



- :: Commander
COL David G. Cotter
- :: Command Sergeant Major
CSM Michael D. Howard
- :: Deputy Commander
LTC John A. Kizler
- :: Public Affairs Coordinator
Mrs. Lakia Clarke-Brown
- :: Public Affairs Photojournalist
Mr. Dustin Senger
- :: Visual Information Manager
Mr. William R. McLeod
- :: Desert Mesh Contributors
Capt. Kevin Hudson
Mr. Jim Hinnant
Mr. Robert East
Mr. Jemmy Castro
Mr. Lannie Oldham
USARCENT Safety

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

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

DESERTMESH

NEWSLETTER An ASG-QA Publication

Edition 54 April/May 2008



ASG-QA earns the cup!

21

Qatar general hosts over 400

25

Air ambulance lands on camp

9

Arabic nights at Camp As Sayliyah

22



Auto body shop opens

10



Commander's Corner

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

An air ambulance from Hamad General Hospital lands at Camp As Sayliyah, March 6. Life Flight personnel welcomed by U.S. military officials



page 9

Qatar armed forces chief of staff invites over 400 servicemembers to enjoy beach activities, water crafts, falcon exhibitions, camel rides, all-terrain vehicles and Arabic cuisine.



page 25

Edition 54

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

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

COVER PAGE: (Top) A Soldier from Area Support Group Qatar slam dunks a basketball during the Commander's Cup fitness event at Camp As Sayliyah, April 18. (Bottom) A Humvee is transported outside a new 6,000 square-foot auto body repair facility at Camp As Sayliyah in Qatar, April 17. (Cover photo-illustration by Dustin Senger)

CONTENTS

DM54: Troop Support

THE WIRE

- Medical logistics conference *(continued from below)* 8
- Qatar air ambulance available to rush military casualties 9
- From 'lean' concept to ribbon cutting – in 18 months 10
- NASCAR racers greet servicemembers 11
- Women's History Month observance 12
- USARCENT troops win safety award 13
- Firefighters provide real-life training in Qatar 14
- Ambassador's of Hollywood show support 15
- Ask the chaplain 16
- MWR Events Schedule 17

FITNESS

- Exercise selection, structure and sequence 18
- Fitness Q&A 20
- Commander's Cup 21

CULTURE

- Evening events offer cultural familiarity 22
- Clothing constraints in Qatar 23

DOHA LIFE

- Host nation military sports competitions 24
- Qatar general invites over 400 troops to beach home 25

SAFETY

- Electrical safety in the workplace 26
- Prevent slips, trips and falls 27

Medical logistics conference focuses on saving lives

By **DUSTIN SENGER**

ASG-QA public affairs

CAMP AS SAYLIYAH, Qatar – Over 130 participants gathered to begin a three-day medical logistics conference at Camp As Sayliyah, Qatar, on March 11.

The discussion forum combined medical logistics consultants, unit commanders and individuals trained as medical logisticians throughout southwest Asia and the United States.

“We are here to save lives...”

Continued on page 8

Camp profile: Byrne offers important tax assistance

Troops overseas benefit from economic boost

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

CAMP AS SAYLIYAH, Qatar – Tax assistance is at an all-time high at Camp Sayliyah, a U.S. installation in southwest Asia supporting the Global War on Terrorism. On Feb. 26, the Area Support Group Qatar legal office opened a fully-capable tax center to help deployed servicemembers file 2007 tax returns. Furthermore, troops may benefit from a recently signed bill, requiring the U.S. Treasury to start sending economic stimulus payments to more than 130 million households in May. To receive payment, tax payers must have a valid Social Security number and file a 2007 federal return – the Internal Revenue Service will take care of the rest.

“Helping our economy requires us to take action,” said U.S. President George W. Bush on Feb. 13, minutes before he signed the Economic Stimulus Act of 2008 in Washington. According to Bush, the intent is to “provide a booster shot for our economy – a package that is robust, temporary, and puts money back in the hands of American workers and businesses.”

“Requests for assistance with 2007

tax returns are increasing at Camp As Sayliyah,” said U.S. Army Maj. Theodore P. Byrne, from Redondo Beach, Calif., who provides legal services for the Camp As Sayliyah installation commander, in addition to offering his guidance as a certified accounting professional and tax lawyer for the installation populace. “The news of a refund is spreading amongst members of the military. To support the demand, the installation tax center is staying open until the beginning of May, so every servicemember has an opportunity to get help qualifying for the 2008 economic stimulus refund.”

According to Byrne, a 2007 tax return must be filed in order to be considered for a payment – even if it’s otherwise not required. The criteria used to verify eligibility is based on information provided in 2007 tax returns. Since the IRS needs this documentation, a delay in filing will be met by a delayed payment.

“Most eligible individuals will receive between \$300 and \$600,” said Byrne. “Those filing a joint return can expect to see between \$600 and \$1,200 as a rebate; as well as an additional \$300 for each qualifying child.” Household incomes will determine the amount a tax payer is refunded. Individuals

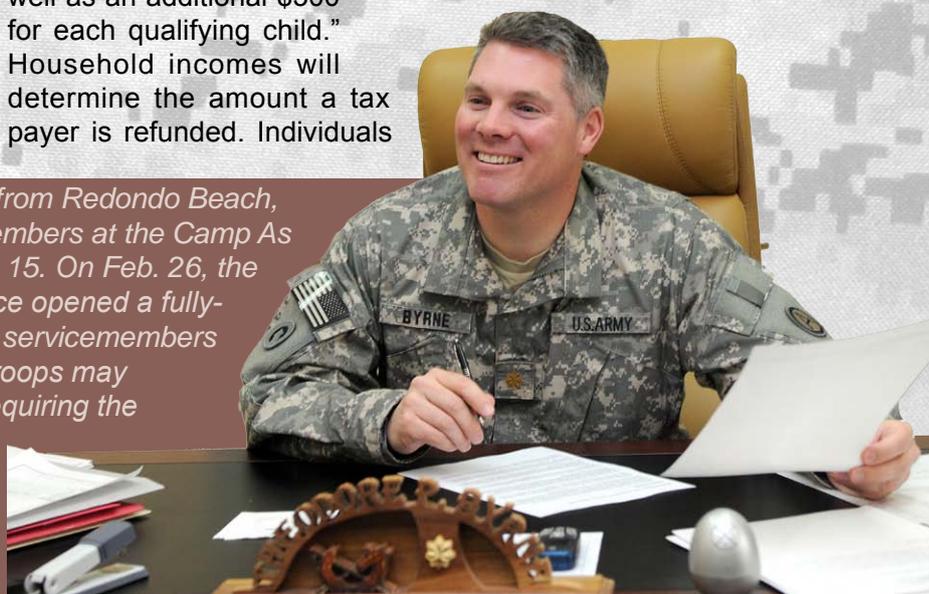
who made less than \$75,000 are entitled to a full payment – as are couples earning less than \$150,000 on a joint return.

April 15 was the official due date for filing 2007 tax returns. Servicemembers in declared combat zones are allowed to delay filing to accommodate overseas deployments, but earnings must be reported after returning to the United States – generally within 180 days. Camp As Sayliyah, situated in the Gulf State of Qatar, is located in a designated combat zone.

This year’s tax season presents two great opportunities for servicemembers at Camp As Sayliyah: the chance to qualify for an appreciable rebate, as well as the ability to meet with a legal officer specializing in accounting and tax laws. **A**

“The news of a refund is spreading amongst members of the military. To support the demand, the installation tax center is staying open until the beginning of May, so every servicemember has an opportunity to get help qualifying for the 2008 economic stimulus refund.” Maj. Theodore P. Byrne, Redondo Beach, Calif.

U.S. Army Maj. Theodore P. Byrne, from Redondo Beach, Calif., offers tax advice to servicemembers at the Camp As Sayliyah tax center in Qatar on April 15. On Feb. 26, the Area Support Group Qatar legal office opened a fully-capable tax center to help deployed servicemembers file 2007 tax returns. Furthermore, troops may benefit from a recently signed bill, requiring the U.S. Treasury to start sending economic stimulus payments to more than 130 million households in May. (Official Army Photo by Dustin Senger)





Leadership officer
development



Jim Lovelace

Lieutenant General
Commanding General
USARCENT

There is no one-size-fits-all solution on how to develop professionally as an officer ... on how to experience your career ... and truly there never has been.

Training, education, and experience ... accompanied by you bringing the Warrior Ethos to every job and every facet of your development, is as close to a formula for success as there is. Officers are still their own best career counselors, and while the factors that define success are many and varied, much will also depend on one's own personal, subjective view ... how you —personally and professionally — define success.

We demand of our officers nowadays an amazing breadth and depth of skills and capabilities. Officers must be competent along a spectrum of operations that range from high-intensity conflict to counter-insurgency operations ... and they must possess a depth of expertise in their particular specialties. They achieve this through training, education, and experience.

