, his knowledge of music history was put to the test when someone asked about the first song ever released on a 45-RPM record. "I called everywhere. I found the name of the song from a guy at RCA records in New York. It was 'Ghost Riders in the Sky,' by Vaughn Monroe." Lyons is quick to place a copy of the 45 in his vintage record player placed conveniently in his living room. In fact, he's quick to expand anyone's knowledge of musical history with fascinating and commonly unknown facts. Another prized album is a current world record holder for the most expensive single ever made: Tina Turner's performance of "River Deep, Mountain High" in 1963. "When I play it on the radio, people call to ask if it is new." The song is more commonly known by Celine Dion's early-1990's version.

"Tina Turner gave me the shimmy leather shirt she wore in a show for the American Navy in 1991," said Lyons with his proud piece of history." Now known as the Marriot, the Gulf Sheraton was a recurring entertainment venue for American war fighters during the first Gulf war – and Lyons was frequently involved. "People have asked me to sell it but I would never part with

it." Turner's 1991 show eventually lead Lyons to start a stage-lighting business. "They phoned me and said they needed lights. I called a friend in Italy and had them shipped to Qatar. We lit up Tina Turner but I knew we would need the lights again – many artists were coming to Qatar, specifically for the Americans. So we started getting a lot of special effects lights as well. The business snowballed but it really was started by accident."

"You just collect these things through life," he said. His Qatar home has an artistic ambiance; it's an obvious depiction of an entertainer's eventful life with numerous objects representing countless memories. Infrequently trotting across the living room floor, his grandson's puppy coexists with a small pet turtle – both enjoying their freedom and attention. "You never know what you'll see here but without my grandson Alexander, this house is like a museum. That's one thing about being a disc jockey: you never forget what it's like to be young." His young grandson's cheerfulness and appreciation emits an obvious presence in the home.

"I love what I do," said Lyons. "I have to be one of the happiest persons in the world. At my age now, my first priority is my grandson. If my family is happy, I'm happy." **A**



Bernie Lyons thinks highly of his souvenir leather jacket; the apparel was worn by Tina Turner at a 1991 performance in Doha, Qatar. Turner gave the item to Lyons who readily tells everyone, "she is a terrific performer and I will never part with it." (Photos by Dustin Senger)

Qatar Do's and Don'ts:

✗ Don't hand over or accept items with you left hand. Only use your right hand when eating with your fingers. Muslim beliefs reserve the left hand for bodily functions.

✗ Don't sit in a way that shows the soles of your feet or shoes; it's considered insulting.

✗ Don't be afraid to go out at night. Qatar is a safe place; however, remain aware of your surroundings and any attempt to draw information or lead you to a desolate area.

✓ Do ask for permission before taking a photograph. Many older people and most women object to being photographed.

✓ Do be aware of the fact that visitors are expected to conform to the local customs of modesty. You should cover up unless at a beach or pool area.

✓ Do become familiar with the traditions and customs for the holy month of Ramadan. Qatar is governed by Sharia Law, rules derived from Islamic belief.

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

- Ric's Kountry Kitchen
- The Iranian Souqs
- The Industrial area
- Al Wakra
- Areas serving alcohol, other than hotel restaurants with security in place

Drove a Little Fast?

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

DOHA LIFE

Qatar nears fasting period

Mr. Dustin Senger
ASG-QA Public Affairs

DOHA, Qatar – Islam is a major global religion with a reach across many nations. Muslims are members of the Islamic faith; population estimates vary greatly, but many suggest well over one billion people – almost 25 percent of the world's total population.

The Islamic nations in the Gulf are governed by Sharia Law, traditional Islamic law derived from the Koran. Adult Muslims in good health are required to observe the holy month of Ramadan by fasting from sunrise to sunset.

Daily fasting begins at sunrise, at the first break of light and continues until the sun has vanished off the horizon. Once initiated, the prohibition of public eating, drinking or smoking is not a recommendation – it is the law. Never appear to tempt a Muslim into violating their religious duties.

Always remain polite and discrete during daylight hours. It's important for all expatriates residing in Qatar to understand and respect the new atmosphere Ramadan presents. Understand the adjustments people will be undergoing; changes in their body and temperament.

