



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

# DESERT MESH

NEWSLETTER An ASG-QA Publication

Edition 48 April/May 2007

- :: **Commander**  
COL Thomas F. Lynch III
- :: **Deputy Commander**  
LTC Noel P. Owen
- :: **Public Affairs Officer**  
Mrs. Laskia Clarke-Brown
- :: **Public Affairs Photojournalist**  
Mr. Dustin Senger
- :: **Visual Information Manager**  
Mr. William R. McLeod
- :: **Desert Mesh Contributors**  
Mr. Alexander Edwards  
Mr. Jemmy Castro  
Mr. Robert East



**Military sports games**  
14

**Spiritual guidance**  
12



**Building partnerships in Qatar**  
2



**TEAM EFFORTS**

**Texans come to CAS**  
3

DESERT MESH IS NOW ONLINE:  
<http://www.arcent.army.mil>

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



### Commander's Corner

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

The 41st President, George H. W. Bush arrives to Camp As Sayliyah to meet and greet service members stationed in Qatar.



page 9

Edition 48

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](mailto: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](mailto:dustin.senger@qatar.army.mil) or call DSN 318-432-2800.

**COVER PAGE:** (Top) 1st. Lt. Matthew Lee sprints to finish a five-kilometer race in Doha, Qatar. (Center) Lt. Cmdr. Anthony Yanero, from Ellicott City, Md., and SGT Jason Shatzer, from Sacramento, Calif., discuss an upcoming military run with a Qatar service member. American's stationed in Qatar have engaged with the host nation during their annual military sports competitions since the original invite in 2004; successfully building stronger relations. (Inside) Chase Untemeyer, U.S. Ambassador to Qatar, and 41st President George H. W. Bush meet with residents of Camp As Sayliyah. (Cover photo-illustration by Mr. Dustin Senger)

# CONTENTS

## DM48: Team Efforts

### THE WIRE

- Partnerships of CAS *(continued from below)* 8
- Bush meets and greets 9
- USO-Qatar spotlight 10
- Holocaust revisited 11
- Time for prayer 11
- R2P2 spiritual support 12
- CAS events schedule 13

### FITNESS

- Qatar military sports games 14
- Fitness Q&A 16
- Concurrent training 16

### CULTURE

- Expats in Qatar 18

### DOHA LIFE

- R2P2 participants at MotoGP 20
- Texas A&M University in Doha 21

### SAFETY

- Plug into electrical safety 22
- Prevent slips, trips and falls 23

## Partnerships of CAS

**Mrs. Lakia Clarke-Brown**  
ASG-QA Public Affairs

Camp As Sayliyah is directed by the Army Support Group Qatar

**Soldiers, Airmen, Sailors, Marines, DoD civilians and contractors are working together on Camp As Sayliyah in Qatar, in support of the global war on terrorism.**



Commander. ASG-QA serves as an Army component headquarters for assigned Army forces and joint tenant units at designated locations in Qatar and the Central Command area of ...

Continued on page 8

## Texan round-up: service members meet politicians



Texas Governor Rick Perry and his wife, Anita, listen to an explanation of the Area Support Group Qatar's Rest and Recuperation Pass Program supporting Americans serving in Southwest Asia. (Photos by Dustin Senger)



George H. W. Bush is welcomed to Camp As Sayliyah by COL Thomas F. Lynch III, Area Support Group Qatar Commander. The 41st president arrived with his wife, Barbara, to meet service members participating in the installation's Rest and Recuperation Pass Program for war fighters in Southwest Asia.



George H. W. Bush meets with Americans serving in Southwest Asia while they participate in the Area Support Group Qatar Rest and Recuperation Pass Program on Mar. 19. The former president's visit was preceded by Governor Rick Perry meeting with fellow Texans.



Texas Governor Rick Perry and his wife, Anita, meet with Texans stationed at Camp As Sayliyah in Qatar on Mar. 19. Perry later joined former President George H. W. Bush and his wife, Barbara, for a grand opening of a Texas A&M University facility in Doha, Qatar



SPC Sandra Salinas, from Temple, Texas, meets with fellow Texan – and governor – Rick Perry, at Camp As Sayliyah on Mar. 19.



**With extension announcement, Soldiers should keep eyes and mind on the mission**

## R. Steven Whitcomb

**Lieutenant General**

Third Army/USARCENT

Commanding General

On April 11, the Secretary of Defense announced that all active component Army tours in Theater are extended from 12 to 15 month tours. At the urging of the Acting Secretary of the Army and the Chief of Staff of the Army, Secretary Gates wanted to ensure units have at least 12 months between tours to improve the predictability for Soldiers and their families. Many of the deploying Brigades right now didn't get that opportunity. What you want to know is how this affects you and your family.

While we continue to work the details, the full extent of this extension is not yet known as some of the specifics are still being worked out. Your chain of command will keep you informed as soon as they are known. But, I wanted to give everyone as much information as possible up front. All active component Soldiers assigned to deployed active component units in support of OEF and OIF should plan on staying in theater for 15 months. Some units and individuals already have inbound replacements, and they may not stay. The Army staff in concert with our staff and unit teams are looking at this to determine what is best for the mission, Soldiers, and families. We plan to come to resolution as quickly as we can, but until then, I will always remember the Company First Sergeants at DESERT STORM when no end of mission date was ever set. When asked by a Soldier when they were going home...the 1SG wisely replied, "Soldier, you will go home when the mission is done, and of course when I tell you to load up your rucksack on the deuce

and a half (truck). Until then, we have a mission to do, keep your eyes and mind on the mission."

That remains pretty good advice today and is less frustrating than chasing every rumor or new media report.

Please stay in touch with your Families. I understand they too are worried and, in many cases, frustrated. False hopes are a killer, so be careful (like we will be) on making any assumptions. Please also look after your buddy...we have caring leaders and professionals both in theater and at home stations to help.

I was here in CENTCOM when the first major unexpected extension was made to 15 months. When the enemy in Iraq interdicted the road network in April 2004, we had to extend the 1st Armored Division, 2nd LCR, and a dozen

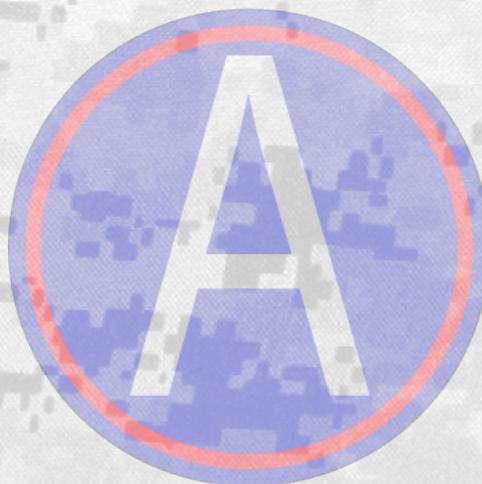
**“ More than ever, I have that same sense of pride and respect to be serving with you.”**

Truck Companies and MP Companies based in Kuwait. Many Soldiers were on the flight line at KCIA ready for that freedom bird...some were even back home. Despite all the frustration and disappointment, I was

never prouder of our Soldiers and their Families; they saluted and headed back north. More than ever, I have that same sense of pride and respect to be serving with you.

I am still certain of one fact: Our Nation more than ever is counting on every Soldier, active or reserve, to do their duty; our success in this War depends upon it...and I know you are up to the task.

God bless you and your families.



**Third, Always First!** 

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



**Soldiers need to improve their foxholes by maintaining a positive attitude, approach**

As we look forward to all the events and tasks that are going to happen throughout the year, let's remember to work on improving our foxhole.

I use that terminology from time to time as an expression for Soldiers to understand how to improve their overall lives. As we continue into this year, some resolutions are successful and others are not.

But I challenge each Soldier to improve their foxhole at all times. As Soldiers, improving the foxhole is a saying to live by.

It's really a simple idea derived from a simple scenario. If you're out in the field, and you have to stop and dig a hasty for self-protection, you'll work on making it a better fighting position depending on how long you're there.

By improving your foxhole, you improve your surroundings, your workplace, your relationships and your own self-image.

We need to find ways to improve ourselves every day by constantly challenging ourselves to learn more, exercise more and listen more to our families, friends and colleagues.

By doing this, we can become better

Americans and better Soldiers.

So, get out to the gym, get out and play a basketball game with your friends.

