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

DESERTMESH NEWSLETTER

An ASG-QA Publication

Edition 47 February/March 2007

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

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Area Support Group Qatar Rest and Recuperation Pass Program Participants enjoy themselves while on a sponsored off-post trip.

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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: Rest and Recuperation Pass Program partcipants in Doha, Qatar (bottom): MSG Earl Andrews, from Aberdeen, Wash.; SGT Nathanael Kirkwood, from Dupont, Wash.; Jose Millan, from Orlando, Fla.; SFC Michael Jenkins, from Brookhaven Miss. Also, the Visual Information Awards Program's photography submissions from Iraq (inserts). See more photos, and this year's judging for Military Photographer of the Year at http://events.dinfos.osd.mil/viap/. (Cover photo-illustration by Mr. Dustin Senger)

Serving the war fighters

Mr. Dustin Senger
ASG-QA Public Affairs

Supporting Soldiers needing rest and recuperation

CAMP AS SAYLIYAH, Qatar– Joining the Armed Forces requires serious commitment; a pledge that can eventually relocate anyone – a husband or wife, brother or sister, father or mother – into a complicated wartime environment. Continuous operations and dangerous situations easily become very stressful for Soldiers, Airmen, Sailors and Marines. Area Support Group Qatar maintains ...

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Qatari general invites American service members

▲ A Soldier starts up an ATV to travel through the nearby sand dunes on Dec. 27, 2006. Service members from Camp As Sayliyah, as well as the adjacent Al Udeid Air Force Base, take a day to enjoy some local entertaiment and foods.

▲ An Arabic man presents a prized falcon to service members in Qatar. Falconry has been practiced in the Middle East for thousands of years – reputable birds are easily traded for thousands of dollars.

▲ Service members enjoy water crafts and swimming at the beach home of Maj. Gen. Hamad bin Ali Al Attiyah, Qatar Armed Forces Chief of Staff, on Dec. 27, 2006. The December day was cool but soon temperatures in Qatar's arid desert climate will sore to extreme heat and humidity.

▲ A Soldier receives a piece of camel's hump, a traditional cusine in Qatar. Service members were invited to the beach home of Maj. Gen. Hamad bin Ali Al Attiyah, Qatar Armed Forces Chief of Staff, for some entertainment while absorbing traditional Arabic culture on Dec. 27, 2006. (Photos by Mr. Dustin Senger)

R. Steven Whitcomb

Lieutenant General
Third Army/USARCENT
Commanding General

Third Army mission continues with OIF troop increase

As you are certainly aware, the President recently announced the results of an Iraq Strategy Review and a revised strategy that includes deploying more Soldiers to Operation Iraqi Freedom and Operation Enduring Freedom.

As part of the military component of the plan, the Army has begun the immediate deployment of five additional brigades to Iraq to assist in achieving stability and security in Baghdad and the al- Anbar Province.

Over the next five months, the Army will potentially deploy more than 20,000 personnel. These forces will assist the Iraqi forces in clearing and securing Baghdad neighborhoods, thus protecting the local population while we extend our partnership with the Iraqi Army to enhance its training. Additionally, the Marines will deploy up to 4,000 Marines to al-Anbar to reinforce their success and further disrupt and dismantle al-Qaida.

We will support these units as they conduct Reception, Staging, and Onward movement through our area. Third Army/U. S. Army Central has the capacity, infrastructure and leadership to fully support the increase of troops. It's what we do.

What the Soldiers, Sailors, Airmen, Marines, Coast Guardsmen and "Soldiers in Slacks" of Third Army U.S. Army Central do each day is critical to the success of OIF and OEF and to operations throughout the CENTCOM area of operations. You are performing magnificently and making a difference in the Global War on Terror.

It is our mission to ensure all units transiting through Kuwait are fully equipped for their specified missions prior to deploying forward to Iraq. It is a valid, worthwhile mission and we are doing a tremendous job. I have no doubt we will continue to meet the sacrifices of our brothers-in arms with our unwavering commitment.

The force increase will not affect our ability to provide the best possible equipment to Soldiers and units transiting Kuwait. We will continue to train and equip the forces deploying to theater as well as to sustain the force when they are forward.

We have the greatest Soldiers and leaders in the world. We have the resources and facilities to fully execute our role under this force increase. And at the end of the day, we will have assisted in giving the commanders the capability to achieve our goal of providing a stable and secure Iraq and Afghanistan.

Third, Always First!

Franklin G. Ashe

Command Sergeant Major

Third Army/USARCENT
Command Sergeant Major

Situational awareness on the road: Stay alert, stay alive

Ensuring vehicle safety and accident avoidance are the responsibilities of every Soldier – particularly NCOs who set the example for junior Soldiers to follow.

We've all seen the crumpled vehicles involved in lifethreatening accidents on the sides of Kuwaiti roads as we travel between camps. By keeping your speed to the legal limits posted and maintaining situational awareness, we can all get to our destinations safely and complete our missions successfully.

It all starts with the leaders. Make sure your Soldiers know how to navigate along the highways, drive the vehicles needed and call for assistance in emergency situations.

Remember, they trust your guidance to get them home safely. Letting the standards slide means letting the risk increase for them to become a statistic.

Soldiers need to be particularly vigilant during the prayer times when many drivers pull off the roads to pray – and they don't always use turn signals or other considerations typically seen in America.

Don't let your Soldiers get distracted by the radio, cell phones or conversation. Many times, I have seen individuals running, or even walking, across the highways.

When driving through Kuwait, try to stay in the middle lanes of traffic – avoid the right-hand lane that often has rough pavement due to high traffic of convoys and the left-hand lane that has vehicles traveling at more than 120 kilometers per hour.

Give your incoming Soldiers extra training when they arrive in country by taking them on a tour of all the camps – show them the hazards to watch out for instead of putting them at risk unnecessarily.

It's the responsibility of all Soldiers to train each other. Junior Soldiers who are often the drivers should share pertinent information with each other, in addition to the briefings and instruction given by their NCOs.

It's hard enough to tell parents that their Soldier died defending our country – I don't want to tell them that their son or daughter died due to negligence.

Keep our Soldiers safe – keep yourself safe. By upholding the standards and making sure they're executed 100 percent of the time, we'll have a greater chance of returning home to our families.

Third, Always First!

A message from the Installation Commander

Thomas F. Lynch III

Colonel
Area Support Group Qatar
Commander

Greetings to all of you here at Camp As Sayliyah as we move rapidly through the Winter months of Early 2007.

This edition of the Camp As Sayliyah *Desert Mesh* should reach you as we complete the traditional events of mid-February's calendar – Valentine's Day and the Presidents' Day weekend – and as we move towards the longer days and rapidly increasing temperatures of March. Those of you who are veterans of the Qatar desert weather will know that 100 degree temperatures are just a few short weeks away. Those of you who are new to this area need to expect that the weather will warm up rapidly, and the need for proper precautions against heat injuries will require your attention here shortly. Please see our safety notes on heat injury prevention found on page 22 of this *Desert Mesh*.

The months of February to April are also significant here at Camp As Sayliyah because they feature our annual Camp sports competition with Qatari military teams in a host of sporting events. February has already seen Camp teams participate in volleyball and shooting competitions with Qatari military opponents. The next two months will feature running, soccer and team handball competitions. All here at Camp As Sayliyah are welcome to try out for out teams that are competing in these important host nation sporting events. Our participation with the Qatari military teams builds bonds of friendship and lasting relationships. We need your talents and abilities; so if you are interested and not already involved in these sporting events, please see the *Desert Mesh* article on page 17 and contact HHC, ASG-QA, at DSN 432-4910, for more information on competitions and participation.

"Our participation with the Qatari military teams builds bonds of friendship and lasting relationships. ..."

Across Camp As Sayliyah, we continue to work to provide you with extensive activities and events that allow you to enjoy your time off, and that allow our R&R Pass Program Service Members a place to relax and unwind. You should take advantage of the expanded Camp PX, enjoy the warmer days at the pool, and take in a meal or two at the Chili's or the Oasis Club. You should also look for the opening of an expanded food line and service at the Top Off Club in coming weeks; and get ready for the grand opening of a bowling alley in the Top Off Club before the middle of this coming Summer.

As always, Camp As Sayliyah continues to host our heroes serving in Iraq, Afghanistan, Kuwait and elsewhere across the region for the R&R Pass Program. The R2P2 program is featured throughout this *Desert Mesh*. Please show true Camp hospitality to these heroes – ask them how they are doing, slow down and offer them a ride on post, thank them for their service, and offer to sponsor them to off post venues. Each of us here at Camp As Sayliyah has a lot to be thankful for as a result of the efforts of these heroes. Thus, please do find a way to extend your thanks by these and other offers of support and kindness.

Finally, I thank each of you for your service here at Camp As Sayliyah and across the CENTCOM region. Your efforts are making a positive difference daily. Keep it up. Thanks for all you do!

Patton's Own!

Michael D. Howard

Command Sergeant Major

Area Support Group Qatar
Command Sergeant Major

Maintain standards and personal discipline

As an installation with many diverse organizations, standards and discipline create the engine that drives Camp As Sayliyah toward mission success. It is the continual responsibility of everyone to enforce standards, policies and safety guidelines established by Area Support Group Qatar.