Commissioned Officer Professional Development and Career Management (DA PAM 600-3) is still a good mentoring tool for leaders at all levels — and is an important personnel management guide for assignment officers. But it does not claim to prescribe the path of assignments or educational requirements that will guarantee success ... it can't and it shouldn't. **DA PAM 600-3 is not "etched in stone" ... nor should it be.** Previously accepted conventions regarding personnel management and "branch qualification" no longer apply. Not all officers will be afforded opportunities to perform all types of duty ... and that's okay.

Each assignment, now more than ever, represents a unique opportunity to excel and develop. The outdated philosophy of "checking the block" in certain positions at every grade no longer holds.

I'll mention again that we live in a complex era of persistent conflict ... simply a reality of the early 21st Century leader. And, as the Army continues to adjust to meet the demands of this constantly-evolving paradigm, we are

not as command-centric as we used to be. Officers want command ... they are hungry for opportunities to excel ... to lead. Opportunities to excel are necessarily based on moments in time, however ... and those moments may not always and necessarily afford command opportunities. Our top leadership knows this... and nowadays, **there are opportunities to the top that transcend the command-centric model.** Again, it comes down to training, experience, and education, tempered with the Warrior Ethos.

Our officer education remains invaluable, but there is an important difference between education and training. Training is not education ... and education is not training. Education is generally measured by tenure: you spent several months in Intermediate Level Education or four years in college. Training, on the other hand, is measured by what you can do when you've completed it. We educate for uncertainty ... we train for certainty. Training is doing. Training improves performance. Education, valuable in its own right, doesn't train.

Regardless of branch or functional area, **officers must use challenging assignments at all levels to help them hone – through experience – what they have learned through their formal education and their training about leading and training Soldiers.** Operational factors (the constraints of time, Army requirements, positions available, and readiness) all influence the amount of time an officer can develop in any one position ... but the point is that each assignment, each position, represents a unique opportunity to grow and develop. Success will depend not on the number or type of positions held, but rather the totality of how one performs in each and every assignment.

No matter what job you have in USARCENT, you are an essential part of this winning team ... and being an integral part of a winning Army team in this 21st Century era of persistent conflict is probably the most prudent and noble thing you can do ... for Soldiers ... for your unit ... and, in the end, for your own development and career.

Patton's Own!

John D. Fourhman
 Command Sergeant Major
 Command Sergeant Major
 USARCENT



NCO leadership in
 USARCENT

By their nature, noncommissioned officers are leaders, and the two basic responsibilities of any NCO are accomplishing the mission and the welfare of Soldiers.

For the individual NCO that varies from leader to leader and from mission to mission. However, you can group taking care of Soldiers into two categories: training Soldiers and taking care of their professional needs.

Traditionally we talk about individual and crew training as the NCOs primary responsibility – everything from teaching a Soldier how to wear a uniform to the crew and battle drills. Because we are deployed you have to make time and look for opportunities to do individual training.

U.S. Army Central is a little different so everyone also has to learn how they fit into the headquarters. With our push to transform to a Full-Spectrum Operations capable headquarters, Soldiers have different skills they have to learn and it is the NCOs responsibility to train them.

Most NCOs will have a steep learning curve of their own. In many cases NCOs have come out of the tactical level of the squad, platoon or company, where they were executing missions on the ground, and now must start thinking at an operational level or in some cases a strategic level which can be foreign to them. NCOs really have to get back to the books and do their homework. Leaders should know what is expected of them and their Soldiers.

NCOs need to motivate and mentor Soldiers to accomplish the mission and develop the leaders of tomorrow. It's critical for us to share our knowledge and skills with younger Soldiers. There's

an obligation for all NCOs to help those coming up through the ranks to develop professionally.

Training Soldiers is only half of the job. NCOs have a key role in making the mission happen. They really are the backbone of the Army. They are knowledgeable in their mission and in what needs to happen. Education, empowerment and accountability for actions define their role.

Overall I have been impressed with the caliber of the NCOs I have met in USARCENT.

Leaders, as we go about our daily missions, continue to do the right thing and take care of Soldiers. Safety is the number one thing NCOs can affect. Know and understand safety practices and communicate the importance to your Soldiers. Leaders need to understand and apply composite risk management practices daily and understand how their actions impact the mission.

NCOs are the standard bearers. I need them out there setting the example. They should know, practice and enforce the standards, not only in their workplace, but everywhere. NCOs and Soldiers should hold their heads up, be proud of who they are and this unit. Pay attention to what is going on around you. Practice customs and courtesies. Give that snappy salute when you pass an officer in the morning. Give the greeting of the day, "Always First," and expect a reply of "Patton's Own."

It's an exciting time to be part of U.S. Army Central.

Patton's Own!

NCOs need to motivate and mentor Soldiers to accomplish the mission and develop the leaders of tomorrow. It's critical for us to share our knowledge and skills with younger Soldiers.

NCOs are the standard bearers. I need them out there setting the example.





A message from the installation commander



David G. Cotter

Colonel
Commander
Area Support Group Qatar

Summer has arrived at Camp As Sayliyah! Unfortunately, Qatar's intense summer daylight can produce heightened safety concerns on the installation. When the heat is compounded by the discomforts of sweating and dehydration, vision and awareness to detail can become compromised. As we move into May, let's not forget: it's an upward climb in temperatures from here on out. Its hot now, but temperatures will continue to get hotter – with increasing humidity.

Whether driving or walking, take your time and remain vigilant. Before working outdoors, familiarize yourself with the closest water supply. Know where the nearest air-conditioned or shaded area is located. Also, stay properly hydrated. Educate yourself and others about the heat stress management charts posted throughout the installation. You can see an example in this *Desert Mesh*, page 27.

Excellence continues to be the hallmark of Camp As Sayliyah. We can focus first on our great safety team, who recently received recognition from the Chief of Staff of the Army for their excellent program. Announced in April, the 2007 Exceptional Organization Safety Award, garrison-level category, was awarded to Area Support Group Qatar. This highlights the numerous and extended efforts everyone on the installation puts forth. We are all safety managers; everyone at Camp As Sayliyah should be rightfully proud of this outstanding accomplishment in Qatar.

On April 5, the Command Sergeant Major and I attended the Department of the Army Phillip A. Connelly Award

presentation banquet in Denver with our installation food service team. For those new to Camp As Sayliyah, the installation was awarded the Connelly, large-garrison category, after a comprehensive inspection in December 2007. Sgt. 1st Class Herman Smith, part of the dining facility team, returned to Qatar with the ceremonial cup. He has it proudly and publically displayed in the dining facility. I am pleased to announce that both installation dining facilities will compete for recognition in 2008.

Whether driving or walking, take your time and remain vigilant.

In April, Maj. Gen. Hamad bin Ali Al Attiyah, Qatar Armed Forces Chief of Staff, continued

his gracious tradition of hospitality by inviting U.S. servicemembers from Camp As Sayliyah and Al Udeid Air Base for three days of rest and relaxation at his beach home. During the visit, the Chief of Staff provided plenty of food, water craft, camel rides and allowed troops to hold some of his award-winning falcons. The first day, he hosted over 400 people! You can see photos from the outing on page 25 of this *Desert Mesh*.

Please remember to stay safe during the upcoming summer months. Weather conditions are becoming exceedingly less comfortable and more dangerous. Use the information you obtained during the safety stand-down day in March. A preventative and educated approach to summer safety is critical for everyone to stay out of harm's way. We need to keep setting the standard in safety at Camp As Sayliyah. To do this, everyone needs to continue to put their best efforts forward.



Michael D. Howard

Command Sergeant Major
Command Sergeant Major
Area Support Group Qatar

Congratulations Area Support Group Qatar! After hosting the semi-annual Commander's Cup fitness event over the last four years, our current ASG-QA team finally brought the trophy home on April 19. Nine tenant units battled for the cup at Camp As Sayliyah during the spring fitness competition. To add to our victory, this was not an easy season to prevail. The ASG-QA Morale, Welfare and Recreation team supported 14 competitive events – the most venues ever provided.

Aside from the commander's cup, the ASG-QA team brought forward another trophy in April: the Department of the Army Phillip A. Connelly Award. The Connelly Cup is currently standing in the big dining facility, representative of the best large-garrison Army feeding facility in 2007. The cup also represents the tremendous support ASG-QA is providing to the U.S. Central Command rest and recuperation pass program participants. These warriors are officially able to obtain the Army's best food service while on respite from combat operations in southwest Asia.

Most recently, the Camp As Sayliyah safety team was recognized for their premier program by the Chief of Staff of the Army. ASG-QA is the proud recipient of the 2007 CSA Exceptional Organizational Safety Award, in the garrison-level category. Robert East, our installation safety manager known locally as "Safety Bob," was also rewarded with the CSA Civilian Contractor Individual Award for Excellence in Safety.