And improving your foxhole isn't just about self-improvement. It's also about improving your relationships with family and friends. Call home and talk to your parents or your kids more often. Repair any estranged relationships.

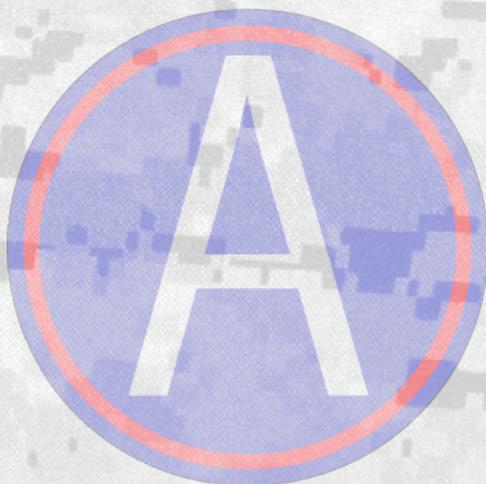
The message I'm trying to get across to you is that you don't need to begin or end resolutions with each new year. You can do this every day; you can start over any time – you decide.

The best way to start improving your foxhole is to start the day with a good attitude. Try and look at things in a positive way – by doing this, you will naturally start to feel better.

When all the little things at work start to drag you down, take a few moments to go outside and collect yourself. Look around you and appreciate your life.

Deployments can be a great place for Soldiers to improve themselves.

If you have not started improving your foxhole, start today – make this the first day of the rest of your deployment.



**Third, Always First!** 

Desert Mesh : 5 : April/May 2007





**A message from the Installation Commander**



## Thomas F. Lynch III

**Colonel**

Area Support Group Qatar  
Commander

**B**est wishes to all of you here at Camp As Sayliyah as the abrupt transition from winter to summer takes place before our very eyes here in Qatar.

This edition of the *Desert Mesh* should reach you as we move from April to May, and as 100°F days become the norm from now until next October. Please be very aware of the desert weather extremes that are now with us. Veterans of Qatar, help the new folks out. Assure hydration and limit all outdoor activities during the heat of the day. Partner-up and use the buddy system. Please see the warnings and tips on avoiding heat injuries found on page 23 of this *Desert Mesh*. Heat injuries will suddenly pop-up if all leaders and team members don't remain prudent and vigilant during these intense Qatar summer months. Thank you in advance for your work to stay safe and well.

The last month-and-a-half here at Camp As Sayliyah has been an event-filled period. We hosted visits by former President George H.W. and wife Barbara Bush; the Governor of Texas and his wife; the wife of the United States Ambassador to the country of Qatar, Mrs. Diane Untermeyer; and a new USCENTCOM Commander, Admiral Fallon, to the Camp. We also were honored by visits from the US Army Chief of Chaplains and by the US Air Force Chief of Chaplains. Concurrently, we continued our partnership sports competitions with the Qatari military in volleyball, shooting, running and soccer events. You will see stories related to these events throughout this edition of the *Desert Mesh*. I extend my thanks to each of you who helped make each of these visits noteworthy successes. Well done.

We now enter the traditional summer months here at Camp As Sayliyah; when many of you here will finish year-long (or in some cases longer) tours of duty, and depart for new locations. I extend my thanks to each of you who will depart Qatar in the next couple of months. Thanks for your support of our Warriors and for making a positive difference here daily. God's speed in your travels and new duties.

For those of you remaining with us at Camp As Sayliyah in the coming months, a steady series of traditional events and

activities await you – and I encourage your spirited participation. First and foremost, the semi-annual Camp Commander's Cup Sports Competition is on top of us. Eight Camp teams will compete in twelve separate sporting events on Friday-Saturday, 4-5 May for the right to be crowned Commander's Cup Champions for Spring 2007. See page 17. CENTCOM will try to defend the title it won in November 2006 and the competition should be intense but good fun. Good luck to all participants – let the games begin! The Camp will host a series of Memorial Day events including a 5k Fun Run, a Memorial Day Ceremony, and a Memorial Day Prayer Luncheon at the end of May. Please see the events box on page 13 and the CAS-TV announcements. ASG-Qatar will also host the fourth-annual Camp Army Birthday Ball on Thursday, June 14th. This event will follow a 5k Fun Run in honor of the Army birthday earlier that morning. See the notes about the events of June 14th on page 12. Finally, we will conclude the Camp's annual participation in Qatari Sports competitions with the basketball tournament that will run throughout May. If you aren't participating, we hope you can come out and watch a game in Doha.

Around all these events and activities, normal MWR and R&R Pass Program happenings will continue. See related articles on pages 12-13 of this *Desert Mesh*. I look forward to your support of our CAMP MWR events, and your sponsorship of our great R&R Pass Program Soldiers. Their service in Iraq, Afghanistan, Kuwait and the Horn of Africa merits all of our thanks and gratitude. Show this by your sponsorship of them to all or part of a day.

I join with CSM Howard in again thanking you for your service here at Camp As Sayliyah and across the wide CENTCOM region. Your efforts are critical to United States victory in the wider war on terror – a war we must win for our children and grandchildren and for free men and women everywhere. Thank you for your personal contribution and sacrifice. Keep it up!

Patton's Own!



# Michael D. Howard

## Command Sergeant Major

Area Support Group Qatar  
Command Sergeant Major

This summer we need to remain focused on safety as we start to transfer some operations from one team to another. To ensure a successful transition, everyone is required to conduct a "right-seat ride" with their replacement. This requirement establishes close communication which must be strictly enforced by all leaders. Although the close contact can feel intimidating at first, it should be expected by the new personnel to ensure proper continuity.

Conducting a right-seat transition with your replacement helps emphasize standard operating procedures.

Receiving a good battle hand-off from your unit provides your replacement, and their troops, with confidence they will need. It also helps ensure that the lessons you have learned, and the procedures you have put into action, continually grow to better support the mission.

Safety is an integral part of our daily operations at Camp As Sayliyah. Safety plays a major role in our development, execution of military missions and everyday agendas. It is everyone's responsibility to remain vigilant in discovering potentially adverse conditions; situations or obstacles likely to harm people and property. Everyone on the installation should express an Army Strong attitude by protecting installation team members against damage, accidents and harm.

Qatar becomes an entirely new experience in the summer with increasing heat indexes. Days are already getting hotter as we continue to push forward into the summer months. Qatar's increased outside temperatures are

eventually amplified by dramatic boosts in humidity as well, even after sunset. As such, we are presented with new and very important safety concerns. Essential safety requirements during this time include: sun screen, proper clothing and foot wear. Don't become a victim of heat illness due to improper planning during the summer months. If at all possible, choose the early morning or late evening – when the sun is not at its max – for outdoor activities. Always be prepared and well hydrated in the heat.

Folks, as the temperatures sky rocket over 100 degrees by noon, we need to ensure our troops are not trying to get a few miles on the running track during the extreme heat. Do your part to ensure that your troops adhere to the installation safety officer's heat stress management procedures. Colored flags are flown at the big gym and the Troop Medical Clinic to illustrate important changes in daily heat indexes on the installation. This information is also broadcasted over the Giant Voice System. Be prepared, proactive and educated about heat-related illness while in Qatar.

Conduct safety briefings as part of your continuity check list this summer. Check your off-going and in-coming personnel and their equipment prior to conducting unit missions outdoors. Don't let anyone in your unit become complacent in the heat. Provide your military and civilian personnel with the confidence and ability to complete their tasks with an emphasis on personnel safety.

Patton's Own!



**Stay safe during the summer transition**

**“ Qatar becomes an entirely new experience in the summer with increasing heat indexes.”**



# THE WIRE



Diana Untemeyer, wife of the U.S. Ambassador to Qatar, delivers a speech during the women's history month luncheon on Mar. 21. This was her third year as a guest speaker; this will be her final appearance due to her husband's duty reassignment this summer. (Photos by Mr. Dustin Senger)



Chase Untemeyer, U.S. Ambassador to Qatar, with his family during an Easter Day luncheon at Camp As Sayliyah on Apr. 8. The Untemeyer family were frequent visitors to the installation and remained strong supporters of Americans in Qatar since arriving in 2004.

## Education Center

Attend the Advanced Skills Education Program courses.

