



Inside SWCS

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Just one more week to help fill this box

This year, donate a toy to a child in need using the JFK Special Warfare Museum's Toy Drop donation box

By **Caroline Goins and Dave Chace**
USAJFKSWCS Public Affairs Office

There's only one way for Fort Bragg's airborne Soldiers, including those in its special-operations community, to ring in the holiday season: by jumping out of airplanes during Operation Toy Drop, the 13-year tradition that sends gifts to orphanages, service groups and families in need.

This year, for the first time, you don't have to strap on a parachute to help send toys to local children. Operation Toy Drop donation boxes, spread across Fayetteville, have been filling up with dolls, trucks and, of course, plastic Army men, for weeks.

But there's always room for more toy donations, especially when it comes to donations for the families and communities that have supported Fort Bragg's large and growing, military population for generations. SWCS leaders, employees and students have many reasons to show their appreciation to our friends throughout and beyond Cumberland County.

Most notably, Special Forces Qualification Course students benefit from the world-class training of Robin Sage, the culmination exercise that occurs outside the gates of Fort Bragg and Camp Mackall.

Robin Sage would not happen without the support, commitment and trust of the civilian friends of special operations who welcome our Soldiers' train-

ing in numerous locations throughout 15 North Carolina counties.

For SWCS, Operation Toy Drop participation isn't mere charity; it's a chance to pay our neighbors back and show a small bit of gratitude for their decades of friendship.

An Operation Toy Drop donation box is located in the lobby of the John F. Kennedy Special Warfare Museum, on the corner of Ardennes St. and Reilly Rd. The museum's curator, Roxanne Merritt, said she immediately welcomed the chance to help support the cause.

"This special-operations initiative has grown a life of its own," Merritt said. "This is an easy way to reach out to the children that otherwise might never have a Christmas."

She knew the event's founder, Sgt. 1st Class Randy Oler, before his death in 2004. Oler was assigned to 3rd Battalion, 1st Special Warfare Training Group (Airborne) when he suffered a fatal heart attack while performing jumpmaster duties on a C-130 aircraft.

Oler's Arlington Cemetery obituary reads, "as a civil affairs specialist, Oler's humanitarian spirit was evident throughout the community, as the founder of Operation Toy Drop." Since his death, the event's full

title has incorporated Oler's name, in memoriam.

"Randy was a huge guy with an even bigger heart," Merritt said. Oler also served in assignments with the 75th Ranger Regiment and 11th and 3rd Special Forces groups.

For special-operations Soldiers, winning was often means winning the hearts and minds of the civilian populace.

If this can be done abroad, on the battlefield, hundreds of miles away from families and loved ones, why shouldn't be do it at home, in peace?

If this can be done year-

round, why shouldn't it be done during the holidays?

"One toy can be a small token of love that can warm a child's heart," Merritt said. "We want to see that box [in the museum lobby] overflowing with gifts."

Operation Toy Drop sees participation from every unit on Fort Bragg, but is spearheaded by the U.S. Army Civil Affairs and Psychological Operations Command (Airborne), a former USASOC unit, which is made up of civil affairs and military information support specialists trained through SWCS-run Advanced Individual Training courses.

For more information on Operation Toy Drop, visit www.optoydrop.net

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that can warm a child's heart.
We want to see that box
overflowing with gifts."**

Roxanne Merritt

Director and Curator, John F. Kennedy Special Warfare Museum

Standards won't change as Army grows CA force

By Lt. Col. Scot N. Storey
Civil Affairs Branch Chief, DSOP

You don't have to walk very far through the corridors of Bryant or Bank Hall before you hear someone talking about Civil Affairs (CA) growth.



Storey

Most of these conversations have two things in common. First, the participants are generally passionate about the topic.

Second, they are generally wrong about what the growth really is, and how it impacts the U.S. Army John F. Kennedy Special Warfare Center and School, as well as the Civil Affairs community as a whole.

The increased demand for CA forces in the current operating environment is being addressed by additional active-duty and Army Reserve force structure. Current plans increase the active-duty CA force by adding one brigade headquarters, six battalions and 39 companies.

