



Inside SWCS

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Far Beyond Ft. Bragg

Soldiers from the U.S. Army John F. Kennedy Special Warfare Center & School's Combat Diver Qualification Course train at Key West, Florida. These Soldiers must go through six weeks of vigorous training, learn open- and closed-circuit diving, search and recovery operations and tactical infiltration methods such as beach landing assaults and kayak navigation. (Photo by Staff Sgt. Marshall Pesta, USAJFKSWCS PAO)

By Staff Sgt. Marshall Pesta
USAJFKSWCS Public Affairs Office

The U.S. Army John F. Kennedy Special Warfare Center and School extends far past the gates of Fort Bragg and Camp Mackall N.C., it goes to the west in Yuma, Ariz., with the Military Free Fall school, it goes to the north in Richmond, Va., for medical training, and it even goes south to Key West, Fla., for the Special Forces Underwater Operations School.

Located on Fleming Key, at the site of a U.S. fallout shelter from the Cuban Missile Crisis, SFUWO, teaches special operation forces some of the most difficult courses in the military: the Combat Diver Qualification Course, the Combat Diver Supervisor Course and Dive Medic Technician Course.

Run by Company C, 2nd Battalion, 1st Special Warfare Training Group, the six-week Combat Diver Qualification Course teaches special operation forces more than just basic scuba diving.

"Some teams can jump into an area using HALO (high altitude low opening); our teams use a variety of methods in the

water to come in undetected. That gives the operational force a full set of capabilities," said Master Sgt. J.T. Reed, operations sergeant for the school.

One of the most important things for Soldiers striving to earn their Combat Diver Badge is attending the required pre-scuba course with their designated unit.

"We had to do the pre-scuba class, so we knew what to expect," said Sgt. Matthew Ruhnke, from Hattiesburg, Miss. "However, that didn't make the course any less hard."

Ruhnke said between the train-up and his off time he would spend hours each week swimming prior to coming to Key West.

At the beginning of the course, known as pool week, candidates perform a 50-meter subsurface swim, a 3,000 meter open water swim in uniform, as well as stress tests to gage their ability to stay calm under any circumstance.

"It's vital for them to not lose their cool when something goes wrong," said Reed.

"We put as much pressure as possible here, so they are prepared out there. Because the ocean does not care, it will kill you."

Once the candidates get past the initial testing, they learn open- and closed-circuit diving, search and recovery operations and tactical infiltration methods such as beach landing assaults, kayak navigation and water landing airborne operations.

During their culmination exercise at the end of week six, candidates are expected to tie the knowledge from CDQC to their overall experiences in Special Forces.

The exercise begins at dusk, and continues into the early dawn. The teams perform subsurface dives and open surface swims to track down their targets.

CDQC will receive national recognition later this month during the Discovery Channel's six episode mini-series *Surviving the Cut* which highlights the skills acquired to complete this training.

"We put as much pressure as possible here, so they are prepared out there. Because the ocean does not care, it will kill you."

Master Sgt. J.T. Reed
Special Forces Underwater Operations School

Clark Clinic Open for Sick Call

By Sgt. 1ST Class Kevin Kearney
HHD Student Bn Aid Station NCOIC

SWCS permanent party Soldiers are virtually indestructible; however, even the toughest of us are susceptible to some injury and at other times have need of medical care.



Kearney

In an effort to ensure that quality care is available in a timely manner, we have increased access to care at Clark Clinic.

All SWCS permanent party cadre and 3rd Battalion students can now attend sick call at Clark Clinic. 4th Battalion (SFQC) Students will continue to be seen at the Lae Street Clinic. This initiative will increase access to care and make it easier for all Soldiers in SWCS to receive prompt attention from an adequately manned medical staff.

Sick call hours at Clark Clinic (Team 1) are Monday through Friday from 6:30 a.m. to 7:30 a.m. and Tuesday through Thursday from 1-3 p.m. No appointment is required—personnel will be seen on a walk-in basis. Clark Clinic will also perform necessary physicals for HALO, SCUBA and Flight. To schedule these physicals, contact Ms. McClain at 907-9613.

The increased access to healthcare will also make it easier for Soldiers to complete their Post Deployment Health Reassessment (PDHRA) and their Periodic Health Assessment (PHA). The PDHRA should be completed three to six months after a deployment, while the PHA is required annually.

As Uncle Sam once said, "You've got what it takes; now take care of what you got." Increased access to healthcare will put you in charge of your health.

Picture of the Week



Students combine all skills learned throughout the Special Forces Qualification Course to complete the final training exercise, Robin Sage before becoming official members of the Special Forces community. The SFQC training takes place at Camp McCall eight times per year.

SWCS Reveals A Crest of Art

By Janice Burton

USAJFKSWCS Media Production Division

The U.S. Army John F. Kennedy Special Warfare Center and School's crest has been depicted in a number of ways. You can find it on briefings, on signs and on posters mounted on the walls of the building. Another incarnation of the crest was recently installed in Bryant Hall – and it's a work of art.

The new SWCS' crest was installed on the sixth floor in July. Depicted as a battle shield, the crest was designed and handcrafted by Fayetteville artist Erica Stankwyth-Bailey. Bailey, a metal smith, is an instructor at Fayetteville Technical Community College, and is an internationally-recognized jewelry designer. She recently completed a fellowship with the National Park Service, where she lived on the edge of the Grand Canyon, and from that experience created a work of art to depict life in the canyon.

Creating the SWCS' crest was somewhat of a challenge for Bailey, who usually works in a smaller medium. Each piece of the crest was cut from a die she fashioned, and then painstakingly put together using a cold connection of rivets.

The crest itself is made out of nickel, sterling silver, silver, copper, aluminum and brass. Each of the metals was worked to give them an aged look to represent the idea that the training that SWCS provides its students is time-tested.

The shield itself is about the size of a real battle shield to denote that our force is always prepared for war.

While working on the crest, Bailey was surprised that she had a close connection to the schoolhouse. Both her grandfather and her husband's grandfather served in Special Forces.

"That really made it special for me," said Bailey. "They were both so excited that I was doing this project because it meant so much to them."

If you haven't had a chance to see the newest crest yet, take a few minutes to make a trip up to the sixth floor and you'll see a true work of art.



The artist Erica Stankwyth-Bailey posing beside the crest of art after being installed on the sixth floor. (Photo by Janice Burton)



Inside SWCS is brought to you by the U.S. Army John F. Kennedy Special Warfare Center and School Public Affairs Office. Please send all comments and submissions to pao_swcs@soc.mil or call (910) 396-9394

Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9	10	11	12	13	14
15	16	SWCS Change of Command 8:30 a.m. John F. Kennedy Plaza Retirement Ceremony for General Crnkovic	18	Regimental First Formation 4 p.m. JFK Plaza	SF Qualification Course Graduation 11 a.m. Crown Coliseum	21
22	23	24	25	26	27	28