## Counseling Techniques

• May 14 to June 13

## Management Problems

• May 14 to July 4

## Stress Management

• May 15 to June 14

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

## Partnerships of CAS

(Continued from page 2)



responsibility. ASG-QA provides force protection and base operations for American and coalition forces and agencies.

The installation is also responsible for the theater

Rest and Recuperation Pass Program while providing general moral and welfare support. ASG-QA coordinates closely with Air Force Central Command, U.S. Embassy Qatar and select Qatari military and civilian organizations.

The atmosphere of Camp As Sayliyah remains positive since our team of military, DoD civilians and contractors are reliable team players; prepared for installation operations with a high-degree of confidence and determination.

"DoD civilians – as well as contractors – are beneficial to the military", stated MAJ Mervin Sturdivant, ASG-QA Personnel Services Officer in Charge. "They ease the burden of critical military personnel shortages due to contingency operations." Military and DoD civilian rank relationships have been established for Geneva Conventions purposes. There are no specific direct equivalencies cited in regulations except for the SES flag-level civilians, according to the Manpower Civilian Workforce Management in Quantico, Va.

The government civilian workforce is a collection of individuals supporting the U.S. military around the world; strategically employed to fulfill a mission. Unlike DoD civilians, contractors are employed only for finite periods of necessity – from days to years, depending on contract acquisition.

"Contractors are key assets to any organization", stated Deborah Hunter, Deputy Director of Army Contracting Agency Qatar and DoD civilian for almost 30 years.

"They have a sense of continuity; as opposed to the military that continuously rotate in-and-out." Recent increases of contractors overseas have made them an essential part of the Army's work force; many requirements can not be performed without the support of contractors.

A partnership can be defined as a relationship between people or groups who share responsibilities for achieving the same goal. It is a strategic alliance or relationship between two or more people. Effective partnerships require a joint commitment to address problems and opportunities for the well-being of an organization. Successful partnership must be based on equality, trust and a mutual understanding of endeavors. A

**"The partnerships on Camp As Sayliyah are great because we have open communication." Ms. Deborah Hunter**

great relationship between service members, DoD civilians and contractors requires the commitment of an effective and dedicated team to execute the mission.

"The partnerships on Camp As Sayliyah are great because we have open communication," said Hunter. "In a partnership, you must be proactive, and able to resolve issues in a timely manner." Frequent engagement decreases assumption and increases knowledge for involved parties. The military practices two types of partnerships, formal and informal. In a formal partnership, each party's roles and obligations are defined in a written agreement, unlike informal partnerships where tasks and responsibilities are



Niaz Muhammad, from Pakistan, applies finishing touches to a chocolate sculpture of a deer at the dining facility at Camp As Sayliyah on Mar. 7. The installation is a large functioning partnership of military and civilians, of numerous nationalities, in support of the global war on terrorism. (Photo by Mr. Dustin Senger)

assumed and agreed upon verbally.

ITT, possessor of several large contracts on Camp As Sayliyah, has been proactive at maintaining the integrity of a strong partnership. Since 2004, they have hosted an annual forum amongst corporate figures and key employees; alongside ASG-QA and ACA-QA to proficiently evaluate the contracted company's performance. The partnering

sessions are a tool used to address the needs and concerns of the customer. It builds and maintains a good relationship with the customer.

"The partnering sessions establish a relationship between the military, contracting command and ITT – with a team effort approach," said Jim Eken, ITT Base Operations Services Program Manager.

Productive partners strive to achieve long term structure to sustain commitments to quality. It is imperative for all parties to be open-minded and receptive of each other's differences. There must be a wholeheartedness to learn and adapt to new objectives and goals. Partners must be able and willing to exchange their methodological knowledge to relate as equals in a joint future. **A**

## Bush meets and greets

### Mr. Dustin Senger ASG-QA Public Affairs

CAMP AS SAYLIYAH, Qatar – Former President George H. W. Bush visited American troops serving in Qatar with his wife, and former first lady, Barbara Bush on Mar.19. COL Thomas F. Lynch III, Commander of Area Support Group Qatar, directed an explanation of the ASG-QA Rest and Recuperation Pass Program for the 41<sup>st</sup> president and Mrs. Bush. The program is provided on Camp As Sayliyah to give war fighters a brief break from operations in Southwest Asia. Afterwards, the energetic couple was introduced to R2P2 participants and the installation community.

"We've been married for 62 years," said Mrs. Bush. "We got married when George was 20 years old." The couple met when she was only 16 years old. They were engaged a year and a half later, just before he went off to serve in World War II as a Navy Torpedo Pilot. On his 18th birthday, George H. W. Bush had eagerly enlisted in the Armed Forces to begin a lifetime of government servitude. After returning home on leave, the two were later married on Jan. 6, 1945.

"I forgot to tell the Soldiers," said Mrs. Bush, "this president [George H. W. Bush] can relate and understand being in the military. He was once the youngest pilot for the time and was shot down." Even at their ripe ages – George, 82 and Barbara, 81 – they remain actively engaged in supporting and relating to service members overseas.

"They are a very energetic and funny couple," said Kristan King, Aide to Barbara Bush. "They like to joke a lot – most people are caught off guard. People expect them to be so serious," said King, providing that family gatherings

are normally void of political chatter. "When they get together, you would never realize they are a former and current presidential family. They are a very close family."

"Between the two of us, we have four new hips," said former president Bush during his preamble to the Camp As Sayliyah community. He then introduced his wife as his "silver fox" and his quick wit kept shocking everyone – from a grin to outright laughter.

"I support the president," he said in regards to his son, President George W. Bush. "He is making the right decisions. The president appreciates everything you do to support your country. No matter what you hear in the media, you are doing the right thing for the right cause – don't ever think otherwise."

The political excitement of the day was further enhanced with an earlier visit by Texas Governor Rick Perry. Perry was also introduced to the installation's relaxation program for war fighters. He and his wife were able to meet with numerous Texans stationed on the installation. Later in the day, Perry and his wife joined the presidential couple to attend a grand opening ceremony of a new Texas A&M University facility in Qatar.

"It was a surprise visit," said 1LT Jamelle Wyman, from Marlin Texas. "I am going



COL Thomas F. Lynch III, Area Support Group Qatar Commander explains Camp As Sayliyah's facilities to 41<sup>st</sup> President George H. W. Bush. The installation caters to resting war fighters from various locations in Southwest Asia. The former president later introduced his wife of 62 years, Barbara, to an open forum of installation residents as his, "silver fox." (Photos by Mr. Dustin Senger)



**“ I forgot to tell the Soldiers this president [George H.W. Bush] can relate and understand being in the military.” Mrs. Barbara Bush**

to tell everyone back in Iraq that I saw them!" Wyman, an R2P2 participant supporting Operation Iraqi Freedom, is not only a native Texan but also a 2001 graduate of Texas A&M University. During her brief break in Qatar, she was surprised by the abrupt and relaxing change in pace that included a chance to meet some very influential Texans. **A**

# THE WIRE



Brig. Gen. Charles Shugg, 379th Air Expeditionary Wing Commander, listens to Chase Untermeyer, U.S. Ambassador to Qatar, on Mar. 5. Mike Ratney, U.S. Embassy Deputy Chief of Mission, and COL Thomas F. Lynch III, Area Support Group Qatar Commander, take notes during the quarterly political and military meeting. at Camp As Sayliyah. (Photo by Mr. Dustin Senger)

## Ethnic Observance

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

## Asian-Pacific American Heritage Month

- May. 15: Luncheon at noon in Big DFAC.
- May 30: Finale and CAS Pool Party at 6 p.m.

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

## Army Chief of Staff

GEN George W. Casey Jr. became the 36th Army Chief of Staff on April 10. He was Multi-National Force Iraq Commander prior to the change of command. (Official Army photo)



## USO Qatar spotlight

### Mrs. Lakeria Clarke-Brown ASG-QA Public Affairs

DOHA, Qatar – The United Service Organization in Qatar was selected by USO officials in Arlington, Va. for center spotlight recognition in March. Qatar's facility was selected from 130 venues for its state-of-the-art facility and its trademark Arabic Nights event.

The USO is a private, non-profit organization founded in 1941 with a mission to provide morale, welfare, and recreation-type services to our men and women around the world. For 66 years, the USO has made international relocations easier for service members by providing entertainment settings and programs. USO strives to give service members and their families the support they need while serving abroad.