As a command team, much of what we do behind the scenes goes unnoticed. This is my standing applause for every member of this

command. Many of you have worked long hours to ensure the 15-plus tenant units – as well as the various rest and recuperation war fighters – receive nothing less than five-star quality service while in Qatar. We certainly have several Soldiers deserving the opportunity to stand proudly in the upcoming ASG-QA Soldier and non-commissioned officer boards.

Everyone at Camp As Sayliyah receives the Army's best dining experience while enjoying an environment recognized as the summit in Army safety. However, Qatar's spikes in outdoor temperatures during the summer months are certainly not the time to become complacent.

Until further notice, there will be no outdoor running between 0800 and 1900 hours. Limit your time on the running track to early-morning or late-evening hours. Alternatively, the fitness center has high-tech treadmills freely available in an air-conditioned building. Our performance in reducing preventable injuries is the highlight of our safety program. Stay safe during the summer heat.

Sergeants: let's not lose focus as we enter the uncomfortable summer months – keep the spotlight on unit safety, uniforms and appearances (installation policy letter 8), as well as basic soldiering. Let's have a safe summer by cross checking work spaces, inspecting our Soldier's living areas and using a composite risk assessment before all activities.

"Soldier First, Leader Always"



Great team efforts at Camp As Sayliyah



Sexual Assault Awareness Month

April 2008 theme: Stand Up Against Sexual Assault... Make a Difference.

The Sexual Assault Prevention and Response Program reinforces the Army's commitment to eliminate incidents of sexual assault through a comprehensive policy that centers on awareness and prevention, training and education, victim advocacy, response, reporting, and accountability. Army policy promotes sensitive care and confidential reporting for victims of sexual assault and accountability for those who commit these crimes.

The goals of the Sexual Assault Prevention and Response Program are to:

- Create a climate that minimizes sexual assault incidents, which impact Service Members, civilians, and family members, and, if an incident should occur, ensure that victims and subjects are treated according to Army policy.
- Create a climate that encourages victims to report incidents of sexual assault without fear.
- Establish sexual assault prevention training and awareness programs to educate Soldiers.
- Ensure sensitive and comprehensive treatment to restore victims' health and well-being.
- Ensure leaders understand their roles and responsibilities regarding response to sexual assault victims, thoroughly investigate allegations of sexual assault, and take appropriate administrative and disciplinary action.

Success of This Program Rest In the Hands of All Leaders, Solders, And Civilians

Contact SFC Taborra Seamster, ASG-QA equal opportunity advisor, for more information.

THE WIRE

MEDLOG

(Continued from page 2)

with medical supplies," said Air Force Capt. Scott Miller, a medical supply officer serving in Iraq. The large assembly is focused on advancing medical logistics support throughout the U.S. Central Command area of responsibility, to include Operation Iraqi Freedom and Operation Enduring Freedom.

"This is the largest medical logistics conference in theater," said Army Lt. Col. Scott Carpenter, from Morehead City, N.C., regarding the large assembly of personnel in the Middle East. "We are all here to help identify and resolve issues – to better support the combat corpsmen, field medics and doctors down range." Carpenter is the U.S. Army Medical Materiel Center southwest Asia commander. His staff planned and organized the

conference at Camp As Sayliyah.

"We want to get everyone on the same sheet of music," said Carpenter. "We are doing this by bringing all the team agencies into one location, to identify and discuss common medical logistics sustainment issues. We are also planning for new medical logistics information systems. This assembly also includes two to three days of sidebar discussions to further resolve issues brought up during the conference by using person-to-person logistics."

"Our whole paradigm can be shifted, regarding how we train folks, but we must discuss these changes first," said Army Col. Christopher Roan, the Theater Enterprise-Wide Logistics System (TEWLS) program manager. "Some of these issues are simple, something to write down and think about. Others are big enough that they require major resources and involvement from all agencies. We are here to come to a common understanding."

TEWLS is a new military medical logistic system. It is expected to start improving intermediate distribution functions and materiel maintenance in 2009. The new enterprise system will remove inefficiencies and ineffective activities from the current system.

The comprehensive meetings and small working groups will improve the contributions of military medical logisticians, supporting healthcare providers in combat operations – to better provide medical supplies that save lives. **A**



"Our whole paradigm can be shifted, regarding how we train folks, but we must discuss these changes first," said U.S. Army Col. Christopher Roan, a Theater Enterprise-Wide Logistics System (TEWLS) program manager, during a medical logistics conference at Camp As Sayliyah, Qatar, March 12. The three-day forum is the largest medical logistics conference held within southwest Asia. The guided discussions are centered on advancing medical logistics capabilities throughout the U.S. Central Command area of responsibility, to include support for Operation Iraqi Freedom and Operation Enduring Freedom war fighters. (Official Army Photo by Dustin Senger)

Qatar air ambulance available to rush military casualties

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

CAMP AS SAYLIYAH, Qatar – An air ambulance from Hamad General Hospital landed at Camp As Sayliyah on March 6, symbolizing their ability to support air casualty evacuations from the U.S. military installation in Qatar. The hospital is one of three managed by Hamad Medical Corporation, the central health care provider in the Gulf state. Camp As Sayliyah has a troop medical clinic, emergency services



Malcolm Perry, assistant executive director of the Hamad Medical Corporation emergency medical services, jumps off an air ambulance after landing at Camp As Sayliyah, March 6 (Official Army Photos by Dustin Senger)



but limited in-patient capabilities. In the case of a severe injury, troops are rushed to Hamad Medical Center, where modern and well-equipped facilities provide highly specialized care to anyone living in Qatar.

“The Qatar National Health Authority decided they needed a helicopter service to support the country’s expanding population,” said Malcolm Perry, assistant executive director of the Hamad Medical Corporation emergency medical services. Qatar is a prosperous Islamic nation, rich in fossil fuels. Of the almost one million residents, only an estimated 20 percent are local Qataris. The country’s large expatriate population is helping the nation construct an educational, cultural and sports entertainment venue in the Middle East.

The first helicopter air rescue was on Oct. 12, 2007, according to Julien Talbot, Life Flight base manager at Hamad General Hospital. During that ground-breaking rescue, his team responded near the Saudi Arabian border to save an injured elderly gentleman after his car rolled in the remote desert location. Despite severe injuries, the Qatari survived. The nation’s new air evacuation capability is able to quickly respond to casualties in Qatar, when expedited

service is needed to save lives.

“We are patient focused,” said Perry. “Today was our first flight to the U.S. military installation. We don’t care if a patient is Qatari or another nationality, civilian or military.” Hamad is located in Doha, Qatar’s capital city. Land travel from the hospital to Camp As Sayliyah can take an hour or more, depending on current traffic congestion and road construction – both conditions are well known in the rapidly developing nation. Perry expects air ambulance flights between Hamad and Camp As Sayliyah to take only four to six minutes.

“This is an advanced life support helicopter,” said Daniel Guzman, installation fire chief. “The helicopter has rear and side loading ability with both flight medic and EMT personnel. This is more than what we usually see in the United States.” After arriving, Life Flight personnel were immediately welcomed by U.S. military officials. Installation paramedics and fire fighters were also on scene to receive a full explanation of the helicopter’s capabilities and equipment.

“I am really looking forward to making this work,” said Talbot. “This will be a great relationship.” **A**

CAS Bowling League

The Camp As Sayliyah bowling league has begun. Come to the Top-Off bowling alley to show your support for the teams.

Skill



Fourteen teams, four people each, will compete in eight-week tournaments.

• Wednesdays and Thursdays, from 6 to 8 p.m.

Contact MAJ John Willets, MWR director, for more details.

Camp Policies

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

*ASG-QA domain access required.



A Humvee is transported outside a new 6,000 square-foot auto body repair facility at Camp As Sayliyah in Qatar, April 17. The 401st Army Field Support Brigade officially opened the shop to increase vehicle restoration capabilities in Qatar, to better support Operation Iraqi Freedom and Operation Enduring Freedom war fighters from the U.S. installation in southwest Asia. (Official Army Photo by Dustin Senger)

THE WIRE

From 'lean' concept to ribbon cutting - in 18 months

By **JIM HINNANT**

401st AFSB public affairs

CAMP AS SAYLIYAH, Qatar (Apr. 17, 2008) – At a ceremony here today, the newest maintenance facility in the southwest Asia area of operations opened, and 1st Battalion, 401st Army Field Support Brigade maintainers doing Humvee body repair work have a permanent home.

Until now, when the maintenance team of Soldiers, Army civilians and contractors needed to work on battle-damaged or battle-worn Humvee's here, the vehicles were taken into already cramped shop facilities that had been primarily designed for other purposes.

Often, space was at such a premium, the vehicles had to be wedged into and worked on in any available area, frequently outdoors.

Thanks to a Lean Six Sigma initiative developed here in late 2006, and the work of the brigade and Army Sustainment Command staffs in obtaining necessary funding for the project, combined with the help of Area Support Group - Qatar Directorate of Public Works – the problem was tackled and beaten.