Regardless of rank, everyone represents an integral link in the chain that pulls this installation in a positive direction. If we fail at something as simple as properly wearing our uniform, our chain becomes tarnished and progressively weaker. Imperfections, such as this, encourage a breeding ground for disciplinary problems in any unit. Every Soldier should continue to take pride in their uniform, exceptional Soldier standards, superior military discipline and well-mannered conduct – stand tall as a member of ASG-QA, as a strong link supporting mission accomplishment.

Standards affect Soldiers everywhere, from the moment we report to our first unit. Standards are placed on every service member – Soldiers, Sailors, Airmen and Marines – even our civilian workforce. Some are enforced by the Uniform Code of Military Justice; others fall into the realm of common sense and respect. These military standards and professional values are acceptable means to carry one's self within our community. While you are deployed, know the rules and read the policies that are enforced to support your success and safety while overseas.

"An important standard for everyone is comradery; maintain your focus as an active ASG-QA team member."

An important standard for every service member is comradery; maintain your focus as an active ASG-QA team member. Take the time to support all members of Camp As Sayliyah when we celebrate our heritage, past accomplishments, devotion and events that helped shape our free nation as it is known today. March offers us a month devoted to Women's rights and the struggle during suffrage movements.

Black History Month is our theme during February. It is an opportunity to recognize the achievements and devotion to civil rights by the African-American community. We just had a wonderful luncheon on Feb. 13. If you missed the luncheon, be sure to attend the finale on Feb. 28 – but don't let the installation gatherings stop you from learning! I challenge everyone to read a book or check out an exhibit once you return to the States. My favorite resource for expanding knowledge of African-American heritage is The King Center in Atlanta Ga., established in 1968 by Coretta Scott King.

Lastly, I am honored to promote our Rest and Recuperation Pass Program (R2P2) on Camp As Sayliyah. It is a program that means so much to the war fighters in Iraq, Afghanistan, Kuwait and other forward-deployed locations. Many desire the opportunity to leave the confinements of the base whenever possible. Take a moment today to find time in your schedule and sponsor a few R2P2 participants. Try and commit to at lease twice a month; it means the world to our troops.

Patton's Own!

SFC Michael Jenkins, from Brookhaven Miss.; CSM Michael D. Howard, from Jacksonville, Fla.; MSG Earl Andrews, from Aberdeen, Wash.; SGT Nathanael Kirkwood, from Dupont, Wash.; and SSG Jose Millan, from Orlando, Fla., at Camp As Sayliyah on Feb. 3. The four Soldiers met with the Area Support Group Qatar Command Sergeant Major while participating in the installation's Rest and Recuperation Pass Program. (Photo by Mr. Dustin Senger)

Education Center

Take advantage of the education center's counceling services:

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

Contact Mr Bill Brown, ASG-QA Education Services Officer, for more details at DSN 432-2104.

THE WIRE

Serving the war fighters

(Continued from page 2)

a proud and rewarding commitment to providing war fighters serving in Southwest Asia with a highly supportive Rest and Recuperation and Pass Program, also known as R2P2 on Camp As Sayliyah.

"It is an opportunity to get away from the fight," said SFC Magda Mayo, R2P2 Non Commissioned Officer in Charge, "to relax and simply wake up when they feel like it." Mayo is a strong promoter for the program, structured to briefly re-energize war fighters before returning them to their operational commitments. "The bulk of participation comes from Iraq since that's where most service members are located," said Mayo. Many members also arrive from Afghanistan and Kuwait, with a handful from Djibouti.

CW2 Patrick Earl, Area Support Group Qatar Rest and Recuperation Pass Program Officer in Charge, administers an off-post venue roster for service members taking a brief rest in Qatar on Jan. 3. (Photo by Mr. Dustin Senger)

"The front desk personnel provide the venue briefs, answer questions, issue equipment – they are the corner stone of the program," said CW2 Patrick Earl, R2P2 Officer in Charge. The front desk remains available 24 hours, everyday. Staff are also responsible for safe travel to off-post venues. Liaison offices also augment the program. Sponsorship from the installation community is an additional and very important ingredient to the program's success.

"If we are at max capacity – not everyone gets a chance to go on an off-post tour," said Earl. "The biggest thing people can do is provide sponsorship. Each sponsor can take up to four people and they are all really appreciative." Earl finds it very valuable to have sponsors capable of explaining Doha and Qatari culture. If you have been in Qatar for several months – or years – your knowledge of Qatar will be well-received. Service members, civilians and contractors must first read and sign a sponsor agreement before names can be taken from the Order of Merit list by the R2P2 front desk staff. To choose a particular person, sponsors must submit a request for an exception to policy, preferably three days prior to an off-post outing.

> **"If we are at max capacity – not everyone gets a chance to go on an off-post tour. The biggest thing people can do is provide sponsorship." CW2 Patrick Earl**

"We have had married couples meet up to be with each other in Qatar," said Mayo. "Some come to meet with friends serving in different locations." Sometimes the brief trip to Qatar becomes even more fulfilling and relaxing with some prior planning.

Camp As Sayliayh provides many amenities to make it a very comfortable place to visit while serving in the Middle East. For example, you can play miniature golf; practice your golf swing on the driving range; engage others within networked computer games; enjoy a drink at the wine bar; unwind with a massage at the spa – without ever leaving the installation! A new bowling alley will soon be added to the always growing list of entertainment offered by the ASG-QA Morale, Welfare and Recreation team. MWR has many fitness-related events posted on their circulating calendar.

"The majority of people want to go off-post to see the country," said Mayo. Traveling off-post provides a richer cultural experience than on-post attractions. The Cultural Tour and City Center Mall are currently the most sought after trips, according to Mayo. Since items can be shipped free-of-charge through the Armed Forces postal system,

both outings provide an opportunity for plenty of shopping with no restraint. Charges do apply when shipping to a civilian address.

Seasonal excursions are also very popular, depending on the weather. These outings can include trips through the desert, beach activities, water crafts and cruises in the Persian Gulf, as well as special invitations by Qatari officials.

"The R2P2 program is extremely beneficial to our Soldiers," said LTC Elizabeth Mayforth, ASG-QA Installation Chaplain, "physically, emotionally and spiritually. These men and women are only here for a brief period of time. They try their best to use their time wisely. We need to help build up their morale and character so they will have the strength and courage to face more difficult days ahead."

Call the R2P2 front desk at DSN 432-4331 to learn more about the R2P2 program. Ask how you can donate clothing, time or other potentially helpful assets. The ultimate success of R2P2 relies heavily on the support of everyone stationed at Camp As Sayliyah.

Participants of the Area Support Group Qatar Rest and Recuperation Pass Program recieve an off-post venue brief on Jan 3. (Photo by Mr. Dustin Senger)

CAS venues

Mrs. Lakia Clarke-Brown
ASG-QA Public Affairs

CAMP AS SAYLIYAH, Qatar– Area Support Group Qatar provides and maintains numerous venues for products, services and recreation on Camp As Sayliyah. Most amenities are designed to pay tribute to visitors using the Rest and Recuperation Pass Program for temporary leave from forward-deployed areas; such as Iraq, Afghanistan, Kuwait and Djibouti.

MAJ John Willets, R2P2 and Morale, Welfare and Recreation Director, consistently accommodates resident requests when possible. Approved facilities are developed to provide a world-class program while maintaining mobility, to uphold the installation's temporary posture.

Approved facilities are developed to provide a world-class program while maintaining mobility, to uphold the installation's temporary posture.

CW2 Patrick Earl, R2P2 Officer in Charge, promotes the services offered on Camp As Sayliyah to R2P2 participants; as well as potential participants serving throughout Southwest Asia.

Since 1895, AAFES has consistently provided outstanding service for men and women serving in the Armed Forces overseas. Bettye Golson, AAFES General Manager, handles the assortment of concessions, products and services available at Camp As Sayliyah. The AAFES Post Exchange sales floor recently experienced an expansion to provide an increasing supply of military and civilian clothing items, movies, shoes, CDs, magazines and much more. A newly added mall complex has consolidated several concession venues to create a one-stop-shop to further accommodate patronage.

ASG-QA MWR, R2P2 and AAFES amenities enhance the military's combat strength, readiness and retention by providing a relaxing and accommodating atmosphere during momentary withdraws from combat action.