"The USO is an integral part of our country's relationship with our service men and women. It is a treasure enabling Americans to express their gratitude, concern and support for our armed forces," states Edward A. Powell, president and CEO of USO Worldwide Headquarters, on the organization's official Web site.

There are numerous USO centers in various countries around the globe, such as Afghanistan, Kuwait, Qatar, and United Arab Emirates in the Middle East supporting Operation Iraqi Freedom and Operation Enduring Freedom. USO Qatar's main location is on Camp As Sayliyah; a second facility was officially opened in February at the adjacent Al Udeid Air Force Base passenger terminal.

USO Qatar's location at Camp As

Sayliyah is currently administered by a staff of several volunteers, dedicated to maintaining a clean and orderly facility for patrons. Kathryn Wilmarth, a volunteer since 2004, has lived in Doha, Qatar with her husband since 2001.

In February, Camp As Sayliyah's USO revealed many new renovations – the launch of an over \$25,000 upgrade. USO Qatar has recently provided a new movie lounge with a 42-inch plasma television accompanied by a surround sound speaker system. An entertainment section now offers high-end game



A Rest and Recuperation Pass Program participant relaxes within traditional Arabic ambience, now provided by USO Qatar after recent renovations. (Photos by Mr. Dustin Senger)



41st President George H.W. Bush greets with Ging Reyes, from Phillipines, at the USO Qatar lounge at Camp As Sayliyah on Mar. 19.

counselors equipped with high-speed Wi-Fi Internet connections, networking Sony PlayStation 2 and Microsoft X-Box 360 multi-player games. Traditional Arabic-style furniture, rugs and paintings were added to mimic the warm vibrant colors and cultural artifacts traditionally found in Qatar. Patrons can simply bask in the new ambience with a provided reading corner.

The impressive setting attracts numerous service members; many of which are participating in the installation's Rest and Recuperation

Pass Program for war fighters in Southwest Asia. A relaxing and comfortable atmosphere is made available 24 hours a day, seven days a week.

The USO delivers its programs to active and reserve service members and their families, worldwide. The organization's motto is to represent and support the American people "until everyone comes home." 

## Holocaust revisited

**Mr. Alexander Edwards**  
CMPC

The “Holocaust,” a Greek word meaning “sacrifice by fire,” began in 1933, prior to the outbreak of World War II, encompassing a 12-year grim period in humankind. This genocidal campaign ended in 1945, totaling over 6 million European Jews and countless others killed by Adolf Hitler’s Third Reich. Other groups such as Gypsies, cripples, Russian and Polish prisoners of war, homosexuals and anyone otherwise deemed undesirable by the governing Nazi Party were also executed.

To rationalize his distorted vision, Hitler coined the term, “Die Endlösung der Judenfrage” a German phrase meaning “the final solution of the Jewish question.” He told German people that

Jews were responsible for the current economic inflation drowning Germany. His preaching drew mass support from lower-class Germans to the Nazi Party, strengthening his deranged cause.

Schutzstaffel (SS) death camps, or concentration camps, sprung up all over Germany. The Third Reich conquered neighboring countries to further spread the reach of the SS death camps; most notably in Auschwitz, Buchenwald, Treblinka and Belzec. The Holocaust ended when allied forces defeated Germany and ended the Nazi stronghold.

It is appalling that some people – and governments – believe, to this day, the genocidal campaign was a hoax. As recent as Dec. 11, 2006, Iranian President Mahmoud Ahmadinejad initiated a two-day Holocaust exploratory conference in Tehran to discuss the truthfulness of the genocide.

A Fox News report titled “Iran Opens Holocaust Conference,” stated Rasoul Mousavi, Director General of the Iranian Foreign Ministry’s Institute for Political

and International Studies said the conference “seeks neither to deny nor prove the Holocaust. It is just to provide an appropriate scientific atmosphere for scholars to offer their opinions in freedom about a historical issue.” President Ahmadinejad has openly stated that the Holocaust is a “myth” and according to the Fox News story, he feels “Israel should be wiped off the map.”

The conference in Iran was comprised of 67 individuals from 30 countries; attendees included orthodox Jews who had greeted Iranian conference members thanking them for the opportunity to discuss the Holocaust.

Germany, where denying the Holocaust is illegal, immediately and emphatically condemned the conference. German officials said attempts to question the Nazis’ murder of Jews were “shocking and unacceptable.”

After 62 years, the number of Holocaust survivors is dwindling. Their story can not – nor should ever – be forgotten. **A**

## Time for prayer

**Mr. Dustin Senger**  
ASG-QA Public Affairs

CAMP AS SAYLIYAH, Qatar – The dining facility at the American installation in Qatar was filled with inspiration after a speech by Maj. Gen. Charles C. Baldwin, Air Force Chief of Chaplains, during the National Prayer Luncheon. During the gathering on Mar. 11, the distinguished speaker was joined by members of the Camp As Sayliyah community to pray for the nation and the armed forces. Scripture readings were recited, as well as proud performances of the National Anthem and God Bless America.

“This is a time for all Americans to come together and pray in their own way,” said LTC Elizabeth Mayforth, Area Support Group Qatar Installation Chaplain, while welcoming the non-denominational congregation to the luncheon. The installation chaplains’ office coordinated the event and invited all faiths. The significance of this event dates back to 1775. According to the National Day of Prayer Task Force, the Continental Congress designated “a time for prayer in forming a new nation.”

The chief of chaplains reflected on scriptures while exploring the daily life

of Special Agent Jack Bauer portrayed by Keifer Sutherland in the television action-drama series “24.” The show’s name stems from the real-time account of complex plots encompassing a 24-hour period of a counter terrorist unit. Baldwin used the experiences of his favorite fictitious television hero to illustrate the impact of the roles service members embrace in reality.

“What’s in a day?” said Baldwin. “It’s amazing what God can do in a day. We can make each day count through troubles, trials and truths.”

“People like to pretend that there is no trouble,” said Baldwin. “We know about trouble because we are fighting the global war on terrorism.” Terrorism presents a definite source of disturbance for everyone involved, as well as extreme difficulties for those fighting on the frontline to keep their homelands secure. The senior chaplain reminded service members to make their days count by living them for others.

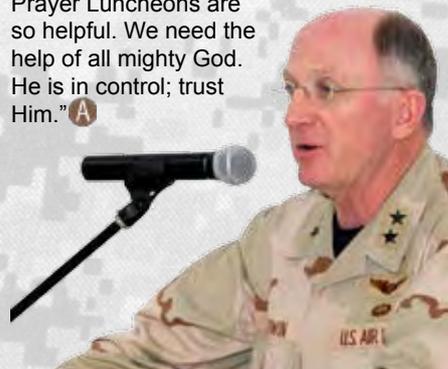
“The trial is when the trouble gets personal,” said Baldwin. “Trials come to all people. Service members stand on a wall, disarm an improvised explosive device – they know the trials.” Freedoms are enjoyed at the expense of many people’s test of mental and physical fortitude. These strengths are put on trial as American patriots continue to answer their call to



*Maj. Gen. Charles C. Baldwin, Air Force Chief of Chaplains, visits the USO Qatar lounge at Camp As Sayliyah on Mar. 11. (Photo by Mr. Dustin Senger)*

duty by their country.

“There is great security knowing somebody knows the truth,” said Baldwin. “The truth is we need help – that’s why the National Prayer Luncheons are so helpful. We need the help of all mighty God. He is in control; trust Him.” **A**



*Maj. Gen. Charles C. Baldwin, Air Force Chief of Chaplains, speaks on Mar. 11. (Photo by Mr. William R. McLeod)*

# THE WIRE



Maj. Gen. Charles C. Baldwin, Air Force Chief of Chaplains, receives an applause after his speech during the National Prayer Luncheon at Camp As Sayliyah on Mar. 11. (Photo by Mr. William R. McLeod)

## Call to Duty

Boots on the ground Army Strong



ARMY STRONG.

## Army Birthday Ball

- June 14: Social hour begins at 6 p.m. in the Top-Off Club
- June 14: Dinner at 7 p.m. in the Top-Off Club

Contact Mr. Edmond Williams, ASG-QA Protocol Officer, for more details at DSN 432-2223.

## Photography Support

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

\*ASG-QA domain access required.