Built at a total cost of \$652,000, the new 6,000 sq. ft. Auto Body Repair Facility can handle as many as 16 vehicles at any given time in a climate-controlled environment that should

lead to increased productivity.

The insulated building is equipped with four oversized, roll up bay doors, is fully air-conditioned with bright industrial shop lighting, pneumatic air lines and heavy duty air compressor capability.

Another key feature is the ventilation system which will safely exhaust fumes created during metal cutting and welding activities.

"This facility takes our workers out of the heat, wind and dust and gives them a tailored place to work on these vehicles," said Lt. Col. Maxine Girard, 1st Battalion commander.

"This should increase our capacity and throughput back to the Warfighter."

The facility won't just increase production, but is a real morale booster, she said. "They (the Humvee repair team) don't have to fight for space, and now have a place they can call their own.

The problem and solution highlight



"At the end of the day, this facility will increase maneuverability and capability in the battlespace," said U.S. Army Col. Dennis M. Thompson, 401st Army Field Support Brigade commander, while announcing the opening of a new armored vehicle repair site at Camp As Sayliyah in Qatar, April 17. "This is another arrow in the battalion's quiver," he said, "Thousands of miles up the road, your work translates into better capability for the war fighter." (Official Army Photo by Dustin Senger)

NASCAR racers greet servicemembers

► *Hillary Will meets U.S. Army Sgt. Travis Cashman, from Abilene, Kan., at Camp As Sayliyah in Qatar, Feb. 28. Will drives 8,000-horsepower dragsters in the National Hot Rod Association POWERade Drag Racing Series. She recently earned the title "fastest women in the world," after setting a new speed record of 334.65 mph. "I have watched NHRA on television," said Cashman. "I have seen her racing a Top Fuel dragster above the 300-mph mark a few times." Will joined NASCAR racers Randy Lajoie, Ricky Craven and Jeff Fuller for a tour of U.S. military installations in southwest Asia.*



▲ *U.S. Army Master Sgt. Lloyd Dabydeen, from Tampa, Fla., receives an autograph from Jeff Fuller at Camp As Sayliyah in Qatar, Feb. 28. Fuller drives car seven in the NASCAR Busch Series. "It's a big morale booster to see them come out here," said Dabydeen. "It shows that the American public supports us and what we do."*



▲ *"Have you ever met a professional Army driver before?" U.S. Army Staff Sgt. Scott Smith, from Omaha, Neb., asks Randy Lajoie and Ricky Craven at Camp As Sayliyah in Qatar, Feb. 28. The two NASCAR drivers were touring U.S. military installation in southwest Asia. They were also joined by racers Jeff Fuller and Hillary Will. "My job in the Army is a driver, so I had to ask them," said Smith jokingly. (Official Army Photos by Dustin Senger)*

one of the successes of the Army's recent push at business process improvement through the LSS program, according to Lewis Strickland, maintenance manager for ITT Corp., which is under contract to perform the repair work.

As the battalion's mission expanded to meet the growing repair demands resulting from combat in Iraq, the need for more and improved shop space became increasingly apparent, Strickland said.

"A Lean Six Sigma project team made up of folks from ITT and the battalion determined that to obtain

the needed enhanced throughput, a new facility would have to be built," said Strickland. "They wanted to be sure we were able to accomplish the mission of getting these vehicles fixed and back where they belong – in the hands of the Warfighter."

At the ceremony, Col. Dennis M. Thompson, 401st Army Field Support Brigade commander, echoed those sentiments. "In the past you had to make do and move into other, much needed space. That is not the desired solution," he said.

"At the end of the day, this facility will increase maneuverability and

capability in the battlespace," said Thompson. "This is another arrow in the battalion's quiver, and thousands of miles up the road, your work translates into better capability for the Warfighter."

The building is ready, but a bit more needs to be done, said Strickland. All the needed repair and safety equipment must be brought in, he said.

Once that is accomplished in the next few days, the first vehicle should be brought in and the real work can begin. **A**

CENTCOM commander nominated



BAGHDAD, Iraq (April 23, 2008) – “I am honored to be nominated for this position and to have an opportunity to continue to serve with America’s Soldiers, Sailors, Airmen, Marines, Coast Guardsmen, and Civilians,” said General David Petraeus, commander, Multi-National Force - Iraq. (Official U.S. Army Photo)

CAS in the news!

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



U.S. servicemembers learn how to operate fire extinguishers during an installation safety stand-down day at Camp As Sayliyah, March 27. The safety training fulfilled one of two annual requirements by the U.S. Army Central Safety and Occupational Health Plan. The spring training alerted Soldiers of upcoming hot-weather safety issues and heat injury prevention. Six training stations used a round-robin rotation that stretched from morning to early afternoon, to include: fire extinguisher training, sports safety, vehicle safety, water safety, accident reporting and heat injury prevention. Feedback will help improve the next installation safety stand-down day, scheduled for September. The fall training will focus on winter and holiday safety. (Official Army Photo by William R. McLeod)

THE WIRE

USARCENT troops win safety award

Courtesy story USARCENT safety

Each year, the chief of staff of the Army recognizes individuals who have contributed the most to Army safety and units with the best safety programs.

This year, Gen. George W. Casey Jr., recognized five organizations and four individuals in this extremely competitive selection. This week, two U.S. Army Central

Safety Officers and one USARCENT unit were announced as winners for the 2007 CSA Safety Awards.

Congratulations to Chief Warrant Officer John Green, safety officer for the USARCENT Aviation Task Force, 1st Battalion, 111th Aviation Regiment. Green’s command recently returned to Florida after a year-long deployment. The aviation battalion completed its tour with zero fatalities, and zero Class A, B or C accidents. Green’s insight and leadership was critical to achieving this feat. During deployment, USARCENT’s TF Aviation flew more than 4,000 sorties,

logging nearly 11,000 flight hours. TF Aviation also drove in excess of 40,000 ground miles without a single recordable incident.

This year’s Chief of Staff of the Army Exceptional Organization Safety Award (Garrison Level) is Area Support Group Qatar, commanded by Col. David Cotter. It was rewarded for its outstanding performance in reducing preventable accidents and injuries. ASG-QA’s success can be largely attributed to the efforts of its safety manager Robert East who was also recognized with the Chief of Staff of the Army Civilian Contractor Individual Award for Excellence in Safety. East has managed



Robert East, installation safety manager.

a detailed safety program which encompasses a diverse range of missions and activities.

Each year, ASG-QA plays host to thousands of Soldiers on rest and recuperation leave at Camp As Sayliyah. Soldiers come from around the entire U.S. Central Command area of responsibility to have some fun and blow off a little steam. ASG-QA takes exceptional care of these Soldiers and ensures that they return to their units refreshed and in good health.

With the assistance of his safety office staff, Cotter incorporates composite risk management into all ASG-QA activities and missions, to ensure the preservation of his force. All of these elements have come together in Qatar to accomplish a 20 percent annual reduction in accidents, with zero Class A and B accidents.

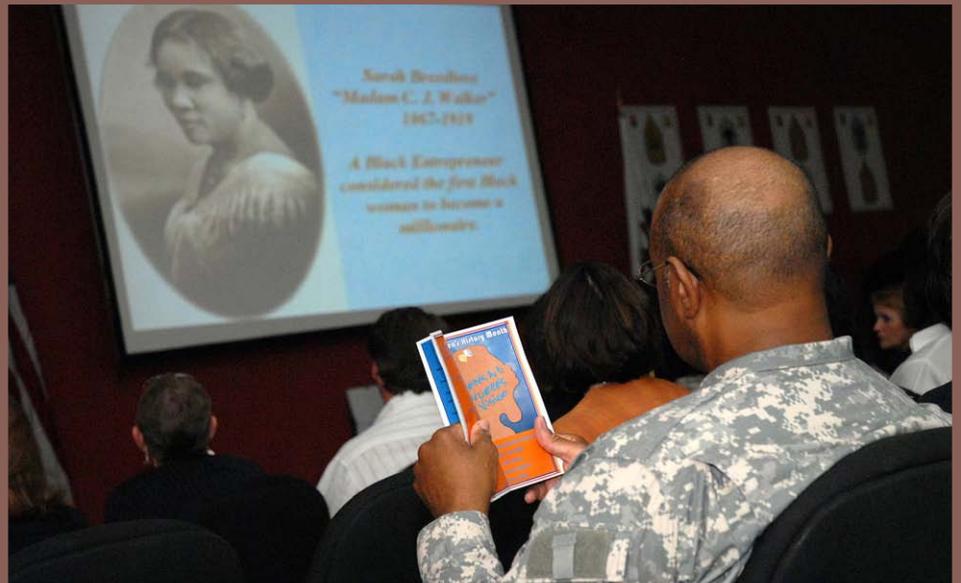
USARCENT continues to set the bar, year after year, for Army-level safety awards. **A**

Women's History Month observance



◀ Professor Lisa K. Clayton, from Richmond, Va., delivers a presentation about women's history at Camp As Sayliyah, Qatar, March 18. Observed throughout March, the U.S. installation's equal opportunities program honored National Women's History Month by supporting the theme announced by the National Women's History Project, "Women's Art: Women's vision." Clayton is an art historian and educator at Virginia Commonwealth University in Doha, Qatar. She has worked in the Islamic state since 1999, researching Women Artists in Arab cultures, post-modern film in the non-Western world and women filmmakers in the Muslim world.