Ramadan is the ninth month on the lunar calendar; advancing 11 days each year. This year, it will begin during the mid-September heat. For residence in Qatar, this religious period of abstinence is becoming exceedingly closer to the hot and humid summer months. Increased heat indexes present overlapping tensions on Muslim's adhering to their religious duties.

During the day, many drivers will be dehydrated, hungry or possibly experiencing tobacco withdrawals. Tempers will be short and car horns will be used more than usual. Food intake during Ramadan is expected to be reduced due to altered eating schedules. However, Muslims are generally able to maintain body weight and energy levels with evening to early-morning meals.

A 1999 study by Kuwait University examined responses to exercise, fluid and energy balances during Ramadan in sedentary and active males. Interestingly, fluid and electrolyte levels were better maintained with active individuals; a likely response to greater fluid consumption and turnover. According to the Kuwait study, the entire month of Ramadan presents varying changes in a Muslim's body. Mentally, the first one to two weeks of fasting are the most difficult. The body must adapt to the abrupt and drastic change in energy stores and nutritional support.

During the day, many drivers will be dehydrated, hungry or possibly experiencing tobacco withdrawals.

The last two weeks can be harder on the body physically.

Anemias are a common health concern in the Gulf and symptoms can become more evident during the end of Ramadan. Blood platelet counts can take a significant drop, leading to slower blood clotting. According to research, decreases in serum iron and platelet counts are only statistically significant in sedentary people but anyone with symptoms at other periods of the year need to pay special attention – women are generally prone to iron deficiencies.

Most businesses in Islamic countries adjust their operating schedules around non-fasting hours, taking advantage of cool early mornings and late evening

Qatar's five-star experience: Four Seasons Doha



The Four Seasons Doha, a five-star Canadian-managed hotel, is one example of Qatar's luxurious offerings to travelers. The hotel was opened in April 2005. The architect is Reynolds Smallwood from Stewart, Stewart & Associates, an Atlanta, Ga. firm. Ramadan buffets and entertainment support Qatar's local religious holiday. (Photos by Dustin Senger)



patronage. Some shops will remain open all the way until midnight; while many restaurants will remain open as late as 3 a.m., allowing Muslims an opportunity for a traditional light breakfast prior to resuming the daily fast.

As dusk approaches, many drivers use Doha's Corniche as a cruising area to wait for the cannon to fire, signaling the end of the daily fast. By evening, satisfying escalated appetites and thirst are of prime importance. Many drivers rush to get home once sunset is

Many drivers rush to get home once sunset is announced and they often speed carelessly.

announced and they often speed carelessly. The fast is traditionally broken with a light meal of dates and milk, subsequently followed by at least two full meals before the next sunrise. Exercise care on the roads, there will be many activities late into the nights – many careless automobile accidents occur on the roads during Ramadan. Areas in residential locations and near large mosques will become more active.

Ramadan's completion does not announce an all-clear in Qatar. Eid

Al Fitr festivities immediately follow, to celebrate the achievement of the fast. Activities during the three-day national holiday will be united with a frenzy of celebrations and gatherings. Eid is an important family holiday for Muslims.

During and after Ramadan, it's important to remain courteous and understanding of Qatar's Islamic traditions. As this revolving religious period nears the nation's hot summer days, everyone should appreciate the physical and mental strains it places on daily activities and work environments – to assure a safe and successful month. **A**

SAFETY

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

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

(Continued on page 25)

Properly hydrated for activities

Mr. Dustin Senger
ASG-QA Public Affairs

There are many ways to remain more active on Camp As Sayliyah. Area Support Group Qatar has a vast amount of Morale, Welfare and Recreation programs to provide service members with numerous chances to engage in personal and team fitness events while stationed in the Gulf. Stay active and physically fit but be respectful of Qatar's exhausting summer heat. It's paramount to understand: summer activities can lead to accumulative water loss and decreased physical and mental performance.