AAFES Post Exchange and mall area:
- Barber shop and salon
- Dry Cleaners
- Alteration Shop
- Gift Shops
- Jewelry Shops
- Burger King
- Subway
- Pizza Inn
- Green Beans Coffee Shop
- Western Union

R2P2 front desk area
- Internet Café
- DSN Phone Center
- Reading Room
- TV Room
- Big-Screen TV Lounge
- Toiletry Closet
- Donation Closet
- Bible Room
- Kitchen w/ snacks and beverages
- Green Beans Coffee Shop

MWR Oasis Club
- Restaurant
- Pool Tables
- Foosball
- Plasma TVs
- DJ entertainment (2100-0100)

MWR Top-Off Club
- Mularkeys' Irish Pub
- Monte Carlo Wine Bar
- Explosion Cyber Café
- Wireless Internet
- Big-Screen TV
- Pool Tables
- Foosball
- Darts
- Batting Cage
- Night-life entertainment (1800-0100)

MWR/AAFES Big Gym
- Cardio Area w/ Broadcast Vision
- Resistance Training Area
- Cyber Café and Phone Center
- Video Hut and X-Box Room
- TV Lounge
- Ping-Pong
- Air Hockey
- Foosball
- 9-Hole Miniature Golf
- Golf Driving Range
- Outdoor Basketball Court
- Smart Lady Beauty Salon
- Day Spa
- Orange Julius
- Dairy Queen
- Barber Shop

MWR Small Gym
- Indoor Basketball Court
- Cardiovascular Section
- Resistance Training Area
- Barber Shop

MWR Pool Area
- Swimming Pool
- Jacuzzi

Other services
- Chili's Restaurant (near the pool)
- Postal Office (adjacent to Oasis Club)
- Finance Office (near small gym)
- Temporary Camera Pass (ASG-QA BDOC)

Photography on Camp As Sayliyah

Camera Permit authorization is required to take photographs on the installation.

- No panoramic shots with buildings, equipment and personnel.
- No photos of the inner or outer perimeter
- No photos of security positions; to include towers, crew-served weapons or fighting positions.
- No photos of gates or entry/exit control points.
- No photos of Qatari site
- No photos of ID cards, security badges or unit insignia
- No photos of any person, regardless of gender, nationality or military/organizational affiliation, without prior consent.

Contact the Provost Marshal's Office at DSN 324-2246 for further information regarding the Authorization for Camera Permit Memorandum.

On Feb 7., Adm. William J. Fallon was confirmed to succeed GEN John Abizaid (right) to head Central Command in March 2007. CENTCOM overseas American military operations in 27 countries; from the horn of Africa, through the Arabian Peninsula, to South and Central Asia.

THE WIRE

Photography composition 101

Mr. Dustin Senger
ASG-QA Public Affairs

Photography is a growing past time for many Americans. It is certainly a talent of interest for those stationed abroad. Learning and practicing some professional guidelines will give you the knowledge to obtain better-quality photographs during your deployment in Qatar.

Today, consumers are finding it less necessary to learn the underlying mechanics of photography due to the advent of popular point-and-shoot cameras. They appeal to those wishing to simply capture a moment, without much artistic control. Today, many of the cameras marketed to the average customer eliminate the effort required to obtain proper exposures.

Cost-friendly digital cameras make it even easier to capture on-the-spot memories. The ability to preview images, delete unwanted photos and use an accurate – what you see is what you get – viewfinder has made it easier to document important moments. Digital point-and-shoot cameras present amateur photographers with one remaining task under their total control: proper composition.

Recreational photographers are accustomed to centering faces in the frame. This is frequently a residual effect from using traditional point-and-shoot cameras. The viewfinder, a "window" used to compose the photo, is rarely accurate with this type of camera – especially with the popular disposable kind. The viewfinders are often set for a specific distance from the camera, so you may end up cropping out some of the intended image by being too close or too far from this assumed factory default. For many, it is common practice to simply center subjects of interest to avoid the possibility of an unfortunate crop.

Digital cameras use complex and dynamic viewfinders that adjust as you change distances from your subject. You can capture exactly what you see in the viewfinder. Use this capability to fill the frame and follow the *rule of thirds* for professional-looking photography. The rule of thirds helps construct a more interesting photograph. To illustrate this concept, imagine a tic-tack-toe board every time you look through your viewfinder. Use these lines to place horizons and subjects off-center. Place subjects along the lines, or at an intersection of two lines. Remember, more often than not, people should look into the frame while off-center.

Many forget that the camera can be rotated! Try and decide on an appropriate angle to hold the camera when looking at your subject. Full body photographs, tall buildings and waterfalls are commonly better captured in a vertical format. A horizontal format is usually preferred for groups of people, cars and landscapes. Sometimes odd angles can further add to an interesting action shot. Play with different camera angles – or shoot multiple compositions, then decide on the best image later.

Choose an attractive point of interest and avoid distracting backgrounds. If your camera allows you to, use a *selective focus*. A selective focus allows you to blur background objects, while keeping your subject matter sharp, to create a more interesting and dynamic photograph. If not, try and move yourself, or the subject, where the background is less distracting. When you totally focus on something with your eyes, everything else is irrelevant and out-of-mind.

(continued on page 12)

The Rule of Thirds

USO Qatar upgrades facilities

◀ *"This is the best USO in theater," said MAJ James Truong, from Boston, Mass. "I travel quite a bit and seen a lot of them." Truong enjoys the Arabic designs while reading "Stars and Stripes" at the USO in Qatar on Feb. 7.*

▲ *Kathryn Wilmarth, from Torrance, Calif., takes pizza orders from Area Support Group Qatar Rest and Recuperation Pass Program particiants enjoying a break from operations in Southwest Asia. Wilmarth has lived with her husband in Qatar since 2001. She tries to partake in any opportunity to support U.S. service members in the Middle East; such as volunteering at the USO Qatar on Camp As Sayliyah since 2004. Wilmarth continues her dedication with genuine concern for visitors at the USO in Qatar.*

▲ *The USO Qatar, on Camp As Sayliyah, has recently furnished major upgrades – soon to complete over $25,000 in renovations. The goal of the USO, a non-profit organization, has always been to provide service members with a sense of home while stationed or in-transit overseas. Jake Jacobs, USO Qatar Director, took recent steps to provide a "museum-type of feel for decor and education." The project will soon garnish the walls with captioned Qatari artifacts.*

▲ *LTC Elizabeth Mayforth, Area Support Group Qatar Installation Chaplain, records a message for her family in Pittsburg, Penn. during the USO-sponsored Valentine's e-greetings on Feb. 7. USO volunteers video capture the messages to send, free-of-charge, to family and friends via e-mail. (Photos by Mr. Dustin Senger)*

Debbie Hunter, Army Contracting Officer, delivers a speech at the Camp As Sayliyah Black History Month opening ceremony on Feb 2. (Photo by Mr. Dustin Senger)

THE WIRE

(continued from page 10) *Leading lines* is a concept of using lines to lead to a focus of attention. To illustrate this, find some lines or objects that could lead into your subject next time you look through your viewfinder. Some interesting and frequently over-looked lines include: shadows, ambient light, walls or the graceful curves of a road or path. No matter how you obtain them, they should lead into your subject.

Framing is another common way to draw attention to a subject. Common frames are doorways, windows, trees and branches. Look for ways to frame your subjects; frequently, items can be found in the foreground.

Hopefully this article will provide you with some helpful and basic guidelines to use next time you look through your camera's viewfinder. Be sure to report to the Base Defense Operations Center to obtain a camera pass before taking photographs on Camp As Sayliyah.

Ethnic Observance

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

Black History Month

• Feb. 28: Finale at 8 p.m. in the Oasis Club

Woman's History Month

• Mar. 2: Opening Ceremony at 1 p.m. in the Big DFAC

Contact MSG Kimberly Milam, ASG-QA EO, for more information at DSN 432-2817.

The 25th Signal Battalion NCO Induction Ceremony, welcomes new members stationed at Camp As Sayliyah to the non commissioned officer corps on Jan. 26. (Photos by Mr. Dustin Senger)

Women's rights and equality

Mrs. Lakia Clarke-Brown
ASG-QA Public Affairs

Women's History Month is an annual highlight of contributions by women throughout American history. The celebration of heritage began in 1978 when the Sonoma, Calif. school district observed Women's History Week; focused around Mar. 26, International Women's Day. Congress legally expanded the observance to an entire month in 1987.

During the 18th Century, women became disturbed with the ethics of moral, political and social rights for all human beings. Women organized to speak against injustices. Aroused feminists also questioned why women were denied the right to vote. The Declaration of Sentiments was one of the first pronouncements of women's rights. The declaration was presented at the Seneca Falls Convention in 1848, protecting social, political and equal rights of women. Even so, continued oppression of women urged them to demand more respect and strengthen their position in society.