U.S. servicemembers, DOD civilians and contractors gather to celebrate women's history at Camp As Sayliyah, Qatar, March 18. Lisa K. Clayton, from Richmond, Va., was the guest speaker during the ceremony. Clayton is an art historian and educator at Virginia Commonwealth University in Doha, Qatar. (Official Army Photos by Dustin Senger)



THE WIRE



Daniel Guzman, from New York, N. Y., explains the construction of a new confined space trainer at Camp As Sayliyah, March 25. The trainer will better prepare servicemembers and contractors required to work in confined spaces. It is the first equipment of its kind in the U.S. Central Command area of responsibility.



Firefighters demonstrate a confined-space rescue at Camp As Sayliyah, March 25. (Official Army Photos by Dustin Senger)

Family Readiness Group Web site

FRG site includes:

- USARCENT newsletters
- ASG-QA news and photos
- Contact information
- Important links

http://www-qa.arcent.army.mil/qa_frg

Contact MAJ Mervin Sturdivant, ASG-QA personnel officer, for more details.

Firefighters provide real-life training in Qatar

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

CAMP AS SAYLIYAH, Qatar – Firefighters revealed a new confined space simulator as a major upgrade to their training program, at Camp As Sayliyah, Qatar, on March 25. This is the first training equipment of its kind in the U.S. Central Command area of responsibility. Positioned on the Arabian Peninsula, Camp As Sayliyah tenant units support USCENTCOM war fighters, to include those serving in Operation Iraqi Freedom and Operation Enduring Freedom.

“We did it all – manpower, materials and excavation – using already available resources,” said Daniel Guzman, installation fire chief from New York, N.Y. The trainer provides two confined space entry tunnels – one above ground, one below. Each structure encloses a 12-foot tunnel with an emergency escape hatch, as well as suitable ventilation and cooling. “Our classroom training will continue but now we are able to utilize the training using the right equipment.”

Numerous servicemembers and contractors undergo the hazards of close-quarter conditions while performing their duties. According to the U.S. Department of Labor Occupational and Safety Health Administration, it's important for employers to identify confined spaces and their hazards; such as air quality, rescue procedures and alternate entries. The duties of supervisors, entrants and attendants must be understood. Additionally, a program has to classify

permit-required confined spaces and ensure written procedures meet OSHA standards.

“Confined space entry and awareness training is an annual requirement for personnel who work in these situations,” said Guzman. OSHA is the federal government agency responsible for setting standards to promote and enforce employee safety in the workplace. To meet and exceed OSHA regulations, Camp As Sayliyah firefighters and safety representatives are now able to provide documented and certified confined space training that emulates real-life scenarios.

“This trainer provides a more realistic environment,” said Robert East, installation safety manager. “This is something we were not able to do before. It's great for evaluation purposes as well. While providing the training, firefighters can see if a person is okay working in confined spaces.” East expects the monthly courses to attract plumbers, electricians, engineers and logisticians. Furthermore, it will also assure the firefighters meet their confined space certification requirements.

“The trainer will help build confidence using real-life scenarios. Our safety training is definitely ahead of the power curve. Now that we have this system, we are not only practicing the theory but putting it into motion as well.” **A**

“ We did it all – manpower, materials and excavation – using already available resources.” Daniel Guzman, New York, N.Y.



Ambassadors of Hollywood show support



▲ Maria Menounos poses for a photograph with U.S. Navy Petty Officer 2nd Class Jared Thompson, from Fallon, Nev., at Camp As Sayliyah, Qatar, March 11. "I have seen her on 'Access Hollywood' and in 'Fantastic Four' – movies don't do her justice! She is absolutely gorgeous. In 2004, Menounos earned her place in People Magazine's "50 Most Beautiful Women." The actress and journalist joined Kelly Hu and David Proval to greet troops serving in southwest Asia during an Ambassadors of Hollywood Tour.



▲ "I met someone with a tattoo of my character from 'Scorpion King' on his leg – that's the highlight of this trip!" said Kelly Hu at Camp As Sayliyah, Qatar, March 11. Hu is best known for her action scenes in "X-Men 2" and as the beautiful sorceress in "The Scorpion King."



◀ U.S. Air Force Staff Sgt. Bonifacio Tee, from New Castle, Del., receives an autograph from David Proval at Camp As Sayliyah, Qatar, March 11. The actor is best known for his role as Richie Aprile in "The Sopranos."



▲ Maria Menounos watches an overview of operations at Camp As Sayliyah, Qatar, March 11. U.S. Army Col. David G. Cotter, Area Support Group Qatar commander, briefed Menounos, David Proval and Kelly Hu, during their Ambassadors of Hollywood Tour, to greet troops serving in southwest Asia. Menous is a correspondent for "The Today Show" and "Access Hollywood." She has played rolls on television and in blockbuster movies, such as "Fantastic Four." (Official Army Photos by Dustin Senger)

Chaplain Services

Attend the installation ministry team's spiritual support services:

Prayer Luncheon

- May 28: Monthly prayer luncheon at 12 p.m. in the big dining facility

Contact Lt. Col. Curtis Muldrow, ASG-QA installation chaplain, for more details at DSN 432-2198.

Equality Observance

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

Asian-Pacific Heritage

- May 15: Observance at 11 a.m. in the post theater.
- May 29: Luau at 6 p.m. in the ASG-QA pool area.

Contact SFC Taborra Seamster, ASG-QA equal opportunity advisor, for more information.

THE WIRE

Ask the Chaplain

By Capt. Kevin Hudson
Installation chaplain

Q. If I am not Muslim, why is it important to understand Islamic culture and traditions while stationed in Qatar?

A. I can still remember the lecture I'd get from my mom as a child before we went to visit someone's home as a guest. She'd always say, "Kevin, I expect you to be on your best behavior tonight. I don't want you doing anything that would upset the nice people who've invited us into their home."

As we support the war effort here



U.S. Air Force Capt. Kevin Hudson, from Columbus, Ga., tours a new armored vehicle repair site at Camp As Sayliyah in Qatar, April 17. (Official Army Photo by Dustin Senger)

in Qatar, it's important to remember that we're guests in this country. As guests, we want to be on our best behavior as we work and live among the Qataris.

One huge step towards being good guests is making sure our words and actions don't offend our hosts. About 98 percent of the citizens in Qatar belong to the Muslim faith. The culture of a Muslim country is much more conservative than in the United States, with regards to dress and behavior in public. Some things we consider "normal" in the States can be very offensive to those who practice the Muslim faith. Additionally, there are certain times of the year when religious celebrations occur, requiring extra sensitivity.

Having a basic understanding of the Muslim faith and Islamic culture helps us to be aware of the issues that could cause friction and insult our hosts. Understanding our host country's traditions doesn't mean we have to personally embrace their values. However, a basic appreciation of their ways helps build stronger bonds of understanding. And as we learn about other cultures and faiths, we might just find out we have a lot more in common than we realized.

So, as you do your part to serve our great country while in Qatar, remember my mom's words, and "be on your best behavior." **A**

NOBODY will be able to carry the commander's cup out of the **ASG** compound!



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

MEET & GREET

HEROES OF THE DIAMOND TOUR

DATE	Tuesday, May 6th	TIME	1130-1300
PLACE	Big DFAC		

PRO SPORTS MVP
MINNESOTA VIKINGS & REDDING BROTHERS

ARMED FORCES ENTERTAINMENT PRESENTS
reddingbrothers

www.reddingbrothers.com

PRESENTED BY PRO SPORTS MVP
MINNESOTA VIKINGS CHEERLEADER TOUR

AMANDA PEYTON JESSIE BAILEY SARAH

Wednesday, May 14th
M&G: 1130-1300 @ Big DFAC
SHOW: 2000-2130 @ Top-Off Club

PRO SPORTS MVP
MINNESOTA VIKINGS & REDDING BROTHERS

ROCK BAND OF BROTHERS

Inspired by listening to their father play Johnny Cash tunes on an acoustic guitar when they were young, this rock band of brothers has come a long way to create a unique rock sound all their own. Having shared the stage with such well-known acts as Sister Hazel, Gin Blossoms and Joan Jett & the Blackhearts, for the Redding Brothers, performing their music for audiences all over the world is just a family affair.