## Chaplain Services

Attend the installation chaplain spiritual support services:

## Unity Praise Dancers

- Mon, Wed, Fri: 6:30 p.m. to 7:30 p.m. in the CAC

## Prayer Lunch

- May 30: Memorial Day Prayer Luncheon at 12 p.m. in the big DFAC

Contact LTC Elizabeth Mayforth, ASG-QA Installation Chaplain, for more details at DSN 432-2198.



## R2P2 spiritual support

### Mr. Dustin Senger ASG-QA Public Affairs

Area Support Group Qatar maintains the unique responsibility to execute a Rest and Recuperation Pass Program to revitalize Americans serving overseas in support of combat operation in Southwest Asia. Chaplains on the installation have an important mission: to provide a listening ear for R2P2 participants, individuals who may be experiencing emotional stress associated with their combat duty; to include troubles connected to separation from friends and family.

ASG-QA has two chaplain officers, further supported by the installation's various tenant units; each with several chaplain assistants. A chaplain officer leads a Unit Ministry Team as a non-combatant, free from carrying a weapon. The chaplain's assistant is fully trained to conduct worship services and additional Soldier tasks, such as marksmanship.

Chaplains provide spiritual support with an open-door policy for anyone who seeks it. This support can include religious services at sea or in the field. Births, baptisms, confirmations, marriages, illness and last rites – a military chaplain must be prepared for any spiritual guidance or calls for emotional help or encouragement. The ASG-QA Chaplain's office reaches out to war fighters during their R2P2 participation in Qatar.

"In the last five months, I have talked to at least 2,000 war fighters," said Capt. John Muth, ASG-QA Chaplain Officer. "I am down at the R&R building at least two hours every day. I also sponsor four R2P2 participants to leave the installation at least once a week. Sometimes I go on the buses just before they leave to say a prayer." Muth has served in the military for 21 years.

He spent five years active duty in the Marine Corps and then 12 years in the Air National Guard before earning his commission as a Chaplain Officer. It has been almost five years since Muth joined the Air Force's chaplain corps.

He is once again serving as active duty.

"I want to say half of the people I see are reservists," said Muth, "and half of those have been deployed more than once. The second deployment is no longer a mystery for the individual, but the build up of separation builds pressure on their families." Of the thousands of service members Muth has engaged during his duty in Qatar, around 100 of these were personal counseling sessions where family relationships are the number one issue; not combat-related stress.

"A lot of people wait until there is a big problem before seeking a chaplain," said Muth. "Divorce is too late when preventative measures could have been taken."

"We do spiritual triage," said Muth. "If it is beyond our capabilities then we will refer them to another agency." Chaplains are required to be licensed and ordained by a church with proof of at least two years ministry experience before they can be eligible for service as a Chaplain Officer. They also must have a Master of Divinity degree, an academic degree in theological seminaries. Chaplains maintain a list of contacts if a problem is too large for their intervention; so everyone receives appropriate care.

If you or your battle buddy is experiencing problems back home or on the installation, recommend a chaplain as a person to provide intervention before a problem escalates. They are here to help everyone make it through difficult times and find spiritual direction. 



The Area Support Group Qatar installation ministry team is joined by MG David Hicks, Army Chief of Chaplains; flanked by CSM Michael D. Howard, ASG-QA Command Sergeant Major and COL Thomas F. Lynch III, ASG-QA Commander. (Photo by Mr. Dustin Senger)

# CUSTOMMADE



**Rhythm & Blues**

**Date:** Tuesday, May 8<sup>th</sup> 2007  
**Time:** 2030 Hrs  
**Place:** Top Off Club

AKA MWR

Monday, May 28<sup>th</sup>

# Memorial Day 5K Run



Date	Monday, May 28 <sup>th</sup>
Time	0530
Location	CAC

For further information please contact Joseph Tiourcio at 432-2770

A MWR

## CAS Events Schedule

- ♦ **Commander's Cup**  
May 4-5 • All-day • Camp As Sayliyah
- ♦ **Custom Made**  
May 8 • 8:30 p.m. • Top-Off Club
- ♦ **Teypunsalan (Tey)**  
May 11-12 • 8:30 p.m. • Top-Off Club
- ♦ **Liquid Blue**  
May 17-18 • 8:30 p.m. • Top-Off Club
- ♦ **Memorial Day 5K Fun Run**  
May. 28 • 5:30 a.m. • CAC
- ♦ **Memorial Day Celebration**  
May. 28 • 4:30 p.m. • ASG-QA HQ

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

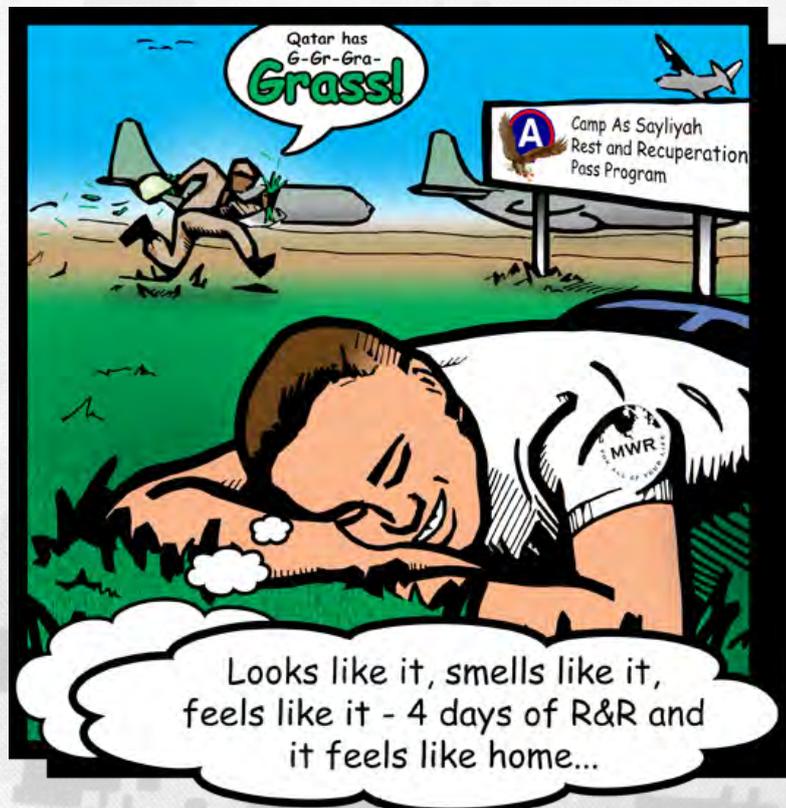


Illustration by Mr. Dustin Senger. Submit ideas for future CAS-toons to [dustin.senger@qatar.army.mil](mailto:dustin.senger@qatar.army.mil)



# FITNESS

## Qatar military sports games

**Mrs. Lakia Clarke-Brown**  
ASG-QA Public Affairs

DOHA, Qatar– “The purpose of the Qatar armed forces sports competitions is to strengthen the relationship between the Qatari and U.S.

military”, said Hani Abukishk, Area Support Group Qatar Civil Affairs Officer, “in a social and relaxed setting.”

American service members in Qatar are given a chance to represent themselves by displaying their sporting capabilities and talents to host nation forces.

“Qatari representatives continue to express how excited they are to have the U.S. military participate in their sporting competitions”, said Abukishk. “Every year, Camp As Sayliyah 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.”

Ever since their original invitation in 2004, the host nation’s military leaders have invited the U.S. armed forces to participate in their annual Qatar Armed Forces Sports Competitions. The competitions are held at various stadiums and sports’ clubs; such as the Al Sadd and Al Gharaffa sports’ clubs.

“The biggest thing is participation”, said 1SG Richard Schuck, ASG-QA First Sergeant. “We are invited to play – not to win.” Schuck was the coordinator for American involvement this season. Soccer received the most participation and was the most popular sport, thus far. Americans did well in the soccer and volleyball events.

“The military run was something those guys will remember for the rest of their lives”, Schuck said after the latest event. This year, the U.S. teams have participated in volleyball, marksmanship, soccer, cross country and military run. In May, the team will participate in the basketball competition, which will complete the season.

The U.S. armed forces in Qatar have actively engaged in the Qatar Armed Forces Sports Competitions along with forming some long-lasting partnerships with the host nation. **A**

MAJ David Mullins, from Smyrna, Tenn., headed American involvement in the pistol marksmanship on Feb. 21. (Photo by Mr. Dustin Senger)



Qatar military officials have invited American service members to participate in their annual military sports games since 2004; events include: volleyball, marksmanship, soccer, cross-country, military run and basketball.