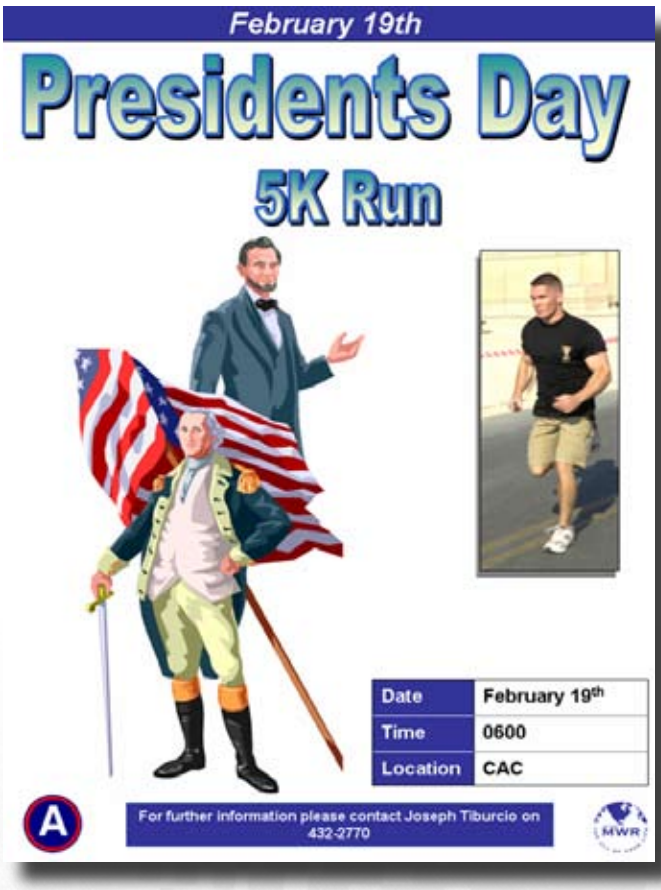
In the early 19th century, the alteration of equality rights and social reform led to the rise of the women's movements. Leaders and supporters of the lobbyist were called suffragists. A suffragist is identified as any person, regardless of gender, who supported the extension of suffrage to women.

In 1914, the state of Montana allowed women to vote. This led to the election of the first woman into the House of Representatives for the state. Jeanette Rankin was appointed to the

66th Congress in 1917, three years before women were guaranteed the Constitutional right to vote.

Women's History Month commemorates the passage of the U.S. Constitution's 19th Amendment, Women's Suffrage, granting women full voting rights to steer the nation in democratic elections. Originally proposed on June 4, 1919, the amendment affirms "the right of citizens in the United States to vote shall not be denied or abridged by the United States or by any State on account of sex. Congress shall have power to enforce this article by appropriate legislation." On August 18, 1920, the amendment was signed and declared by the legislatures of 36 of the 48 states. During this time, more women became educated, helping to achieve important positions in business, as well as an increasing interest in political roles. Today, 13 women serve in the U.S. Senate, and 61 women hold seats in the House of Representatives.

Women nation-wide are serving in prominent government and business positions. Woman's History Month affords time to recognize woman for their fight for women's rights, in addition to their important contributions to modern-day society.



CAS Events Schedule

- **Presidents Day 5K Fun Run**
  Feb. 19 • 6 a.m. • CAC
- **Meet the Redskins Cheerleaders**
  Feb. 23 • Afternoon TBD • Base Theater
- **Redskins Cheerleaders Show**
  Feb. 23 • Evening TBD • Top-Off Club
- **St. Patrick's Day 5K Fun Run**
  Mar. 17 • 6 a.m. • CAC
- **April Fool's Day 5K Fun Run**
  Apr. 1 • 6 a.m. • CAC

Contact Mr. Tony Randall, ASG-QA Community Services Manager, for more information at DSN 432-2197.

MWR
FOR ALL OF YOUR LIFE

Commander's Cup

Commander's Cup
May 4 and 5, 2007

Camp As Sayliyah's premier fitness event!

"It's the new 2007 vehicle fleet, sir. I think I prefered fiscal year '06!"

Submit ideas for future *CAS-toons* to dustin.senger@qatar.army.mil

FITNESS

FITNESS MANIA!

SGT Cody Lanning, 3-43 ADA, scored 1,960 to win the fitness challenge for January. His score was **1,010 points higher than last month's score**. Congratulations!

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

MWR FOR ALL OF YOUR LIFE

Life lessons in fitness

Mr. Dustin Senger
ASG-QA Public Affairs

Can obtaining a fit body lead to learning lessons that present themselves as desirable traits in all areas of life? The benefits of achieving a stronger or more endurance-orientated body extend further than what is seen in the mirror. Many of life's lessons can be taught and applied by maintaining good physical shape. Here are six less tangible motives for obtaining a healthier body composition:

Lesson 1: Overcoming obstacles
Becoming a stronger individual or learning to become a faster runner is an adventure of learning about one's self and one's limitations. Learn how to maximize results; an athletic person exhibits a progressive and problem-solving attitude. Hitting plateaus in athletic progression results in finding ways to get back on track to remain productive.

Lesson 2: Spending time wisely
Setting priorities and utilizing proper time-management skills keep "I don't have the time" excuses curbed. You must micro-manage your time in order to train for a greater degree of physical fitness. A person exhibits good time-management skills by becoming more active in conjunction with maintaining a successful career. Published medical and social studies support the notion that most people can find some free time in their daily routine.

Lesson 3: Dedication through consistency
Consistently reporting to the gym in search of better physical health, or spending time engaging in some other physical activity, requires a person to remain dedicated to their fitness mission. The dedicated also display outward motivation for achieving goals, creating a winning attitude in other areas of life.

Lesson 4: Focused on goals
People frequently broadcast discipline by ignoring destructive influences when driven to obtain greater physical fitness. Let's face it, many in today's society lack the proper mindset to continually stay active while eating healthy. Binge eating and watching too much television are common behaviors in today's society. It takes true intestinal fortitude to say no to peer pressure and stay focused on your goals.

Lesson 5: An optimistic attitude
Proper mental health and better general disposition is a well-known benefit from routine exercise. Physical training is also a popular way to release stress, replacing it with a healthy cocktail of feel-good endorphins. An active person is likely to be more positive and less tense. A recent mental health study published on Jan. 11 by the Winston-Salem State University Department of Social Sciences, demonstrated increased physical activity can be as productive as anti-depressant drugs. A focus on physical fitness has the added benefit of improving physical functioning while fostering an optimistic mental outlook. Optimism is one lifestyle behavior that can have a positive effect on reducing the chance of heart disease. A positive attitude will manifest itself in a less cosmetic realm: the inner body. Having a healthy heart, immune system and properly functioning nervous system leads to a greater quality of life.

Lesson 6: Avoiding destructive behavior
Healthy habits and socially responsible behavior are required for a fit lifestyle. Highly athletic people are certainly less likely to become involved in unhealthy activities, such as binge drinking, smoking and late-night partying resulting in minimal rest. In December 2006, a study by the Chang Gung Institute of Technology Department of Nursing in Taiwan explored the validity of non-overweight adolescents being less destructive than their overweight counterparts. In general, the non-overweight adolescents practiced healthy behaviors at a greater frequency than their overweight group. These included exercise, stress management, life appreciation, health responsibility and social support.

Being in good shape says a lot about your personal character; it is not merely a means to appear more attractive from the outside. Many useful lessons can be learned while obtaining and maintaining healthy body composition – certainly a rewarding journey. Camp As Sayliyah's fitness facilities and many of the community-based fitness programs can help you obtain and maintain proper physical conditioning while stationed overseas.

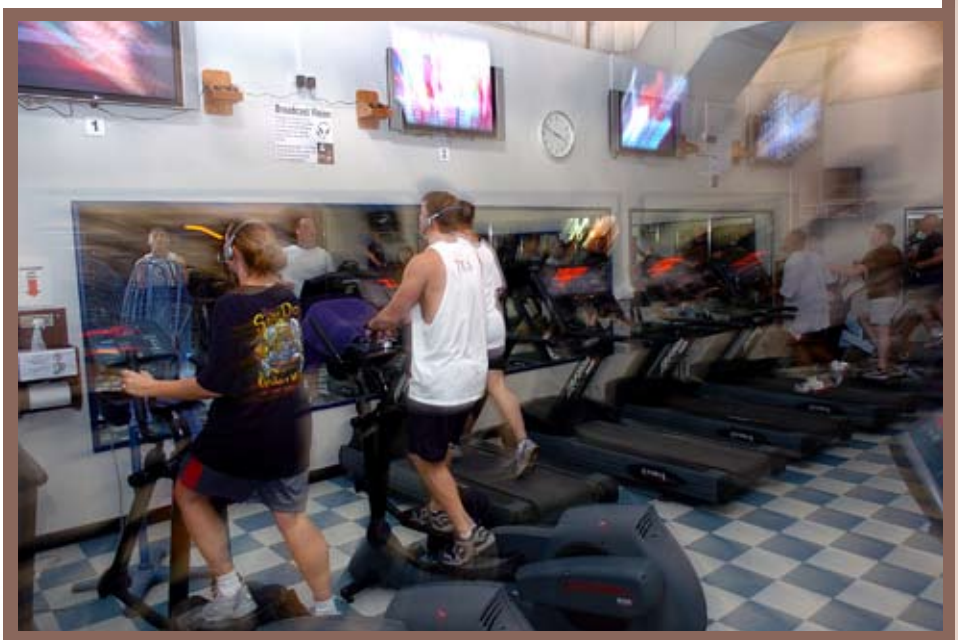
Rest and Recuperation Pass Program Donations

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

- **Call the R&R Desk for further information at DSN 432-4337**

Contact CW2 Patrick Earl, ASG-QA R2P2 Officer in Charge, for more information at DSN 432-4331.