Friday, May 9th, Top-Off Club

COMING TO A THEATER NEAR YOU.
Tell us how you liked the show and enter your best photos of our performances for a chance to win a Nikon Camera. For more information go to armedforcesentertainment.com.

MWR Events Schedule

- ♦ Heroes of the Diamond Tour meet and greet
May 6 • 11:30 a.m. to 1 p.m. • Big Dining Facility
- ♦ Redding Brothers rock band
May 9 • 8 p.m. • Top-Off Club
- ♦ Minnesota Vikings Cheerleader Tour meet and greet
May 14 • 11:30 a.m. to 1 p.m. • Big Dining Facility
- ♦ Minnesota Vikings Cheerleader Tour show
May 14 • 8 p.m. • Top-Off Club
- ♦ Stars of Survivor Tour
May 20 • 11:30 a.m. to 1 p.m. • Big Dining Facility
- ♦ Coaches Tour 2008 (18 NCAA head football coaches)
May 22 • 11:30 a.m. to 1 p.m. • Big Dining Facility
- ♦ Memorial Day 5k Fun Run/Walk
May 26 • 5:30 a.m. • CAC
- ♦ National Basketball Association meet and greet
May 30 • 11:30 a.m. to 1 p.m. • Big Dining Facility

Contact Tony Randall, MWR community services manager, for more information.



FITNESS MANIA!

LTC Raymone Mijares, JPOTF, scored 5,000 points to win the March fitness challenge at Camp As Sayliyah. His efforts resulted in earning the highest fitness mania score ever recorded! He had held the previous record as well.

LTC Jonathan Robinson, JPOTF, was second to the record-breaking score with 3040 points.

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



Rest and Recuperation Pass Program Sponsorship

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

- Call the R&R Desk for more information

Contact 1LT Karly Mangen, ASG-QA rest and recuperation pass program officer, for more information.

Desert Mesh online!

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

FITNESS

Exercise selection, structure and sequence

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

It's easy for new fitness enthusiasts to walk into a gym and get lost in all the tangled steel, chains and dumbbells. Even experienced strength athletes often find themselves learning new movements for many years – or how to perform old ones more effectively. Proper exercise execution is critical with increases in strength, to avoid injury while promoting further progression. The fundamentals of exercise selection, structure and sequence must also be understood to optimize a progressive program design.

To categorize the gym floor, two basic means of exercise are available: free weights and machines. Free weights provide a means to manipulate loads by pushing or pulling them through gravity, unassisted. Dumbbells and barbells offer this free range of motion. Free weights are versatile, use a natural range of motion and promote full-body fitness, with less isolation than machines. However, they can be hard to perform correctly and safely without properly developed motor control, training experience and discipline. For advanced strength training, free-weight exercises should represent the largest portion of the resistance training program.

On the other side of the gym, machines provide a resistance with additional support using cables, pulleys and levers. Machines are easy to learn and use; yet their restrictive nature can be counter-productive in building overall strength and musculature. The body's entire

muscular system must be trained for continued growth and less risk of injury. Machines are too restrictive and force the body into a fixed range of motion, often moving against the trainee's natural pushing or pulling curves. This can cause repetitive stress injuries and joint degradation. A machine's unnatural resistance stimulates less functional strength development. They are also limited in their recruitment of opposing, supportive and stabilizer muscles. Machines are generally built to isolate specific muscles.

Free-weight and machine exercises are further broken down into single- and multiple-joint movements. Multiple-joint movements, more common with free weights, stress more than one muscle group. Performing these compound movements – like bench presses, dead lifts and squats – are generally regarded as the most effective for increasing muscular strength and size. Multiple-joint movements allow greater training loads than their single-joint counterparts. Exercises stressing multiple or large muscle groups have shown to produce the greatest metabolic and neurological demands and peak anabolic hormone secretion. Single-joint movements – like curls and extensions – target smaller muscle groups, as long as proper form is used.

There are three basic ways to organize a resistance training program: total-body, stressing all major muscle groups in one session; upper-and-lower body splits, performing upper-body exercises on one day and lower the next; and muscle group split routines, training specific muscle groups during each session. Every method has its own benefits. Individual goals, time availability and personal preferences usually persuade a trainee to use one over the other.

Besides these three basic structures, advanced programs sometimes integrate multiple methods into one training cycle, often called nonlinear or undulating periodization by strength training coaches. For instance, a training cycle starts off with a high-volume split routine to stimulate growth throughout the body over several isolation sessions. Then the trainee switches to a total-body sessions using high-intensity and less volume, performing only heavy free-weight compound lifts. These methods often work well since they allow specificity and variation in the program design.

Studies have shown the order exercises are executed significantly affects strength performance. If strength and muscle growth is the goal, large multiple-joint movements

If strength and muscle growth is the goal, large multiple-joint movements should be performed early in the training session, when fatigue is minimal.

should be performed early in the training session, when fatigue is minimal. The sequencing of exercises might not be as important for endurance training since fatigue is a necessary component. For that reason, building muscular endurance allows more freedom in scheduling workout variations than strength-building programs.

When training to maximize muscle force production and size, perform exercises for large muscular systems before isolation sets. Sequence multiple-joint exercises before single-joint movements. Complex exercises should be performed first; for example, dead lifts should be executed before barbell curls. To train individual muscle groups, perform multiple-joint movements and high-intensity sets before single-

joint and high-volume exercises. Furthermore, sequence opposing (agonist-antagonist) muscle groups together to localize blood flow, nutrient availability and warm up joints and connective tissues. Training in a push-pull order also assist in the recovery process by stretching the opposing muscle and surrounding fascia, while the area is warm. For instance, a triceps extension followed by biceps curl uses an opposing muscle order relationship.

It's important to have a well thought out plan before beginning a strength-building program. The basics of exercise selection, structure and sequence need to be understood to maximize a program's potential. Additionally, a training log must be used to document efforts and how variations affect the ability to continually retrain with a progressive overload. **A**



A two-minute push-up challenge at Camp As Sayliyah on Feb 13. (Official Army Photo by Dustin Senger)

Rest and Recuperation Pass Program Donations

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



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

Contact 1LT Karly Mangel, ASG-QA R2P2 officer, for more information.

Photography Support

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

Eagle Cash

Eagle Cash eliminates the need to carry paper pogs, loose change or pay costly ATM fees.

Eagle Cash kiosks:

- Finance
- Big dining facility
- Big gym
- Post exchange
- R2P2 front desk



ASG-QA Finance

- Monday thru Saturday:
8:30 a.m. to 4 p.m.
Closed from noon to 1 p.m.
- Sunday:
1 p.m. to 4:30 p.m.

Contact CPT Luis Martinez, ASG-QA finance officer, for more details.

FITNESS

Fitness Q&A

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

Q. How long should I rest between performing exercises in the gym?

A. A "rest interval" is the commonly applied term for the rest periods between sets of exercises. No resistance is applied to a muscle during a rest interval; it is neither contracted nor extended. Proper rest interval length depends on training intensity, goals, fitness level and targeted energy systems. Rest intervals play a major role in a training session's ability to build endurance and encourage strength gains.

The body can recruit three major energy systems during resistance training: adenosine triphosphate (ATP), supported by creatine phosphate (CP); glycolysis, chemical processes that breakdown glycogen for fuel; and aerobic metabolism, a system that uses oxygen to make energy from stored carbohydrate and fat. Rest intervals influence the relative involvement of all three energy systems. Heavy training loads, with long rest intervals (over three minutes), predominantly receive energy from ATP/CP. Moderate-heavy training, with moderate-to-short rest intervals (two to three minutes), is largely supported by ATP/CP and glycolysis with minor contributions from aerobic metabolism. Endurance training with light weights and high repetitions, using short rest intervals (less than two minutes), greatly involves aerobic metabolism.

It's well understood that rest intervals significantly affect muscular strength, but less is known concerning muscular hypertrophy. Studies show that the majority of ATP/CP repletion occurs within three minutes after a

working set is terminated. William Kraemer published a popular series of studies in the Journal of Strength and Conditioning Research in 1997. In his research, he clearly outlined the impact rest intervals have on performance. Kraemer reported differences in performance using three- and one-minute rest intervals. All participants were able to perform their 10-repetition maximum over three sets when three-minute rest intervals were used. When periods of rest were reduced to one minute, 10 repetitions could only be performed in the first set – eight and seven thereafter.

Training with heavy loads using long rest intervals better sustains strength, but the overall productivity of the program can decline with increased periods of rest. Despite being able to perform with heavier loads, the session's total muscular power and force production can decline with excessively long rest intervals. Improving all of these functions will build a progressively more capable muscular system. The rest intervals an athlete needs to sustain and develop strength and size will be – for the most part – an individual variable. Training experience helps build effective motor control and tolerance to the physical and mental discomforts associated with resistance training. Some people are innately able to recover and compensate from a set quicker, with a strong rebound. A number of athletes have great endurance capacities, either through genetic predisposition or from a history of aerobic training. Program design issues also affect the required rest interval for an athlete; such as exercise selection and order, repetition velocity and training volume.