“The biggest thing is participation,” said 1SG Richard Schuck, Area Support Group Qatar First Sergeant. “We are invited to play – not to win.”

(Photos by Mr. Dustin Senger)



Qatar military service members run for the firing line during a plates competition on Mar. 14.



U.S. Navy Lt. Cmdr. Anthony Yanero, from Ellicott City, Md., pushes to catch up to a Qatar service member during a military run event on Apr. 10. The four-kilometer run was performed in military gear; to include a helmet, canteens and rifle. (Photo by Mr. Dustin Senger)



American (blue) and Qatari (red) service members engage in a fierce soccer game during a military sports competition on Feb. 26 in Qatar. Soccer, a very popular sporting event in the Gulf states, is played with passion by the Qatari teams. This was the first military sports season since Qatar hosted Olympic games in December 2006. The 15th Asian Games Doha is a proud memory for residents of Qatar. The American soccer team was able to win a game to qualify for the quarter-finals but didn't earn the required placement for the finals. (Photos by Mr. William R. McLeod)

A Qatari (blue) service member spikes a volleyball over the net as an American (red) Soldier jumps for a return strike back over the net on Feb. 20 in Qatar. The game was part of this year's Qatari military sports competition. Americans have participated every year in the sporting events, since the original invite in 2004. During the volleyball games, the



Americans team won once, but lost twice to the Qataris. (Photos by Mr. William R. McLeod)



MAJ Todd W. Handy, from Indianapolis, Ind., discusses the five-kilometer race with his team of U.S. service members on Mar. 22 in Doha, Qatar. Handy coached the team of American runners in preparation of the Qatar Military Sports Competitions. (Photos by Mr. Dustin Senger)

1st Lt. Matthew Less sprints to the finish line, ending a five-kilometer race in Doha, Qatar.

## FITNESS MANIA!

MSG Douglas Archie, SOCCENT, scored 1,220 points to win the fitness challenge for March. His score was 310 points higher than second place. Congratulations!

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



## Qatar Military Sports

Join the American military teams competing against Qatari service members:

### Basketball

• May (final sport of the season)

Contact 1ST Richard Schuck, ASG-QA First Sergeant, for more details at DSN 432-4912.

## MWR Fitness Events

Participate in the MWR-sponsored installation activities



Contact Mr. Kerry Rogers, ASG-QA Sports and Fitness Supervisor, for more information at DSN 432-2770.

# FITNESS

## Fitness Q&A

Mr. Dustin Senger  
ASG-QA Public Affairs

**Q.** Which are better to use, machines or free weights?

**A.** The machine versus free weight debate frequently ravishes the gym floor. Research has shown time-after-time that free weights encourage quicker strength gains than their restrictive counterpart.

The iron that floats in space with only dedicated hands to guide it along a path – not the sort of iron that is suspended from a chain to assist concentric contractions.

This is the way nature designed the human body to receive a stimulation for muscular growth through repetitive and progressive resistance. This is the time-honored way the human body has accepted through evolution.

**“Compound free-weight movements can recruit more muscle groups than variable resistance machines.”**

By requiring more balance and coordination, they tend to promote more activity of the joint stabilizer muscles. Compound free-weight movements can recruit more muscle groups than variable resistance machines, predisposed to isolate only specific muscles. This compound training also leads to an endogenous hormonal cocktail that can prime a body for optimal post workout nutrition uptake and utilization. Free weights are also more versatile and more cost-effective than machines.

So what's the debate? Machines are

good for building a foundation and serving as a safe initial liaison between a new trainee and their muscular systems. But for

the experienced athlete: free weights build brawn. With brawn, comes power; then, definition, symmetry and aesthetic fullness is only a well-planned diet away.



## Concurrent training

Mr. Dustin Senger  
ASG-QA Public Affairs

Since the topic's initial conception, studies have provided evidence for and against concurrent training, or simultaneously training for strength and endurance. The research from the debate can benefit any service member aiming to increase overall physical performance during unit functions and bi-annual physical training tests.

The phenomenon was first revealed in 1980 by Robert C. Hickson. The flood doors of interest for further investigation were opened by early studies – many were originally against any concurrent training. Training cycles alternating focus from one element to the other, became exceedingly popular.

In December 1999, the Centre for Sports and Exercise Science in

New Zealand published a study demonstrating how endurance training appears to inhibit strength development when compared to strength training alone. Their research was limited but they hypothesized that skeletal muscle cannot adapt metabolically or morphologically to both strength and endurance training simultaneously.

In March 2000, continued research was published by the Faculty of Physical Education and Recreation at the University of Alberta, Edmonton, Canada. Their findings support the contention that combined strength and endurance training can suppress some of the adaptations to strength training. The body's natural stress-fighting and anti-inflammatory hormone, cortisol, had been elevated which easily puts the brakes on muscle gains while promoting protein breakdown.

Two years later, a study published in March 2002 contradicted recent reports. The Department of Orthopedics at the University of Wisconsin-Madison demonstrated how concurrent performance of both strength and

endurance training does not impair adaptations in strength, muscle hypertrophy and neural activation. Their results were based on 30 sedentary male subjects – a group that could reasonably benefit from simply engaging in any physical activity.

A rebuttal was published in March 2003 by the Neuromuscular Research Center in Finland, demonstrating how even low-frequency strength and endurance training leads to interference in

explosive strength development mediated in part by the limitations of rapid voluntary neural activation of trained muscles.

Further research continued to

demonstrate how strength and endurance training produces widely diversified adaptations that make the two incompatible. Strength training typically results in greater muscle mass and strength. Endurance training induces greater maximal oxygen uptake and metabolic adaptations leading to increased exercise capacity. Although strength and endurance training have little overlapping affects between them, they can actually compliment each other, producing superior athletic performance. However, when performed simultaneously, interference in strength development occurs.

In January 2007, Neal Henderson, authored a paper examining over 20 years of research into concurrent training, “Strength and Endurance – Friends or Foes?” Henderson, USA Triathlon Elite certified coach and National Strength and Conditioning Association Certified Strength and Conditioning Specialist, is the Sport Science Manager at Boulder Center for Sports Medicine in Colorado.

“Well, sometimes you have to read between the lines,” stated Henderson “If you go through the list and read each of the papers, you might find a few golden nuggets or pearls of wisdom.” Henderson’s paper interprets the contradicting scientific texts to provide a few key ideas to help you

form an educated opinion, supported by research. Here are excerpts from his paper:

**1. Concurrent strength and endurance training can lower injury rate in runners.** *Strength training does not only affect muscles - it can improve the strength and integrity of tendons. Having stronger tendons can be effective in reducing over-use injuries such as tendonitis.*

**2. Strength training will improve neuromuscular coordination and peak sprint power development.** *This is more important for athletes competing in events that require some kind of sprint effort.*

**3. If you aren’t doing any endurance training, then strength training might maintain some level of endurance performance.** *If you spend long periods of time not doing any endurance training...well, you won’t have much endurance. Sure, doing some strength training might keep you from losing all of your fitness gains...but you’d be better off not doing strength training and using that time to do some endurance training.*

**4. Know your limits. If you are already taxed by the amount of endurance training that you are performing, you likely will not see any benefit from added training of any kind.** *Often times, endurance athletes need to initially decrease their training volume when adding strength training as the metabolic and mechanical demands on the muscles are considerable. It is extremely important to be doing the right kind of lifts or movements. Using poor mechanics or the wrong kind of strength training can lead you down the wrong road. Remember, train like an athlete - not like the beefcake or fitness model at the gym. Perform strength exercises that mimic the movements that you make while swimming, cycling, and running - specificity is important!*

If you choose to focus on increasing your limit strength capabilities, educate yourself concerning proper and safe resistance training programs. If you wish to concentrate on endurance-specific training, it’s usually best to simply try and maintain strength. The importance of endurance and strength training is only part of a bigger picture. The way you train should be based on your goals, personal abilities and environment. **A**

**“ Further research continued to demonstrate how strength and endurance training produces widely diversified adaptations that make the two incompatible.”**

**May 4th & 5th**

**Commander's Cup**

Friday May 4 <sup>th</sup>			Saturday May 5 <sup>th</sup>		
Events Day 1	Time	Location	Events Day 2	Time	Location
Formation	0545	ASG-QA HQs	1 Mile Relay	0730-0800	CAC
Opening Ceremony	0555-0615	ASG-QA HQs	Miniature Golf	0830-1130	Golf Course
Sand Volleyball	0730-1400	Sand Volleyball Pit	Kickball Tournament	0900-1330	Behind ASG Barracks
Punt/Pass/Kick	0800-1200	Behind ASG Barracks	Horseshoe Tournament	0900-1400	Next to Pool
Dodge Ball	0900-1200	ASG Compound Gym	800 Meter Swim Relay	1030-1130	ASG Pool
Darts	1000-1130	Lobby of Large Gym	Tug of War	1400-1500	Sand Volleyball Pit
Indoor Basketball	1300-2000	ASG Compound Gym	Awards Ceremony	1600	Pavilion
Ping Pong	1500-1730	Lobby of Large Gym	Meal Served	1700	Pavilion

**Does your unit have what it takes to be the Best of the Best?**

Contact MAJ John Willets, ASG-QA Morale, Welfare and Recreation Director, for more information at DSN 432-3497.