One performance aid impacts major physiological events within the human body – actions distinguishing the difference between record-breaking performance and ultimate failure. This fluid pours as a colorless, tasteless and odorless substance; essential to all known forms of life. Under most

circumstances, it's free of charge and widely available. Water's importance in human performance is frequently taken too lightly by athletes, introducing life threatening situations if neglected all together.

There are a lot of suggestions regarding proper water intake, as well as a few rumors about how long someone can survive without it. The fact is: there is no one-size-fits-all solution when it comes to proper hydration. Individual requirements can vary based on body weight, genetic predisposition, heat acclimation and metabolic efficiency. Athletic

Sweating is the primary avenue for water loss. Rapid fluid loss occurs during outdoor activities in Qatar's hot and humid climate.

people are at a great risk for dehydration due to activity levels, environmental changes during exercise and dietary adjustments that can swing cellular hydration levels.

Sweating is the primary avenue for water loss. Rapid fluid loss occurs during outdoor activities in Qatar's hot and humid environment. Some people aggravate proper fluid balance by purposely dehydrating to appear leaner. Furthermore, training twice per day, or for long daily sessions, creates a cumulative affect of fluid losses. This can deplete hydration levels for several days, or weeks, depending on attempts to replenish hydration.

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	(76-81.9) 25.0-27.7	NL	1/2	NL	3/4	40/20 MIN	3/4
2 GREEN	(82-87.9) 28.3-30.5	NL	1/2	30/10 MIN	3/4	30/20 MIN	1
3 YELLOW	(88-93.9) 31.1-34.4	NL	3/4	40/20 MIN	3/4	30/30 MIN	1
4 RED	(94-99.9) 34.4-37.7	(L)	3/4	30/30 MIN	3/4	20/40 MIN	1
5 BLACK	(>90) 32.2	50/10 MIN	1	20/40 MIN	1	10/50 MIN	1
CAUTION							
HOURLY FLUID INTAKE SHOULD NOT EXCEED 1 1/2 QT. DAILY FLUID INTAKE SHOULD NOT EXCEED 12 QTS.							
The colored flags corresponding to the above chart are flown at the big gym and TMC. This information will also be announced over the Giant Voice System.							

Strength performance does not seem to be affected by dehydration; however endurance and cognitive ability decreases are well documented.

Skeletal muscle cramps are often associated with dehydration, electrolyte deficits and muscle fatigue. Muscle cramps are common in hyperthermia cases where an athlete must perform in a hot environment, wearing heavy protective equipment, without prior heat acclimation. People susceptible to them tend to sweat heavily with large sweat sodium losses. The cramps feel like painful spasms – sometimes excruciating – that seem to randomly attack muscle fibers, as one bundle relaxes, an adjacent bundle contracts. Twitches can move between different muscle groups. Most spasms last about one to three minutes but the total series can last six to eight hours. The cramps respond well to rest, prolonged static stretching and ingestion of fluids and electrolytes.

Heat exhaustion normally does not involve excessive hyperthermia but rather a result of fatigue, decreases in body water, electrolyte depletion or systems within the body failing. Physical condition and innate work capacity are personal factors affecting the severity of exhaustion; as well as concurrent medication and dietary supplement intake. Exhaustion is a physiological response during all temperature ranges. Statistically, when surrounding temperatures rise above 68 degrees Fahrenheit, heat stress rises and the time to exhaustion decreases. Energy stores deplete faster in hotter conditions, especially when an athlete is not properly acclimated.

It is possible to hyperhydrate by drinking too many fluids during

exercise. Drinking too many liquids normally stimulates increased urine and sweat production; allowing the body to return to normal hydration levels. However, urine output is reduced during exercise and heat stress. This presents a risk of delusional hyponatremia, a disorder of fluid and electrolyte balance caused by low sodium levels in the blood. In general, dehydration is more common, but overdrinking water during symptoms of hyponatremia is more dangerous.

Healthy individuals are unlikely to ever develop water intoxication from hyperhydration. Nearly all deaths related to water intoxication in healthy individuals occurred after heavily forced intake or exercise-induced drops in electrolyte levels.