Broadcast Vision at the big gym



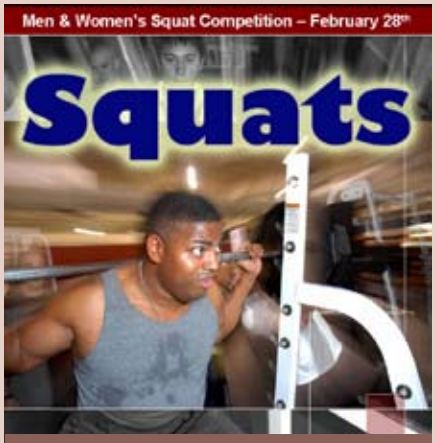
A service member stationed at Camp As Sayliyah runs on a treadmill equipped with Broadcast Vision entertainment on Feb. 8. This new addition to the cardiovascular training area allows one of four 42-inch plasma televisions to be controlled remotely using a transmitted signal. The system provides audio by plugging in a head phone set to the receiver located near the equipment's display screens. (Photos by Mr. Dustin Senger)

MWR Fitness Events

Participate in the MWR-sponsored installation activities

FLAG FOOTBALL
Saturday, Feb. 24 • 7 p.m. • Outdoor Basketball Court

MINIATURE GOLF
Sunday, Feb. 25 • 7 p.m. • Mini Golf Course



SQUAT COMPETITION
Wednesday, Feb. 28 • 7 p.m. • Big Gym

Contact Mr. Tony Randall, ASG-QA Community Services Manager, for more information at DSN 432-2197.

Principle Government Officials of Qatar

Sheikh Hamad bin Khalifa Al Thani
Emir, Commander in Chief of the Armed Forces, and Minister of Defense

Sheikh Tamim bin Hamad bin Khalifa Al Thani
Deputy Ruler, Heir Apparent, Deputy Chief of the Armed Forces

Sheikh Abdullah bin Khalifa Al Thani
Prime Minister

Sheikh Hamad bin Jassim bin Jabir Al Thani
Minister of Foreign Affairs and First Deputy Prime Minister

Nasir Bin Hamad Mubarak Al Khalifa
Ambassador to the United States

Shaikh Abdullah bin Jassim Al Thani, Shaikh Ali Bin Abdullah Al Thani and Shaikh Hamad Bin Abdullah Al Thani in 1946. (http://www.diwan.gov.qa)

Shaikh Hamad bin Khalifa Al Thani with Collin Powell, U.S. Secretary of State, on Oct. 3, 2001. (http://www.state.gov.)

CULTURE

Rise of Al Thani

Mr. Dustin Senger
ASG-QA Public Affairs

The state of Qatar is a constitutional emirate, a territory ruled and administered by an emir. The royal family is composed of the relatives of the monarch. Al Thanis are currently ruling one of the richest countries in the world; however, it was not always this way. It is easy to see the glamorous exterior of a thriving nation as it is known today, but great success rarely comes without a struggle.

Qatar has sustained humans for thousands of years but many early settlers were only passing through, or simply hiding from regional conflicts. The Khalifa family was part of the early settlers, occupying northern Qatar to establish a port at Zubarah to later conquer Bahrain. They would maintain control of Qatar by requiring tribute payments until 1872. Interestingly, these territorial claims remained an argument until 2001, when Qatar agreed to give the Hawar Islands to Bahrain in exchange for territorial compromises relating to previous Bahrain claims on mainland Qatar.

Qatari victories in battle against Turkish occupation led to the rise of national heros and the beginning of the real ascendancy of Al Thani, as well as Qatar's recognition as a state.

Qatar's ruling family is named after Thani bin Mohamed, the first to rule the peninsula during the 19th century. Al Bida, known today as Doha, was home for the sheikh. His son, Mohammad bin Thani, would gain control in 1847 and migrate with his family to Doha.

In 1867, Bahrain's Al Khalifa family attacked Doha and Al Wakra as a retort to signs of defiance of their control. They stormed through the homes, removing doors and rafters, leaving these towns uninhabited for a brief time. The British, primarily interested in keeping a safe and open trade route through the Persian Gulf, negotiated removal of Al Khalifa claim to Qatar in 1868. Talks began with the local people of Qatar and their appointed representative. This signified an increased influence and power over Qatar by the Thani family.

His control of Qatari affairs led to a controversial occupation by the Ottoman Turks in 1872; subsequently leading to total separation from Al Khalifa. Accepting the Turkish flag would later cause turmoil within Qatar's ruling family and its people. In 1876, he handed over his control to his son, Jassim bin Mohammad bin Thani, due to old age. Turkish attempts to increase their power led to an open war in March 1893 at Wajbah, west of Doha.

Qatari victories in battle against Turkish occupation led to the rise of national heroes and the beginning of the real ascendancy of Al Thani, as well as Qatar's recognition as a state. Once again, British intervention would end a violent period and restore peace on the peninsula. The Turks did not completely separate themselves from Qatar until 1915.

In 1916, a treaty with the British recognized Abdullah bin Jassim Al Thani as the new ruler and successor of his father. British attention was still stemming from Qatar's strategic location, particularly with their colonial holds in India, but the discovery of oil and other hydrocarbons would further spike their interest. The negotiations with the British declared a promise to help protect the Thani family, who had lived in Qatar for over 200 years, against forceful opposition. In 1934, another treaty provided further protection by the British.

On Aug. 20, 1948, Ali bin Abdullah Al Thani succeeded his father as ruler of Qatar. On Dec. 31, 1949, the first shipment of onshore oil was sent from Mesaieed. The next several years would lead to the discovery of high-quality oil, first discovered at Dukhan, in western Qatar.

As the resources became plentiful and oil became a major export, Qatar emerged prosperous with expanding immigration and social progress. Later pressure from the Arab emirates in the Persian Gulf led to Britain officially announcing their political disengagement in 1968.

On Sept. 3, 1971, Qatar became an independent and sovereign state. Khalifa bin Hamad Al Thani assumed power on Feb. 22, 1972 after overthrowing his cousin's heir to the thrown through nonviolent opposition supported by key members of Al Thani family. He is known

as the first modern ruler of Qatar. The royal family promptly gained Qatar's admittance to the United Nations and the Arab League. They later joined the Organization of Petroleum Exporting Countries and were a founding member of the Gulf Cooperation Council. Their oil and natural gas revenues lead to the highest per capita income in the world. The emir took a strong interest and supervisory role over all aspects of the government and the growth of the country. His son, Hamad bin Khalifa Al Thani was born in 1950 and became educated overseas and in Qatar. He would later depose his father on June 26, 1995 after a bloodless coup; rivalries and factions are not uncommon in families as large as Al Thani. The emir and his father reconciled in 1996.

Recent years have been a revolution for the small Arabian country. Qatar has made enormous strides in business, investment opportunities and athletic competition between several nations. The current emir is very popular with Qatari nationals, who frequently display loyalty to their ruler and pride in the nation's current posture. Most recently, the emir announced his intentions to move toward democracy. Economic and social reforms have also occurred in recent years. In 2003, the country's constitution was approved by a democratic referendum in April 2003, which came into force in June 2005. The same year Qatari citizens approved the new constitution, a woman was appointed to the cabinet as minister of education. Parliamentary elections are expected this year.

Al Thani royal family took the helm during Qatar's major advancements and successes; they currently hold absolute power of Qatar as generous and progressive rulers.

Qatar extends sports invite

Mr. Hani Abukishk
ASG-QA Civil Affairs

Qatar has vigorously strived to position itself as a top athletic-fostering nation since gaining independence in September 1971, ending a British protectorate of almost 60 years. Emir of Qatar, Sheikh Hamad bin Khalifa Al Thani, actively began to translate this vision into reality after assuming power in 1995.

The Qatari emir, a keen sportsman and an accomplished diver, has enhanced the country's involvement and performance in a number of international competitions. The Emir has also given a great deal of support and attention to youth programs. His beliefs in the significance of competitive sports has aided in the process of building and developing the Qatar populace. He established the first Military Sporting Association, which later became a member of the International Military Sporting Association. The 15th Asian Games Doha fulfilled it's destiny in December 2006, leaving Qatar as the first host for a major Olympiad event in a Gulf country.

For several years, service members from the United States had limited, low-level, military-to-military interaction with Qatari counterparts. Thankfully, the two countries were able to find a common interest in sports. In June 2003, a sociable game between Camp As Sayliyah and the Qatari General Stores Depot was presented. Participation was a success but it ignited the need for something more.

On May 11, 2004, Army Central Command Qatar (today, known as Area Support Group Qatar) sent a letter to the Qatari Military General Headquarters requesting arrangements for a semi-annual, friendly competition against the Qatari military athletic teams. The primary objective of this invitation: to solidify an already strong relationship with the Qatari military while establishing a recurring social gathering between members of the United States and Qatari Armed Forces. Soccer and volleyball were in the initial outline.

In response, the Qatari GHQ sent a letter to the ARCENT-QA Host Nation Coordination Cell on July 17, 2004, approving the request for the sporting events. A meeting was scheduled between Brig. Gen. Al Khulaifi, Qatari Military Sports Association Deputy Director, and Hani Abukishk, ARCENT-QA Civil Affairs Officer. They discussed the participation of the U.S. Armed Forces in annual Qatari sports competitions. This marked the beginning of a tradition, one that was welcomed by the Qataris and embraced by the U.S. military.