Many strength coaches and advanced bodybuilders relate hypertrophic training to moderate-heavy loads with moderate-to-short

Commander's Cup: congratulations ASG-QA



Area Support Group Qatar earns 1st place during the Camp As Sayliyah Commander's Cup, the installation's premier two-day fitness challenge, on April 19. (Official Army Photos by William R. McLeod)

TOP 5

- ASG-QA (45)
- 25th SIG (36)
- SOCCENT (31)
- MEDLOG (28)
- 2-43 ADA (20)



▲ A U.S. Central Command Soldier dribbles the ball down the court during a basketball game at Camp As Sayliyah on April 18.



▲ U.S. Army Capt. John Bond, Area Support Group Qatar Headquarters-Headquarters Company commander, returns a serve during a ping-pong match at Camp As Sayliyah on April 18. (Official Army Photos by Dustin Senger)

rest intervals. Bodybuilders, who train to maximize muscular size, tend to stick to one- to two-minute rest intervals – many use super- and giant-sets with no rest. These restricted intervals often produce an increase in potent anabolic hormone secretion, important for hypertrophy. Metabolite production also increases, such as lactate, which can further stimulate growth-producing events in the exercising body. Short rest intervals stimulate local blood flow, important for increasing protein synthesis by accelerating amino acid and metabolite transport.

Heavy resistance training with rest intervals over three minutes is an effective way to increase muscular strength and size. Even so, it appears through exercise science and the experiences of successful bodybuilders, maximal hypertrophy is often the result of a variation in rest intervals – either through linear or nonlinear periodization programs applying a progressive overload.

Bottom line, using the same loads and sets does not mean muscular power is being preserved if total workout duration becomes

significantly longer. In general, longer rest intervals should translate to heavier loads or more repetitions – to provide a progressive overload. It's important to be actively aware of the time spent inactive between sets. No matter the length, keep rest intervals tight while training, to avoid drifting into thought or surrendering to exhaustion. Most commercial fitness facilities have clocks hanging on the walls – otherwise, a stop watch should be in the gym bag. A training log that documents rest intervals can help tailor the program for peak strength performance. **A**

CULTURE



U.S. Army 1st Lt. Karly Mangan, from Chisago Lakes, Minn., cheers tea glasses with Sgt. 1st Class Jeremy Myers from Coon Rapids, Minn., while on top of camels at Camp As Sayliyah, Qatar, April 10. During a two-day cultural event, troops were able to discover a deeper understanding of Arab-Islamic life in the Middle East. Qatar International Adventures supplied most of the Arabic atmosphere and educational experience, to include camels, falcons, tents, clothing, beverages, food and henna body art. Local nationals provided explanations and guidance into their time-honored traditions. (Official Army Photos by Dustin Senger)



U.S. Army Sgt. Tina Rios, from Maxton, N.C., has traditional Arab artwork painted on her hand at Camp As Sayliyah, Qatar, April 10. "I think it's really nice that this was provided for the Soldiers," said Rios. "They have really outdone themselves."



U.S. Air Force Senior Airman Reuben James, from Fredrick, Md., tries on traditional Qatari clothing at Camp As Sayliyah, Qatar, April 10.

Evening events offer cultural familiarity

By DUSTIN SENGER
ASG-QA public affairs

CAMP AS SAYLIYAH, Qatar – U.S. troops at Camp As Sayliyah, Qatar, discovered a deeper understanding of Arab-Islamic life in the Middle East during a two-day cultural event on April 10 and 11. Hosted from late-afternoon until midnight on both days, "Arabian Nights" was funded by the installation Morale, Welfare and Recreation program and United Service Organization. Many of the event's attendants were participating in the U.S. Central Command rest and recuperation pass program at Camp As Sayliyah. Since 2004, over 155,000 participants have received respite at the U.S. installation in Qatar, to include Operation Iraqi Freedom and Operation Enduring Freedom war fighters.

"In Qatar, servicemembers can experience a peaceful Arab-Islamic society," said U.S. Army Lt. Karly Mangan, from Chisago Lakes, Minn. She is the officer in charge of the USCENTCOM pass program in Qatar. "It helps give them hope for other parts of the region, where the cultural experience is not peaceful."

Qatar International Adventures supplied most of the Arabic atmosphere and educational experience, to include camels, falcons, tents, clothing, beverages and food. Local nationals provided explanations and guidance into their time-honored traditions. Qatari women painted intricate designs on the skin of interested

individuals. Made from henna, the body art is traditionally applied during celebrations.

"This is great – a completely new experience!" said U.S. Army Spc. Jonah Alva, from Carmel, Calif. He attended the event while on pass from duties in Iraq. "It definitely makes us more aware of Middle Eastern culture. In Iraq, we hardly ever leave the confinements of our compound. We can safely meet and talk to the people here."

"We can read about these customs but you understand it more by interacting with the people," said U.S. Air Force Senior Airman Reuben James, from Frederick, Md. "You always have a preconceived notion about cultures like this. It's another world to us – it's like reading a novel versus experiencing it. When you meet the Arab people, it can change or validate your perceptions. These are very friendly people. I wish I could understand Arabic too."

"We provide a positive cultural experience in a safe location," said U.S. Army Sgt. 1st Class Jeremy Myers, from Coon Rapids, Minn. He is the noncommissioned officer in charge of the USCENTCOM pass program. "Away from any dangers, the servicemembers have a chance to take photos and experience a peaceful Arab society." **A**



U.S. Army Spc. Jonah Alva, from Carmel, Calif., jumps on top of a camel at Camp As Sayliyah, Qatar, on April 10. "This is great – a completely new experience!" said Alva.

Clothing constraints in Qatar

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

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

In obedience to Islamic laws governing Qatar, public clothing must avoid encouraging fornication or adultery. Qatari officials require all local nationals, expatriates, visitors and tourist wear modest attire while in public. Gulf Arabs often wear traditional loose-fitting clothing, unique to the region, which promotes modesty.

According to Islamic beliefs, Muslim women must dress in a manner that does not produce or imply sexual thoughts. Their beauty is only for immediate family; most of all, their husbands. "Hijab" is the act of covering everything but the face and hands in clothing, with the intent of concealing a woman's figure and feminine characteristics. It is common to see Muslim women dressed in hijab in public. A "khimar," or headscarf, partially covers their face and hair.

Many Gulf countries believe hijab is insufficient for Muslim women in public. Qatari women frequently wear an "abaya," a loose-fitting robe worn by females in most Gulf countries. In Qatar, an abaya is traditionally a large piece of black fabric draped from the shoulders or head. The "burqa," is an optional face veil that can be worn with an abaya to completely conceal a women's appearance in public. Qatari

women are often completely covered in public.

Modest dress for Muslim men is a position less defined than the rules in place for women. As a minimum, many Islamic scholars argue that Muslim men should always cover themselves from the navel to the knees. Qatari men often wear a "thobe," a white, long-sleeved robe that usually extends from the shoulders to the ankles. Frequently, it's made of cotton, wool or silk. A "ghutra," or headscarf, is generally worn with the thobe. To keep the ghutra in place, an "agal" is worn on top of the head gear. Men may wear a "keffiyeh" under the ghutra for additional support, which resembles a small head cap. The thobe is seen worn throughout the Gulf countries but the style and length will vary between nations. A thobe is also referred as a "dishdash" in Qatar. Other than their traditional clothing, it is common to see Qatari men wearing formal and casual attire in public.

Muslims must dress conservatively and remain respectful while praying. This is a requirement for prayers to be valid. Most mosques have outdoor facilities for Muslims to wash their hands and feet before worship. "Wudu" refers to systematic ablutions performed before prayer. Muslim women must be dressed in hijab before praying at a mosque, the Muslim place of worship. For men, there are no specific clothing requirements for worship, other than obeying the rules of modesty. For both genders, shoes are strictly prohibited inside a mosque.

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



Qatari Army 1st Lt. Hassan Al Sheeb, military police, at Fort Zubara in Qatar on June 17, 2007. Sheeb is dressed in traditional modest attire for Qatari men. (Official Army Photo by Dustin Senger)

or turbans of honor, but these vary according to regional customs.

It's important to understand and respect the long-held traditions in Qatar. Host nation officials value the preservation of their Islamic fundamentals – they are quick to identify and prosecute offending behaviors. Adherence to the Area Support Group Qatar clothing policies will ensure you dress in an acceptable manner for our host nation. **A**

Don't drink and drive!

☒ **Alcohol is a factor in more than 40 percent of all motor vehicle fatalities.** An average of one person every two minutes is injured in an alcohol related crash in the United States. Every day, 13 people between the ages of 16 and 24 die in an alcohol-related crash.

☒ **Plan ahead for your next night out by choosing a designated driver.** A designated driver is someone who did not drink at all.