## 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.

## Education Center

Take advantage of the education center's counseling 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.

# CULTURE

## Expats in Qatar

### Mrs. Lakia Clarke-Brown ASG-QA Public Affairs

In 1995, Sheikh Hamad bin Khalifa Al Thani, obtained power of Qatar and quickly began modernizing his nation's way of life, encouraging expatriate attention. This allowed the Gulf state to continuously grow at an astonishing rate. Employment and business opportunities continue to increase, providing more investment and work opportunities for expatriates. Qatar has attracted thousands of international and local companies to take advantage of liberal business laws and recruit the best employees, worldwide.

An expatriate, or "expat," is someone who is temporarily residing in a country other than their upbringing or legal residence. "Ex," a latin word meaning "out of," and "patria," a word meaning "country," is commonly used as a label to distinguish foreign citizens from local nationals.

Two types of people relocate to foreign countries: immigrants and expatriates. Expats are considered short-term visitors who will eventually return to their home country. Immigrants usually seek permanent residency and may even request citizenship. However, immigrants to Qatar generally retain their original citizenships.



*Doha, Qatar continues to grow at an astonishing rate, providing more investment and work opportunities for expatriates. (Photo by Mr. Dustin Senger)*



*In recent years, Qatar has attracted thousands of people seeking business opportunity, education and tourist attractions. (Photo by Mr. Dustin Senger)*



*A Qatari, strapped in running shoes, exercises on the corniche in Doha, Qatar. The area is located on the edge of the Persian Gulf; a popular location for locals and expatriates to enjoy outdoor activities. (Photo by Mr. Dustin Senger)*

## Desert Mesh Online!

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

Expatriates make up about three-fourths of Qatar's total population, according to U.S. Department of State statistics. Foreign workers comprise 52 percent of the nation's population; approximately 89 percent of the total labor force. A majority of Qatar's foreign population is South Asian, Egyptian, Jordanian, Palestinian and Iranian.

The U.S. Embassy in Qatar was opened in 1973. The first resident ambassador arrived to Qatar in 1974. The embassy's mission is to act as a liaison between the United States and Qatar governments, by providing consular services to American and Qatari citizens. Around 6,000 American expats are enjoying the experience of living in Qatar; while benefiting from a tax-free income.

"Qataris allow modernized, western customs to give Americans the leisure to feel at home", stated Raed Barghouti, Area Support Group Qatar Civil Affairs Interpreter. Raed, an American citizen, has lived in Qatar since he was an infant.

As an Islamic state, the country remains governed by Shariah Law. The Islamic code is derived from the Koran and the teachings of Prophet Mohammed; indicating no separation between church and state. Shariah Law is only applicable to Muslims; however, some general modesty must be exhibited by all religious faiths residing in Qatar. For example, public displays of affection in family venues are not tolerated by local nationals and could result in fines or imprisonment – especially during the holy month of Ramadan.

Alcohol is sold at a central distribution center for personal consumption within the confinements of a residence. It is also sold at several night clubs; nonetheless, public drunkenness outside approved locations can also present immense problems with the host nation.

**“ Expatriates make up about three-fourths of Qatar’s total population.”**



Sand dunes located several miles north of Doha, the capital city in Qatar, are a popular area where the desert meets the waters of the Persian Gulf. This venue is frequently garnished with deep tracks left behind by all-terrain vehicles that are able to safely and effectively handle the loose and remote terrain. (Photo by Mr. Dustin Senger)



A mosque located right outside Doha; Qatar's capital city. Mosques, Muslim places of worship, are provided all over the Islamic state – for local Qataris and foreign nationals. The country remains governed by Shariah Law, Islamic code derived from the Koran and the teachings of Prophet Mohammed. (Photo by Mr. Dustin Senger)



A lanner falcon catches a quail during training geared to develop a hunting relationship between it and the falconer, a person who trains falcons. Falconry has been a tradition in the Gulf countries for thousands of years – some birds valued hundreds of thousands of dollars – with several competitions during winter months. (Photo by Mr. Dustin Senger)

"Social and night-life establishments in Qatar are designed to attract and accommodate expatriates", said Hani Abukishk, ASG-QA Civil Affairs Officer. Abukishk, an American DoD civilian in Qatar, performs duties as a liaison between the the American and Qatar military. Networking is the best way for expatriates to enjoy their stay in Qatar. There are several sporting, shopping and social venues to visit during

spare time. Qatar provides golf, rugby, soccer, diving and swimming centers; as well as hundreds of restaurants, bars, cafes and lounges that offer extravagant dining. These are great places for expats to explore Qatar and meet new people in the process.

The growing nation strives to preserve a conservative Islamic posture while developing into a contemporary Middle Eastern country – similar to the successes found in nearby Dubai. **A**

## 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.

# DOHA LIFE

## R2P2 participants at MotoGP



SSG Anthony Moralez, from Lancaster, Calif.; Petty Officer 1st Class Andrew Schraeder from Satsuma, Fla.; Petty Officer 1st Class Brian Rodela, from Lancaster, Calif.; and Petty Officer 1st Class Aaron Malin, from San Diego, Calif. attend a MotoGP race in Doha, Qatar on Mar. 10. The outing, sponsored by USO Qatar, allowed the service members to travel off Camp As Sayliyah while participating in the installation's Rest and Recuperation Pass Program. The program is designed to rejevante war fighters in Southwest Asia.

"I didn't expect to come to a race," said Moralez. "I like motor sports but I have never been to a MotoGP before. It gave me a chance to play with my camera in a way I never did before. Everyone that comes [to Qatar] talks about what they did – I can go back and say I went to a MotoGP race!" (Photos by Mr. Dustin Senger)



Petty Officer 1st Class Brian Rodela, from Lancaster, Calif. watches MotoGP pit crews finish up a 250CC race in Doha, Qatar. The Grand Prix at Losail International Circuit on Mar. 10 included motorcycle riders competing in the 125CC, 250CC and MotoGP races.

"How many people can say they went to another country to see a MotoGP race?" said Rodela.



## 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>



Racers speed down the Losail International Circuit in Qatar on Mar. 10. USO Qatar helped American service members attend the MotoGP race, a popular event for everyone regardless of previous interest. Many of the participants were temporarily visiting as part of the Area Support Group Qatar Rest and Recuperation Pass Program, and thoroughly enjoy off-post experiences. The R2P2 program was implemented in Qatar to give war fighters in Southwest Asia a brief brake from military operations. (Photos by Mr. Dustin Senger)



## Texas A&M University in Doha

Victor Legorreta, an architect of the new Texas A&M University building in Qatar, explains his design to former President George H. W. Bush, Texas Governor Rick Pery and Barbara Bush on March 19 in Doha, Qatar. Qatar royalty watches in the background. The three politicians also visited fellow Texans at the nearby American installation, Camp As Sayliyah. (Courtesy photos by Texas A&M University Qatar)



## Army Safety Award

Congratulations to the USARCENT winners of the Chief of Staff Army Safety Awards FY2006.