Every year, Area Support Group Qatar plans to participate in the annual Qatari Armed Forces sports competions.

After the initial conception, the Qatari Military Sports Association began inviting the U.S. Armed Forces to a coordination meeting at least two weeks prior to the event; all participants could discuss details, such as governing rules and scoring methods. The U.S. Armed Forces designated Camp As Sayliyah's Command Sergeant Major, Civil Affairs Officer, and the Morale Welfare and Recreation Director to attend organizational meetings. At that time, all teams must provide the names of participants. The Qataris provide uniforms for certain games. Along with a manifest, appropriate medical clearance documents have to be provided to assure that a medical officer has physically inspected the individuals and found them fit to participate. This screening process is an absolute requirement for all participating teams.

The 2004 to 2005 season was the first time the U.S. Armed Forces actively participated in the annual athletic competitions. ARCENT-QA formed teams and competed in the following events: marksmanship; basketball; soccer; cross-country and military run. Volleyball and swimming competitions were cancelled that season. The American team was successful in achieving third place in the marksmanship competition.

During the 2005 to 2006 season, Americans participated in marksmanship; basketball; soccer; table tennis; cross-country and military run. Their soccer team managed to win one game against the Qatari Signal Corps, enough to qualify them for the next soccer tournament. U.S. service members placed 2nd in the cross country run.

Every year, Area Support Group Qatar (formerly ARCENT-QA) plans to participate in the annual Qatari Armed Forces sports competitions. It has become a tradition that promises to provide a forum for greater positive interaction with the host nation military. Contact the ASG-QA First Sergeant for current details regarding participation in 2007.

DOHA LIFE

Rest and Recuperation Pass Program particpants enjoy the Qatar coast line during a sponsored off-post tour on Feb 2. (Photo by Mr. Dustin Senger)

Doha, Qatar has various architectural developments related to Arabic culture and Qatari history located along the water front. (Photo by Mr. Dustin Senger)

A day in Doha

Mr. Dustin Senger
ASG-QA Public Affairs

DOHA, Qatar– "It's a must," said SSG Jose Millan from Orlando, Fla. "Every Soldier should come here. I will let my subordinates and leadership know how great it was." Millan was one of four service members in a group sponsored off-post for a day in Doha, Qatar. The volunteer-based sponsorship program is offered to war fighters in Southwest Asia participating in the Area Support Group Qatar Rest and Recuperation Pass Program (R2P2) located at Camp As Sayliyah.

"I am mainly the look out," said Millan. "I look for ways to get the convoy through traffic while avoiding improvised explosive devices and congestion." In Iraq, Millan ensures the safe escort of personnel in Baghdad. He is in the process of receiving a Combat Action Ribbon from a recent mortar attack as his convoy was departing a secure location. In Qatar, Millan and many of his battle buddies needed an escort, but now it's for a much safer mission.

SSG Jose Millan, from Orlando Fla., is assisted by Rashid bin Abdulla Al Kuwari, Qatari CEO of Khor Al Audad Engineering and Trading Center, after a boat ride along Qatari's coast on Feb. 2. Kuwari allowed Millan to pilot his watercraft for several rotations around the Persian Gulf. (Photos by Mr. Dustin Senger)

"Sometimes I have to help carry people in – gun shot wounds, shrapnel," said SGT Nathanel Kirkwood from Dupont Wash. "We also treat common stuff like colds and routine sickness. We don't turn anybody down." Kirkwood is serving in Iraq with a medical supply unit.

Kirkwood joined Millan for a day in Doha.

"I really enjoyed all of it," said Kirkwood. "You get to see the culture of Qatar, and they are interested too – in our society. It's a great program and I really liked the husband and wife team. They had great hospitality and knew where to go and every hot spot." Sponsoring an R2P2 participant is a great opportunity for service members and civilians working on Camp As Sayliyah to help share what they have learned about Qatar and it's attractions.

"I am the Sergeant of the Guard," said SFC Michael Jenkins from Brookhaven, Miss. "We guard the palace and Iraqi ground forces compound. You don't know who to trust in that compound. My Soldiers are in a dangerous situation."

Jenkins joined Millan and Kirkwood during their day in Doha.

"It takes your mind off Iraq," said Jenkins. "I want to thank the amazing R&R staff for a terrific job and well-organized program. I only experienced Hyatt Plaza Mall with the venue trips but the next day our sponsor took four of us out and we experienced everything – plus more." Off-post venue trips are offered as an alternative to waiting for a sponsor, however volunteering as a sponsor helps service members see more, do more, with greater flexibility.

"We recently lost an interpreter in Baghdad," said MSG Earl Andrews from Aberdeen, Wash. "Her and her husband were shot, execution style." Andrews is a Communications Non Commissioned Officer in Baghdad.

Andrews was the fourth member of the group sponsored for a day in Doha.

"It's a chance to meet the other service members here and get off post and just relax," said Andrews. "More sponsors to support the number of troops would be a big plus." Like many others, he appreciates the time people take to allow them to go off post and maximize the time they have away from operational stress and living day-to-day in a dangerous location.

The group toured several locations in Doha. They began on the Corniche, Doha's ocean-side boulevard, and were fortunate to meet Rashid Al Kuwari, Qatari Chairman of Khor Al Audad Engineering and Trading Center. The Qatari was enjoying the nearby Gulf waters on his stylish speed boat and offered to let the group join him. He also allowed Millan to pilot it for several trips around the bay. Then the group headed to the gold souqs, a popular venue to shop for fine jewelry and custom-made gifts. Afterward, they went to City Center Mall. Doha's exclusive five-story

shopping center is typical to what is seen in the United States. The evening ended with a trip to the five-star Four Seasons Hotel Doha to enjoy the elegant dinner buffet.

The R2P2 program needs a few good sponsors. Find some time to allow yourself to be accompanied next time you go off post. You can find some entertainment or get some shopping finished while enjoying the earned gratitude by serving those serving our nation during their brief moment of rest and recuperation.

An Indian businessman negotiates pearl prices at the gold "souqs," an Arabic word meaning "market," The gold souq is a popular place to find jewelry; even custom-made orders. (Photo by Mr. Dustin Senger)

Marhaba!

Mrs. Lakia Clarke-Brown
ASG-QA Public Affairs

DOHA, Qatar– "Marhaba," is an Arabic word meaning "welcome." Residents of Qatar are welcoming major developments by the current and more modernized government. Qatar is aiming to become the latest role model for economic and social transformation in the Gulf region. Recent population and construction surges have prepared Qatar for world-wide exposure. The country has progressed from a modest emirate in the Gulf region, to one of the most popular tourist attractions in the Middle East.

The population of Qatar has matured tremendously throughout the 20th century – exponentially over the last two decades. In 1993, Qatar was home to approximately 500,000 people. Today, the populace has grown to well over 900,000 residents. Qatar will continue to grow as the country continues to upgrade and expand its foundation. Over the years Doha, the capital city, has become an immense kaleidoscope of cultures, heritages and traditions.

Hamad Bin Khalifa Al Thani obtained authority as Emir of Qatar in 1995; he became a major promoter of Qatar's expansion projects. Establishments in the country have become more contemporary under the his reign. The architecture and ambience provided are consistent of those in the United States and Europe.

Qatar's newest era of improvement has shaped the city into a comfortable and tolerant multi-cultural Islamic state. Doha has attracted a large community of various nationalities; maintaining their national characteristics and customs. Qatar exhibits modern elegance in their establishments throughout the country. It has become an illustration of the rise of contemporary Arabian society with Western acceptance.

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

The country's superb stadiums support international sporting events and world-renowned athletes,

SFC Michael Jenkins, from Brookhaven, Miss.; SSG Jose Millan, from Orlando Fla. and MSG Earl Andrews from Aberdeen, Wash. admire camel-bone Persian crafts at the City Center Mall in Doha, Qatar on Feb 2. (Photo by Mr. Dustin Senger)

SGT Nathanael Kirkwood, from Dupont, Wash.; MSG Earl Andrews, from Aberdeen, Wash. and SSG Jose Millan, from Orlando, Fla. enjoy the dinner buffet offered by the Four Seasons Hotel in Doha, Qatar on Feb 2. The group was sponsored to visit off-post venues while participating in the Area Support Group Qatar Rest and Recuperation Pass Program at Camp As Sayliyah. All three are serving in Iraq. (Photo by Mr. Dustin Senger)

DOHA LIFE

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 at DSN 432-4337**

Contact CW2 Patrick Earl, ASG-QA R2P2 Officer in Charge, for more information at DSN 432-4331.

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

competing for awards, prizes and recognition. Recent international competitions include: the Qatar Masters golf tournament, the Qatar Airways Squash Challenge, the Qatar Tennis Open and the 15th Asian Games Doha. Organizers of the Asian Games prepared approximately 20 venues in the city to accommodate the several sporting events. The competitions have attracted many businesses, investors and thousands of visitors; many have remained in Qatar long after the events' conclusion.