When water is consumed in heavy amounts following long endurance events – without any concurrent dietary electrolyte intake – a serious health condition can develop from an electrolyte imbalance. Hilary Bellamy died competing in the 2002 Marine Corps Marathon from hyponatremia. Her condition was

(Continued on page 26)

Hilary Bellamy died competing in the 2002 Marine Corps Marathon from hyponatremia.



Camp As Sayliyah service members sprint during a relay on May 5 in Qatar. Heat and humidity during Qatar's peak summer months limits outdoor activities. (Photo by Dustin Senger)

(Continued from page 24)

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

Contact Robert East, Installation Safety Manager, for more details.

Safety Training

Attend the installation safety training.

Confined Space

- Sept. 18: 9 a.m. to 10 a.m.

Fire Warden/Prevention

- Sept. 20: 9 a.m. to 10 a.m.

Unit Safety Representative

- Sept. 20: 9 a.m. to 5 p.m.

Fire Extinguisher

- Sept. 25: 9 a.m. to 10 a.m.

Contact Mr. Richard Clark, Camp As Sayliyah Fire Chief, or Robert East, Installation Safety Manager, for more details.

Avoiding Heat Injuries

To protect your health when temperatures are extremely high, remember to keep cool and use common sense. The following tips are important.

• Drink Plenty of Fluid

Increase your fluid intake - regardless of your activity level. During hot weather, you will need to drink more liquid than your thirst indicates.

• Replace Salt and Minerals

Heavy sweating removes salt and minerals from the body. These are necessary for your body and must be replaced. The easiest and safest way to replace salt and minerals is through your diet. Drink fruit juice or a sports beverage during exercise or any work in the heat.

• Wear appropriate Clothing and Sunscreen

Choose lightweight, light-colored, loose-fitting clothing. In the hot sun, a wide-brimmed hat will provide shade and keep the head cool.

• Adjust to the Environment

Be aware that any sudden change in temperature will be stressful to your body.

• Monitor Those at High Risk

Monitor the condition of your travel partners and have someone do the same for you.

• Schedule Activities Carefully and Use Common Sense

If you must be out in the heat, try to plan your activities so that you are outdoors either before noon or in the evening. While outdoors, rest frequently in a shady area.

Contact Mr. Robert East, ASG-QA Installation Safety Officer, for more information at DSN 432-3412.

SAFETY

(Continued from page 25)

a result of a sodium imbalance from excessive water consumption. Bellamy collapsed nearing the 22-mile mark.

Some people tolerate dehydration well – seemingly unaffected – while others discontinue activity in relatively less stressful conditions. Regardless of tolerance to symptoms, hyperhydration should begin around four hours prior to exercise to allow normal hydration levels to develop. Two hours prior, a hydration assessment can determine further fluid needs. If urine is still dark in color, more fluids should slowly be consumed. Drinking beverages with added salt will help stimulate thirst and retain consumed fluids. The goal of pre-hydrating is to begin physical activity with normal hydration and electrolyte balance. During exercise, the goal is to merely replace the fluids being lost. Long events should be augmented with additional sources of salt; for instance, common sports drinks include salt and sugar for enhanced cellular hydration and energy sources.

Changes in bodyweight can be used to calculate sweating rates. This approach assumes that one milliliter of sweat loss represents a one gram loss in bodyweight. If possible, changes in bodyweight should be measured undressed, such as right after training but before a shower, since sweat can become trapped in clothing. Total bodyweight losses of three to five percent introduce a health and performance concern. Urine color can be a misleading indicator since the shade will not immediately reflect rehydration attempts. This information should not be considered an accurate rate in all conditions but merely a guide for the current environment.

Frequent exposure to Qatar's heat can disrupt proper water and electrolyte balance, negatively impacting health and performance. Allow yourself to get properly acclimated before engaging in strenuous activities – especially when arriving from cooler regions. With a little knowledge and application, everyone can perform without heat or fluid-related impairment or injury. 

Personal protective equipment

Mr. Robert East Installation Safety Manager

There are many potential hazards in work areas. Many risks are dug so deep in daily routines they go unnoticed. To keep safe, we need to be aware of hazards to take appropriate steps to protect ourselves from them. Personal protective equipment can be worn to prevent or minimize injuries. PPE can include a hard hat, eye protection or a pair of work gloves.