### CSA EXCEPTIONAL ORGANIZATIONAL SAFETY AWARD

DIVISION - 377TH THEATER SUPPORT COMMAND, THIRD ARMY/UNITED STATES ARMY CENTRAL

### CSA EXCEPTIONAL ORGANIZATIONAL SAFETY AWARD

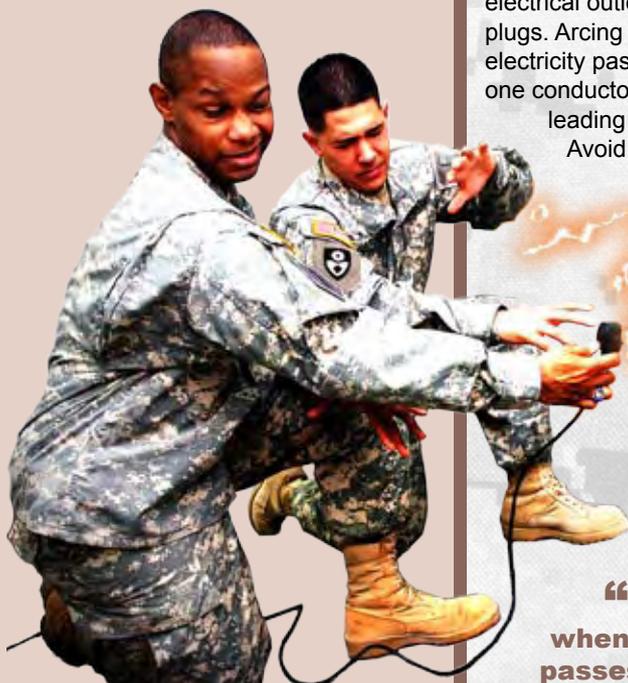
BATTALION - U.S. ARMY MEDICAL MATERIAL CENTER, SOUTHWEST ASIA (USAMMC-SWA), THIRD ARMY/UNITED STATES ARMY CENTRAL

### CSA INDIVIDUAL AWARD OF EXCELLENCE IN SAFETY

OFFICER - CW2 FAARUWQ MUHAMMAD, U.S. ARMY MEDICAL MATERIAL CENTER, SOUTHWEST ASIA (USAMMC-SWA), THIRD ARMY/UNITED STATES ARMY CENTRAL

USARCENT won three of the seven award categories.

Contact Mr. Robert Reynolds, USARCENT Safety Officer, for more information at DSN 318-430-5035.



CPT John Bond, from Ellicott City, Md., and SGT Jason Shatzer, from Sacramento, Calif.

# SAFETY

## Plug into electrical safety

### Mr. Jemmy Castro Installation Firefighter

Electricity provides us with lights and power – on the job and at home. It's such a normal part of our lives that we often forget how all that power can be dangerous. Of all the hazards we face in daily life, there is nothing quite as unforgiving as electricity. You won't see it coming but when it strikes, it can strike hard. Incidences involving electricity can kill, disfigure or disable someone; as well as destroy property.

According to the U.S. Department of Labor, one person dies from electrocution in the workplace every day, making this the fourth-leading cause of workplace deaths. In addition, 3,600 disabling and 4,000 non-disabling electrical contact injuries occur annually. These are only reported incidences, many near-misses and injuries go unreported. Pay attention to key safety rules to make sure you don't become victim of electricity when using electrical outlets and accessories.

There are several things you can look out for to minimize electrical safety hazards in your workspace. When using electrical outlets, check for loose-fitting plugs. Arcing occurs when a flow of electricity passes through the air from one conductor to another, possibly leading to a visible flash or flames.

Avoid overloading outlets with too many appliances – never plug more than one high-wattage appliance in at a time. Check for any hot or discolored outlet wall plates; an outlet may indicate dangerous heat build-up at the connections. If an

**“ Arcing occurs when a flow of electricity passes through the air from one conductor to another.”**

outlet or switch wall plate is hot to touch, immediately shut off the circuit and have it professionally checked. Replace any missing or broken wall plates.

Make sure appliances are off before connecting cords to outlets. Also, be sure all power and extension cords are in good condition; not frayed, cracked or cut. Never attempt to repair or splice a cut cord yourself. Electrical tape (black vinyl tape) is not rated for the heat generated by electricity running through wires. The tape will melt and burn.

Do not coil power cords when in use and avoid placing power cords in high traffic areas or under carpets, rugs or furniture. Extension cords should only be used for a temporary basis. They are not intended as permanent wiring.

Know the power requirements of the electrical items plugged into a power strip. Make sure extension cords are properly rated for their intended use and meet or exceed the power needs of the appliance or tool being plugged into it. Be sure you do not overload a circuit with too many items or power connectors. A heavy reliance on power strips is an indication that you have too few outlets. Submit a work order to have additional wall outlets installed.

“Electrical safety information is important for everyone working in Qatar,” said John Neville, Installation Fire Chief. “In this part of the world, extension cords are sold without being UL tested. This means there are no tests performed on them.” Underwriters Laboratories is a non-profit U.S. research firm that attempts to determine the safety of various electronic devices, fire protection equipment and certifies compliance with National Building Codes. “When possible, extension cords and multi-plug adapters should be purchased from an American company.”

Electrical safety affects everyone. Education and awareness are critical to prevent electrical accidents. Together, we can continue to provide a safe work environment by minimizing the risk of accidents on Camp As Sayliyah. Continue supporting the effort to keep electrical safety part of our day-to-day operations. **A**



CW2 Patrick Earl from Grass Valley, Calif.

HEAT STRESS MANAGEMENT							
HEAT CATEGORY	WBGT INDEX (°F) °C	EASY WORK		MODERATE WORK		HARD WORK	
		WORK REST	WATER INTAKE (Qt/hr.)	WORK REST	WATER INTAKE (Qt/hr.)	WORK REST	WATER INTAKE (Qt/hr.)
1	(78°-81.9°) 25.6-27.7	NL	1/2	NL	3/4	40/20 MIN	3/4
2 GREEN	(82°-85.9°) 27.8-29.4	NL	1/2	30/10 MIN	3/4	30/30 MIN	3/4
3 YELLOW	(86°-89.9°) 29.4-32.2	NL	3/4	40/20 MIN	3/4	30/30 MIN	1
4 RED	(90°-92.9°) 32.2-34.4	NL	3/4	30/30 MIN	3/4	20/40 MIN	1
5 BLACK	(>93°) 34.4-37.8	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.

## Prevent slips, trips and falls

**Mr. Robert East**  
ASG-QA Installation Safety Officer

Did you know that slips, trips and falls are second only to automobile accidents causing personal injury? On stairways alone, falls result in almost two million disabling injuries yearly. There are thousands more minor injuries caused by slips, trips and falls each year. The fact that industrial falls cause over 1000 deaths each year is the most alarming.

What can be done to prevent slips, trips and falls on the job and at home?

Slips occur when there is too little friction between a person's feet and the walking surface. Many factors can cause an incidence. Ice, oil, water, cleaning fluids and other slippery substances are probably the most obvious causes. Obstacles can also be found inside the flooring, such as inappropriate and slick building materials. If flooring is a problem, replace or coat it with a non-slip surfacing material. Promptly clean up and mark areas where a slippery substance was spilled. If at all possible, avoid walking in areas which pose slipping hazards. Always follow your company's Personal Protective Equipment requirements and

Safe Shoe Policy, most require a slip-resistant sole.

Trips occur when a person's foot contacts an object and they are thrown off balance. The main cause of tripping is obvious: anytime something obstructs a walkway, it could cause someone to trip. Preventive measures can impede the likelihood of trips or slips in the first place. If an area is a chronic problem, re-route foot traffic in order to avoid it.

Falls can be caused by a number of things. Slips and trips frequently result in a fall but they also occur for other reasons. Improper use of ladders and scaffolding can result in a fall, usually a very serious one. Falls also happen when people climb objects without using appropriate equipment. Do not risk serious injury by taking shortcuts. If you are working on an elevated platform, make sure you know the requirements for using it safely. Always use fall protection equipment when it is required or otherwise suitable.

Slips, trips and falls cause numerous injuries everyday but they are among the easiest hazards to circumvent. Take the time to look around your work areas for hazards and try to minimize them. Be careful about causing safety vulnerabilities as you go about your daily activities. Don't let an avoidable loss of footing handicap your daily routine at Camp As Sayliyah. **A**

## 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.

# ...::: **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](mailto: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 48 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 48

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](mailto:pao@qatar.army.mil) or call DSN 318-432-2572.