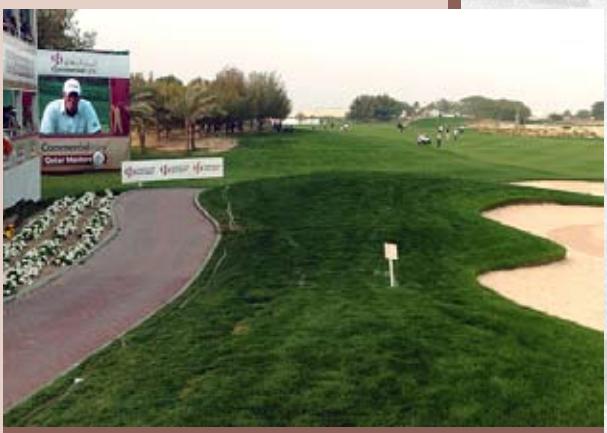
There are several recreational activities available in Qatar, some just beyond the city limits. Without too much effort or financial obligation, residents can enjoy sand-dune camps, a day at the luxurious Doha Golf Club or relaxation at Sealine Beach resort. Like the track on a roller coaster ride, the enormous sand dunes present an opportunity for ATV and four-wheel drive vehicle motorists to satisfy their needs for a thrill. Equestrian lovers can find horse and camel race tracks. Many outdoor excursions are hosted by local tour companies on a space available basis.

Evenings are filled with shopping and entertainment opportunities. The gold "souq," an Arabic word for "market," is very popular for ordering custom-made jewelry. Visitors can make use of an assortment of movie theatres, fine cuisine restaurants, ice-skating at the City Center Mall, as well as highly lavish hotels with clubs and live bands. A great deal of evening entertainment can be found at one of Qatar's major hotels; such as the Ritz-Carlton, Four Seasons, InterContinental, Marriot and Sheraton. Major hotels also include indoor and outdoor swimming pools, Jacuzzis, saunas, steam rooms, massage spas and fitness centers.

Qatar has elaborate plans for the near future. According to Salam Al Shawa, Qatar Airway's Senior Manager of Marketing and Communications, a new tourism master plan will channel a $15 billion investment into high-status projects set to reinforce Qatar's position as a first-class destination for visitors. Prominent investors are constructing a multifaceted country to generate a strong infrastructure for future growth. There are hundreds of social and recreational activities in Qatar – make time to enjoy yourself during your stay.

Golfing in the Gulf

Mr. Dustin Senger
ASG-QA Public Affairs



The Doha Golf Club, a popular venue for Westeners working in Qatar, provides a great facility for enthusiasts with plenty of green grass despite the desert climate. Thie Qatar Masters, Jan. 25-28, is one of two professional golf tournaments hosted on the Arabian penninsula. (Photo by Mr. Dustin Senger)

DOHA, Qatar – Do you need a break from the military grinder, but the atmosphere at the Arabic souqs is not quite the time-out you have in mind? Since 1996, the Doha Golf Club has provided itself as a recreation oasis, serving as a stress reliever and alternative to typical Middle Eastern cultural attractions. Grass is a virtue in Qatar's arid desert climate and hard terrain; many visitors are surprised to see the vast green landscape that the club provides.

Qatar continues to demonstrate itself as a country with genuine interest in sports competition, successfully attracting numerous athletic organizations. The Doha Golf Club recently hosted the Qatar Masters golf tournament on Jan. 25-28; a month after providing it's facilities for the first Olympic event in a Gulf state, the 15th Asian Games Doha. The Masters is one of two professional championships making regular stops in the Arabian Peninsula during European and Asian Tour golf tournaments. The other is the Abu Dhabi Golf Championship held in United Arab Emirates.

The Doha Golf Club attracts a wide-range of Western people with various talents for the game. It is very common to see British, Scottish, Australian and American patronage. You don't need to be a professional golfer to enjoy the Doha Golf Club. You can discover the game of golf while visiting Qatar, or simply enjoy the atmosphere and beautiful landscape. The Arabic clubhouse provides guest with typical Qatari ambience and modern Arabic design. Outside, a terrace overlooks the course with fine dining outlets.

Choose one of two courses based on your skill level and time allotment. The challenging Championship Course provides a fairway for more experienced players. Midweek visitor rates are around

$65 for nine holes; around $100 for all 18 holes. This par-72 course measures over 7,000 yards with eight interlacing bodies of water – making accuracy very important. The Academy Course, a smaller and less complicated frairway, provides 2,544 yards to improve your game. Midweek visitor rates on the Academy Course are around $35 for a nine-hole game; around $65 for 18 holes. Membership opportunities are available for those that plan frequent, long-term attendance.

The Doha Golf Academy offers coaching for adults and juniors. All lessons include the required equipment as well as the use of the latest technology in computer coaching systems. Standard rates for visitors without a membership are around $50 for a 30-minute lesson and around $90 for an hour. Becoming a member or purchasing packaged offers further reduces the cost of lessons. Laser Optics Putting, used by many professional golfers, can help reduce your scores for around $150.

The Explanar, a golfing aid designed to help train your muscles through the use of a weighted roller, is also available at the Doha Golf Club Academy. A one-hour introduction cost a little less than $100 and includes a period of computer swing analysis followed by drills on the Explanar system. A package with an introduction, two lessons and five practice sessions costs around $230.

The Doha Golf Club is a great place to further your game or simply relax near a lush green landscape. To obtain further information about this Doha venue, contact reservations at 483-2338 or e-mail info@dohagolfclub.com.

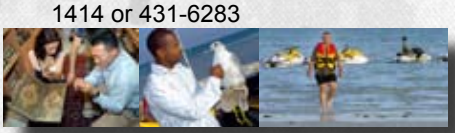
Off-post reference

Hotels – Hotels have restaurants, cafes, swimming pools, spas and night clubs. Most of the fine dining requires reservation.

- Doha Marriott Hotel, 429-8888
- Ritz-Carlton Doha, 484-8000
- Four Seasons Hotel, 494-8888
- InterContinental Doha, 484-4444
- Sheraton Doha Resort and Convention Hotel, 485-4444
- Rydges Plaza Doha, 438-5444
- Movenpick Hotel, 429-1111
- Ramada Hotel, 441-7417
- Mercure Grand Hotel, 446-2222
- Oasis Hotel and Beach Club, 442-4424
- Al-Bustan Hotel, 432-8888
- Al Sadd Merweb Hotel, 446-1111
- Regency Hotel, 436-3363:

Restaurants – Qatar has an extraordinarily wide variety of restaurants, cafes and bistros, which display remarkable presentation styles.

- Al Sayyad (Arabic), 483-9000
- Balhambar Restaurant (Arabic), 483-781
- Layali (Lebanese), 431-0005
- Benningan's (Irish-American), 483-8400
- Mint (Mediterranean), 467-5577
- Ciao Pizzeria (Italian), 468-9100
- Korean Garden (Asian), 442-1820
- The Great Wall (Chinese), 431-2812
- Applebees – (American), 436-0747
- Starbucks – (Café/Bistro), 483-9519
- Cafè Batteel - (Café/Bistro), 441-1414 or 431-6283



Shopping Centers – Qatar's malls carry new and contemporary brand names. There are a lot of European garments, as well as some popular American attire.

- City Centre Mall, 483-0582
- Landmark Mall, 487-5522
- The Villaggio Mall, 413-9666
- Centrepoint Mall, 442-1766
- Hyatt Plaza, 469-4848
- Royal Plaza, 469-40191
- Salam Plaza, 483-2050
- Al Muftah Center, 444-6867
- Blue Salon, 446-6111
- The Centre, 444-0202

"Souq" an Arabic word for "market" – A souq is a resourceful place for shopping since you can bargain with local merchants. A popular place is located on Grand Hamad Street and Al Ahmed Street

- Doha Souq (fabric, Arabic-style), Al Ahmed Street
- Souq Al Asiery (fabric and textiles, luggage, shoes, perfumes), Al Ahmed Street
- Souq Nasser Bin Saif (electronics, CDs and DVDs, toys), Al Ahmed Street
- Souq Al Ahmad (men and woman tailors, toys, sporting goods, household goods), Grand Hamad Street
- Souq Faleh (discounted item outlets), Grand Hamad Street and Al Ahmed Street
- Souq Al Deira – (beaded fabrics, designer fabrics, perfumes, shoes), Al Ahmed Street
- Souq Al Jabor (footwear, baby wear, luggage, small gifts, toys), Al Ahmed Street
- Gold Souq (gold, diamond, genuine-stone and customized jewelry), small road behind Al Ahmed Street

Supermarkets – Grocery stores can be found throughout the city and in major malls. The markets stock local brands and international goods.