Every day, thousands of employees risk serious injury while on the job. Dangers of being struck, cut, burnt, blinded or electrocuted are commonly encountered. Personal injury hazards range from crushing machine parts to falling objects – or caustic substances. Once you recognize vulnerability, make sure the right equipment is available to accomplish a job safely. Most hazards can be combated by following established safety rules and using PPE when necessary; appropriate gear is available for virtually every type of job.

Even with all the protection available, Occupational Health and Safety Administration statistics

show that on-the-job injuries are still widespread and abundant. Crippling injuries have reached alarming proportions. OSHA statistics show that each year over 570,000 employees are hurt while on the job, experiencing:

- 320,000 hand injuries
 - 70,000 eye injuries
 - 70,000 head injuries
 - 110,000 foot injuries
- The injured worker's PPE didn't provide full protection.
 - The PPE available wasn't being used.

As expected, 70 percent of the workers suffering hand injuries were not wearing gloves – the remaining 30 percent were wearing damaged or inappropriate protection. These injuries typically occur for two reasons:

The point is: many times, workplace tragedies can be averted using appropriate PPE. We must help each other to reduce accident numbers by paying attention to what's going on in our work areas. Don't be hesitant to take corrective action and recommend PPE use to prevent a job from being done in an unsafe manner. **A**

Office safety

Mr. Robert East Installation Safety Manager

Changes have occurred in the American workplace as a result of new office technology and automation of equipment. These changes have increased health and safety concerns in the workplace. In addition to obvious hazards – such as slippery floors or an open file drawer – modern offices frequently contain low lighting, disturbing noises or feebly designed furniture. Equipment or machinery may emit gases and vapors when improperly maintained.

The nature of the office work itself may produce a whole host of stress-related symptoms and musculoskeletal strains. For example, long hours at a poorly designed computer workstation can cause soreness in the neck, back, shoulders, lower extremities, arms, wrists, hands, vision and a general feeling of tension and irritability.

The leading types of disabling office accidents are: falls; strains and over exertions; falling objects;

striking against objects; and being caught in or between objects. Falls are the most common office accident resulting in disabling injuries. A fall occurs when you lose your balance and footing. The rate of falls amongst office workers is almost three times higher than non-office employees. One of the most common causes of office

Falls are the most common office accident resulting in disabling injuries.

falls is tripping over an open desk or file drawer. Many other falls also occur by bending while seated in an unstable chair and tripping over electrical cords or wires. People frequently are injured by using a chair or stacked boxes in place of a sturdy ladder. Potential injuries are lurking everywhere – slipping on wet floors, tripping on loose carpeting, objects stored in halls or walkways. Many accidental falls occur in inadequate lighting. All of these fall hazards are preventable by identifying potential risks in your work area.

Many accidental falls occur in inadequate lighting.

If you find yourself heading for a fall, remember to roll – don't reach. By letting your body crumple and roll, you are more likely to absorb the impact and momentum without injury. Reaching an arm or leg out to prevent your fall may result in a broken limb in the process. **A**

The following checklist can help stop a fall before it happens.

- ✓ Be sure the pathway is clear before you walk.
- ✓ Close drawers completely after every use.
- ✓ Avoid excessive bending, twisting and leaning backward while seated.
- ✓ Secure electrical cords and wires away from walkways.
- ✓ Always use a stepladder for overhead reaching.
- ✓ Chairs should never be used as ladders.
- ✓ Clean up spills immediately.
- ✓ Pick up objects co-workers may have left on the floor.
- ✓ Report loose carpeting or damaged flooring.
- ✓ Never carry anything that obscures your vision.
- ✓ Wear stable shoes with non-slip soles.

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

Please contact the ASG-QA Public Affairs Office
to learn how to become a contributor.

Contact us!
E-mail: pao@qatar.army.mil
DSN: 318-432-2572/2800

We need your feedback!

Fill out the form below, call or e-mail
the ASG-QA Public Affairs Office.



What did you think of Edition 50 of the Desert Mesh?

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: _____



Edition 50

This Army newsletter 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 DSN 318-432-2572.