☒ **Strictly enforce a zero-tolerance policy for drinking and driving!** In Qatar, driving under the influence can result in major fines, time spent in jail and a damage to host nation relationships. Qatar police do not tolerate drinking and driving.

☒ **Even if you don't drink and drive, you're at risk from others who do. Wear your seat belt.**

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

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

Drove a Little Fast?

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

DOHA LIFE

Qatar armed forces sports



U.S. servicemembers compete against the Qatar military at a shotgun marksmanship competition, March 25. Since the first invitation in 2004, U.S. involvement in the sports competitions have included: marksmanship, basketball, soccer, table tennis, cross-country and a challenging military run. (Official Army Photos by William R. McLeod)



Qatari and U.S. military members line up to compete in a shotgun marksmanship competition on March 25. The Qatar armed forces sports competitions include several sporting events during the country's cool season. On Jan. 30, the U.S. team received the 1st place gold medal in a pistol competition against eight Qatari military teams. The U.S. marksmanship team has performed better than all previous seasons.

Qatar general invites over 400 troops to beach home



▲ U.S. servicemembers surround Qatar Army Maj. Gen. Hamad bin Ali Al Attiyah, at the general's beach home in Qatar, April 20. Attiyah, Qatar armed forces chief of staff, invited over 400 servicemembers to enjoy beach activities, water crafts, falcon exhibitions, camel rides, all-terrain vehicles and Arabic cuisine. Most of the servicemembers were participating in the U.S. Central Command rest and recuperation pass program at Camp As Sayliyah, a U.S. military installation in Qatar. Since its inception in 2004, the program has provided over 155,000 war fighters, serving in southwest Asia, a brief respite from combat operations. (Official Army Photos by Dustin Senger)



▲ U.S. Army Lt. Col. John A. Kizler, from Louisville, Ky., is greeted by Qatar Army Maj. Gen. Hamad bin Ali Al Attiyah, at the general's beach home in Qatar, April 20.



▲ U.S. Air Force Airman 1st Class Melissa Moore, from Bryan, Texas, holds a falcon at a Qatar general's beach home, April 20. "This is a once in lifetime opportunity!" said Moore. "We appreciate the general welcoming us to his country and beach home."



▲ U.S. Air Force Senior Airman Tory Grodstein, from Muskegon, Mi., pulls ahead of Senior Airman Wesley King, from Georgetown, Texas, while riding all-terrain vehicles outside a Qatar general's beach home, April 20. "I never expected to be able to do all this in Qatar!" said Grodstein. "But the best thing is we have no weapon to lug around." Grodstein and King were participating in the U.S. Central Command rest and recuperation pass program at Camp As Sayliyah, a U.S. military installation in Qatar. Since its inception in 2004, the program has provided over 155,000 war fighters, serving in southwest Asia, a brief respite from combat operations.



▲ U.S. Air Force Capt. Chon Kim, from Utica, N.Y., returns after a watercraft ride in the Persian Gulf near a Qatar general's beach home, April 20. "This is a dream come true" said Kim. "I never imagined coming to a beach party while serving in southwest Asia. Everyone is having a great time – this was very generous of the general."

Safety/Fire Training

Attend the installation safety training.

Confined Space Training

• May 13: 9 a.m. to noon

Fire Warden/Prevention

• May 15: 9 a.m. to 10 a.m.

Unit Safety Representative

• May 15: 9 a.m. to 5 p.m.

First Aid Training

• May 19: 9 a.m. to noon

CPR Training

• May 20: 9 a.m. to 5 p.m.

HAZWOPER Emergency Response

• May 25: 9 a.m. to 4 p.m.

HAZWOPER Supervisor

• May 26: 9 a.m. to 4 p.m.

Fire Extinguisher Training

• May 27: 9 a.m. to 10 a.m.

HAZWOPER Refresher

• March 29: 9 a.m. to 4 p.m.

Contact Robert East, installation safety manager, or Daniel Guzman, installation fire chief, for more details.

Education Center

Take advantage of the education center's counseling services:

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

Contact the installation education center for more information.



U.S. Army Capt. John Bond, from Silver Spring, Md., and Sgt. Jason Shatzer, from Sacramento, Calif. (Photo-illustration by Dustin Senger)

SAFETY

Electrical safety in the workplace Look around you!

By **JEMMY CASTRO**
and

LANNIE OLDHAM

Installation fire department

Electricity is everywhere – it provides us with lights and power. It's a regular part of our lives at Camp As Sayliyah; as such, the dangers can be easy to dismiss. Look around your workplace, most likely you will find a few safety hazards you can correct. Many accidents can be avoided with simple electrical safety precautions. Be proactive in your work environment to prevent yourself, or one of your co-workers, from getting injured on the job.

Of all the hazards we face in daily life, there is none quite as unforgiving as electricity. You won't see it coming when it strikes – and it can hit hard! Roughly 4,000 non-disabling injuries occur every year in the United States, with another 3,600 disabling contact injuries. Around 600 people die every year from an encounter with electricity, according to National Safety Council estimates. Accidental electrocutions are the fourth leading cause of industrial fatalities.

By using the following safety tips, you can avoid accidents while enjoying the many benefits of electricity.

- ✓ Always operate electrical equipment in a safe manner. Remain alert and aware of the area around you.
- ✓ Inspect all electrical cords for frays and damage – heat or discoloration may indicate a dangerous connection. Look for any missing and broken wall plates.

If you find any damage, stop using the cord and outlet immediately.

✓ Do not overload an extension cord. Make sure it is the proper type for the equipment or appliance in use. Don't place an extension cord in a crowded area – if you must, tape it down to avoid creating a tripping hazard.

✓ Avoid overloading an outlet or surge protector. Know the power requirements of the electrical items plugged into a power strip. Do not string multiple power strips together.

✓ Make sure to switch appliances and tools off before plugging them in, or disconnecting.

It is important to understand what to do to prevent injuries in the event of an electrical short. Additionally, learn how to put out an electrical fire, in case you need to react quickly to avoid personal injuries and property damage.

✓ Obey warning signs instructing you to stay away from electrical circuits and equipment.

✓ Never touch anyone who is being shocked; electricity can spread through body contact.

✓ Know where circuit breakers are located and how to switch them off.

✓ Leave repairs for licensed electricians and other skilled maintenance personnel.

✓ Do not put water on an electrical fire; use a dry chemical fire extinguisher instead.

✓ Immediately call 911 in the event of an electrical injury or fire.

Electricity impacts everything we do in life – from the nightlight used to read the *Stars and Stripes* before falling asleep, to the morning alarm clock that alerts us to jump out of bed. Use the tips above, with a little common sense, to stay safe at Camp As Sayliyah. **A**

Prevent slips, trips and falls

By ROBERT EAST
Installation safety

Slips, trips and falls present serious risks in the workplace – to one’s self, others and property. Aside from automobile accidents, they are a leading cause of personal injuries. Furthermore, falls on stairways result in almost two million disabling injuries every year. The fact that industrial falls cause over 1,000 deaths each year is alarming. There are thousands of minor injuries caused by slips, trips and falls each year.

The real tragedy in all these injuries: it is often simple to prevent slips, trips and falls on the job and at home. By identifying and eliminating hazards, you can save a co-worker, friend or family member from injury – as well as safeguard yourself in the process. Slips, trips and falls are all frequently the result of being distracted and in a rush. Aside from those common threats, here are a few specifics to reduce your likelihood of a mishap:

◆ **Slips** often happen while wearing improper shoes in a risky environment. They are a result of too little friction between a person’s feet and a walking surface. There are many factors that can cause an incident; such as ice, oil, water, cleaning fluids and other slippery substances are 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 present slipping hazards. Always follow your company’s personal protective equipment requirements and safe shoe policy, most require a slip-resistant sole. Neoprene soles can be safely used on wet or dry surfaces.

◆ **Trips** transpire when a person is thrown off balance from their foot striking an object. The main cause of tripping is obvious: anytime something obstructs a walkway, it could cause someone to trip. Trips are common in cluttered areas with poor lighting – extension cords and power tools can become dangerous. Preventive measures can impede the likelihood of trips or slips in the first place. Always make sure you can see where you’re going! Aside from illuminating dark areas, only carry loads you can see over. If an area is a chronic problem, re-route foot traffic in order to avoid it.

◆ **Falls** are a consequence of losing balance. 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 serious one. Falls also happen when people climb objects without using appropriate equipment or jump down from elevated platforms. Don’t 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 vulnerabilities as you go about your daily activities. Don’t let an avoidable loss of footing handicap your daily routines at Camp As Sayliyah. **A**

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.							
<i>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.</i>							

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

Please contact the ASG-QA public affairs office
to learn how to become a contributor.

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

We need your feedback!

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



Engineered for life

What did you think of Edition 54 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: _____

DESERT MESH

NEWSLETTER An ASG-QA Publication

Edition 54

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