- Lulu Hypermarket, 466-9279
- Lulu, 432-4324
- MegaMart at Landmark Mall and The Centre, 488-3008 or 488-3001
- Carrefour at City Centre and Villaggio Mall, 484-6222 or 413-9666
- Giant Stores at Hyatt Plaza, 464-2994
- Dasman Centre, 487-7868

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

- City Centre Bowling, 483-1047
- Qatar Bowling Centre near the British Embassy, 444-3355
- Winter Wonderland at City Centre, 483-9163
- Khalifa Tennis & Squash Complex, 440-9666
- Sealine Beach Resort, sand buggies and dune trips, 476-5299
- Al Shahhaniya Race Track, 487 2028
- The Racing & Equestrian Club, 480-3098
- The Art of Living Foundation behind Lulu Hypermarket, 443-2900/465-3612
- Doha Zoo, 468 2610
- Qatar National Museum on Muthae Street, 444-2191

SAFETY

Army Preliminary Loss Report 07050

Negligent Discharge claims one Soldier's life

A 2nd BCT, 4th Infantry Division Soldier died on 31 January 2007 at 0330 from an apparent negligent discharge on 28 December 2007 at 0115 local in Fort Smith, Arkansas. The 22-year-old SGT was on terminal leave drinking and preparing to go on a hunting trip. He was with a friend at his residence cleaning a .45 Caliber Pistol and had just reassembled it when both of them declared the pistol "clear." Then for an unknown reason the SGT placed the weapon against the side of his head and pulled the trigger discharging the weapon. The SGT was taken to a local medical center where he was later taken off of life support and died.

All similar incidents in FY07 have happened off-duty while handling what was believed to be an unloaded weapon.

Heat advisory

Mr. Robert East
ASG-QA Installation Safety Officer

The hot days of spring and summer are rapidly approaching. It is prudent for us to make time for proper preparations to ensure the safety of our personnel, as well as our own. Heat can severely injure a unit – much like an enemy combatant. It is important to follow some basic procedures to properly manage the risks associated with hot-weather operations.

Drink plenty of fluids; cool water is best. Drinking fluids that replace lost electrolytes can further help during periods of heavy perspiration. Remember, carbonated drinks can increase the risk of cramps. Avoid consuming alcohol containing beverages while in hot weather. They will work to further dehydrate your body.

Plan your activities around the sun's location. Save the most strenuous work for the cooler parts of the day. Get sufficient rest, sleep and nutrition. Always look for cool spots for periods of recovery, such as shady or air conditioned areas. Wear loose-weave, cotton fabrics that allow your body to breathe. Stay in good physical shape to effectively handle the upcoming environmental extremes.

Heat cramps, heat exhaustion and heat strokes are avoidable with the right preventative measures. Leaders must ensure proper acclimatization to the new climate (minimum of 14 days) to eliminate, or minimize, heat injuries in newly arrived Soldiers and civilians. Try and achieve one quart of water per hour during hot periods.

Watch your battle buddies. Consider frequent surveillance of the people around you to detect early symptoms of a developing heat illness. All personnel under your leadership must be properly trained to recognize symptoms of heat illness and administer emergency first-aid treatment (TB Med 507, para 18-20).

A Heat Stress Management chart is provided in numerous places on the installation – take the time to review it. The information found on the charts is especially important during changing heat categories, as indicated on colored flags located at the big gym and Troop Medical Clinic. You can quickly obtain further safety information, such as recommended amounts of fluid consumption and rest periods.

Qatar's intense heat is a rapidly approaching reality for everyone stationed in Qatar. If you have any questions or concerns, contact Robert East, ASG-QA Installation Safety Manager at DSN 432-3412, or by mobile phone at 551-0872.

HEAT STRESS MANAGEMENT

		EASY WORK		MODERATE WORK		HARD WORK	
HEAT CATEGORY	WBGT INDEX (°F) °C	WORK REST	WATER INTAKE (Qt/hr.)	WORK REST	WATER INTAKE (Qt/hr.)	WORK REST	WATER INTAKE (Qt/hr.)
1	(78°-81.9°) 25.6-27.7	NL	1/2	NL	3/4	40/20 MIN	3/4
2 GREEN	(78°-81.9°) 25.6-27.8	NL	1/2	50/10 MIN	3/4	30/30 MIN	3/4
3 YELLOW	(82°-84.9°) 27.8-29.4	NL	3/4	40/20 MIN	3/4	30/30 MIN	1
4 RED	(88°-89.9°) 31.1-32.2	NL	3/4	30/30 MIN	3/4	20/40 MIN	1
5 BLACK	(>90) 32.2	50/10 MIN.	1	20/40 MIN	1	10/50 MIN.	1

CAUTION

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

The colored flags corresponding to the above chart are flown at the Big Gym and the TMC. This information will also be announced over the Giant Voice System.

Safety success at the range

Mr. Alexander Edwards
CMPC

During military service, it is required to qualify – and continue to re-qualify – with the service rifle. Depending on your billet, you may need to perform with the service pistol as well. You must be aware of dangers involved during this seemingly simple component of military life. Helpful tips to improve your accuracy and earn a high score at the range are important, but everyone must make it home safe to record the impressive results.

"Range Safety regulations AR 385-63 and DA PAM 385-63, provide guidance and outline responsibilities for the Range Officer in Charge and Safety Officer," said Robert East, Area Support Group Qatar Installation Safety Officer. "They are responsible for briefing all range

participants about proper firing positions, safe weapons handling procedures and general range safety issues. They are also responsible to ensure that there is an adequate supply of drinking water and coverage in the event of crucial medical evacuations. Leaders are responsible to ensure that everyone has appropriate personal protective equipment, such as hearing protection, protective eyewear, Kevlar helmet and vest. These safety items must be kept in good, serviceable condition at all times."

There are relatively few recordable injuries on U.S. military rifle and pistol ranges compared to other countries. The United States has some of the best instructors and range coaches in the world. However, the U.S. military is to blame for rare mishaps that seemingly could have been prevented, but unfortunately were not.

On Oct. 30, 2006 at Camp Pendleton, Calif., U.S. Marine Corporal Seth Algrim had been conducting Military Operations in Urban Terrain training when an accidental shooting occurred on the range. Algrim was accidentally shot in the head by another squad member who mistakenly used live ammunition from a training exercise earlier that day.

"Be sure to practice muzzle awareness," said 1SG Richard Schuck, Area Support Group Qatar First Sergeant, cautioning attentiveness to where a rifle is being pointed, "and be sure to keep within your left and right limits. It's a small range so everything is kept simple." The range in Qatar uses smaller targets versus a longer firing distance. Participants are closely monitored with constant supervision by a range official.

On June 1, 2006, the Turkish military found that a large problem can emerge from an otherwise invisible threat to safety. Outside Istanbul, rifle range fire triggered an explosion from a gas leak injuring 14 people. Safety officers, and shooters, should have recognized the heavy smell of natural gas blanketing the area. Remember to be conscious of your surroundings on the range.

The probability of serious injury or lethal incidences can be drastically reduced with the practice and implementation of proper safety procedures while on the firing line. Read about the tragedies related to accidental discharges and other mishaps; then see how the four safety rules, taught since boot camp and reiterated through-out one's military career, can ensure a day at the range without injury:

1. Treat every weapon as if it were loaded.
2. Never point a weapon at anything you do not intend to shoot.
3. Keep your finger straight and off the trigger until you are ready to fire.
4. Keep the weapon on safe until you are ready to fire.

You definitely want to rehearse the rules a day prior to qualifying. Then pay special attention to the range coaches while they give their safety brief on the range – especially if you haven't had enough sleep. Use the proper amount of ammunition for each relay; a range coach will specify quantity before you are prompted to load your weapon.

Be aware of an audible pop while shooting. If you hear this awkward sound, immediately alert the range official by raising your arm high in the sky. Do not attempt to stand up or move around, or you could subsequently endanger everyone at the range. Hold your weapon downrange and wait until someone responds. The coach will call for a cease fire while staying with you until the line clears – no easy out on this one. Use immediate action if you encounter a misfire or jam.

Be patient on the range and remember you are holding a deadly weapon. Leave the range with a high score, but most of all, in one piece.

Motorcycle Safety

What you need to know to drive to arrive:

• Be especially alert at intersections because approximately 70 percent of motorcycle-vehicle collisions occur there! Watch for vehicles that may unexpectedly turn in front of you or pull out from a side street or driveway. At intersections where vision is limited by shrubbery, parked vehicles, or buildings, slow down, make doubly sure of traffic, and be prepared to react quickly.

• Check the rearview mirrors before changing lanes or stopping. A quick stop without checking rear traffic may result in a rear-end crash. When changing lanes, use signals and make a visual check to assure that you can change lanes safely.

Never ride without a certified motorcycle helmet and eye protection. Insist on a helmet that has a U.S. Department of Transportation (DOT) label affixed by the manufacturer. Attend a motorcycle rider-training course. It is the best way to learn how to operate a motorcycle safely and skillfully. Rider-Training courses provide unique knowledge and skills that you may not learn if a friend teaches you how to ride or if you haven't ridden in awhile. For the location of a state approved rider-training course, call toll free, 1-800-245-4410 or 404-669-2950

Combat arms earplugs at the range (double-ended)

Insert for maximum protection and comfort as follows:

1.When the solid (olive-colored) tip of the plug is properly inserted into the ear canal, it protects against steady-state noise (e.g., helicopters or armored personnel carriers).

2.When the open (yellow-colored) tip of the plug is properly inserted into the ear canal, it protects against impulse noise (e.g., weapons fire). This latter configuration allows speech communication and detection, as well as localization of acoustic sources.

A one-size-only earplug with a doubletree design.

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