The new 85th Civil Affairs Brigade and its five subordinate battalions, which makes up most of this new force structure, is designed to support the conventional force and has a slightly different structure than the 95th Civil Affairs Brigade, which supports special-operations forces and is based down the road from SWCS on Fort Bragg.

The rest — skills, training, etc. — is essentially the same. The entire active-duty CA force is designed to provide the supported commander with culturally-oriented and linguistically capable Soldiers fully able to conduct civil-affairs operations.

All active-component CA Soldiers begin the training process with the recently instituted Civil Affairs Assessment and Selection (CAAS) course. Those successfully completing CAAS continue on to the Civil Affairs Qualification Course where they are trained in the core competencies and a language.

Regardless of each Soldier's initial assignment following training, all CA operators must master the same skills to the same level of proficiency.

There is only one standard for the branch. Members of the Civil Affairs Regiment can anticipate moving between the units throughout their careers. This growth, and SWCS' role in managing that growth, is a significant step toward the further professionalization of our regiment.



Angela Davis-Sally, who oversees funds control in the SWCS G-8 Budget Division, accepts her award as the SWCS Civilian of the Quarter (GS-11 thru -14 category) from Col. Curtis Boyd, SWCS Chief of Staff, during a civilian recognition ceremony Nov. 22 in the John F. Kennedy Auditorium. Eddie Jimenez, a supply technician in 1st SWTG(A)'s Support Battalion, was named the Civilian of the Quarter in the GS-7 thru -10 category.

Command nutrition advisor guides ARSOF students' diets

By Christi Logan
THOR3 Performance Dietitian, SWCS

The SWCS THOR³ Performance Dietitian has arrived. THOR³ — Tactical Human Optimization, Rapid Rehabilitation and Reconditioning — is part of a larger U.S. Special Operations Command Human Performance Program initiative. Similar programs are also being implemented at the Naval Special Warfare Command and Marine Corps Forces Special Operations Command.



Logan

THOR³ is a proactive SOF-specific training program that will enable SOF Soldiers to increase combat performance and effectiveness, prevent injuries, improve health and longevity and facilitate rapid return to duty post-injury.

These goals are accomplished through services and education provided by human performance enhancement professionals. Each unit will have a team of professionals comprised of performance

and sport dietitians, certified strength and conditioning specialists and physical therapists.

I am happy to be supporting special-operations training as the performance dietitian for SWCS. I bring with me nine years of nutrition experience, and am a specialist in performance nutrition for SOF warriors.

As the newest member of the SWCS THOR³ team, I will integrate performance nutrition services and education throughout all levels of training and education at SWCS.

As tactical athletes, SOF Soldiers have specialized performance nutrition needs that must be met in order to optimize the myriad of mental, emotional and physical demands placed upon them.

My teammates within the SWCS THOR³ team are: Mike Berezowki and Steve Mannino, strength and conditioning specialists; Capt. Jessica Orth, physical therapist; and Robert Eiserman, our program manager.

I hope to provide our command with frequent nutrition and fitness quick tips, to help keep every member of our force in healthy, fighting shape.

The average American gains 50 percent of their annual weight gain between Thanksgiving and New Year's Day. To finish out 2010 strong and get ready for a healthier 2011, consider these nutrition and fitness tips:

- Choose fruits and veggies first at party buffets.
- Reduce fats in dips, desserts and sauces by switching to low-fat or light sour cream, cream cheese and mayonnaise.
- Choose lower calorie alcoholic beverages such as champagne, wine or light beers over high-calorie egg-nogs or dessert coffees.
- Set a goal with a friend to lose or maintain weight and continue exercising throughout the busy holiday season and into the next year.
- Set a new family tradition by eating heavy meals earlier in the day and implementing a fitness activity later.

Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	USASOC Sniper Competition begins	7	Military Blood Drive 9 a.m. - 2 p.m. Kennedy Hall Atrium www.militaryblood.dod.mil	9	Operation Toy Drop 2010 Lottery Drawing Day Green Ramp, Pope AFB	Operation Toy Drop 2010 Lottery Jump Day Sicily Drop Zone
12	13	14	15	Regimental First Formation and SFQC Graduation Ceremony 3 p.m. Crown Coliseum	SWCS Holiday Social Day	18
End of GPC Billing Cycle	20	21	22	23	Federal Holiday	



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