

Delivering the Message

Joint Communications Unit



From the Commander

We are most definitely in a historic time for JCU. With each passing day, we continue to add to the legacy of this proud unit. As the SGM said last month, we didn't get a chance to reset at the New Year, but in fact, since the last newsletter, have established a new standard for our contribution to the nation's ongoing operations and in the unique mission of JCU. Take the time to realize the amazing impact each of the families make on a daily basis.

The unit asks a lot of its members and will continue to do so as long as needed. JCU has the best and the brightest from each of the services and we train and work unit members hard so that they become even better. Individuals and small teams are making a huge difference. A large factor in the unit success is the support provided by the families. We also have the re-



sources to benefit the families that other units may not have access to. Take advantage! I guarantee the unit will support and assist in any and every possible way.

In 2006, JCU weathered a year with an unusually high rate of departing members. The current membership honestly enjoys our unique mission and I don't see another

year with such a large exodus of great talent. Assignment to JCU is truly special due to the people, relationships, and experiences created along the way.

Thank you to the families of JCU and all you do on a daily basis.

Jack Arnold

Important Lost and Found Message from CST

The Communications Support Team (CST) has asked me to publish an all points bulletin in order to get the word out concerning an important initiative they've undertaken. The members of CST continue to search

worldwide for the lost "GWOT Pause Button". If found, they ask that you please notify MSG Ogden ASAP!

On a serious note, the members of this section and their families have been

pressing hard and doing great things for the organization and the command overall.

They're comparatively one of the unit's smaller sections but certainly carry a large load for the team.

Volume 2, Issue 2

February 2007

Special points of interest:

- Farewell Luncheon in honor of Brian Wanke and his family 13 Feb @ 1130 at the Pope Club
- SOROC Class 2-06 Graduation Ceremony will be held in the JCU Classroom on 9 Feb @ 2:00 pm.
- Order your signed-numbered JCU Print (see back page for details)
- If there's anything that you want to see in future newsletters, email Sully @ sullivan@idi.army.mil

Inside this issue:

Stork News	2
Quarterly & Annual Awards	2
MD News	2
QRT News	3
Message from Wanda Crawford	4
Dates of Interest	5
Meet JCU Class 02-06	5

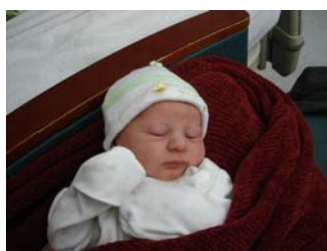
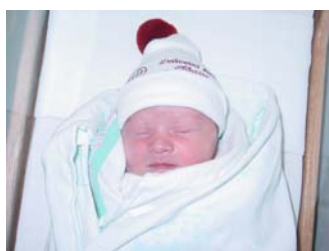
JCU's Newest Family Members Check-In *(two in one day!)*

Jerry and Jeanie Baker (QRT) are the proud parents of Joshua Dean Baker. Joshua was born 25 January 2007 at 11:22 pm and weighed in at 10.1 lbs and measured 23" long .

Christian and Natalie Martin (QRT) are the proud parents of Andrew Lee Martin. Andrew was born 1 February 2007 at 5:13 am and weighed in at 9lbs, 3oz and measured 21" long.

Adam and Christiana Groves (SOROC 02-06) are the proud parents of Conner Michael Groves. Conner was born 23 January 2007 at 2:00 am and weighed in at 7lbs, 10oz and measured 20" long.

Anthony and Kimberly Melby (SOROC 02-06) are the proud parents of Drew Anthony Melby. Drew was born 23 January 2007 at 10:01 am and weighed in at 8 lbs, 1oz and measured 20" long.



JCU's Quarterly and Annual Awards Announced

The Unit's detachment Chiefs selected the Servicemembers of the 4th Quarter and the Servicemembers of the Year for Calendar Year 2006. I can honestly say that this competition was the toughest I've seen and in a few cases came down to a tiebreaker. The unit is full of exceptionally talented, hard working folks and the below listed servicemembers were recognized among them.

My congratulations to all those who were recognized both as nominees and as category winners.

4th Quarter Awards (CY 2006)

- USA NCO SSG Jeffcoat
- USN Sailor ET1 Rey
- USMC NCO SSGT Cross
- USAF NCO SSGT Marino

CY 2006 Annual Awards

- USA NCO SSG Schaffer
- USN Sailor IT1 Castro
- USMC NCO SSGT Cross
- USAF NCO SSGT Marino

CY 2006 JCU NCO of the Year

- SSG Schaffer

Maintenance Division News

Another month in 2007 gone by, can you believe it? Well as every family has seen, these have been a very busy couple of weeks. But I have been fortunate enough to be in the company of DoD's finest Maintenance and Logistics personnel. For those family members who I have not had the privilege of meeting, I am ETC Carleen Nichols and I was recently given the honor of working

side-by-side with your loved ones in the JCU Maintenance Division. And what an honor it is! With every new day and every new challenge, the men and women in the JCU Maintenance Division set a new standard for excellence and they wouldn't be able to do it without your love and support, so thank you!

Amidst all of the commitments that we support around

the world we always try to take a moment or two to celebrate the joyous occasions in our friends' lives. Please join the Maintenance Division in congratulating the newly married Darlings. Mr. Roger Darling and the former Ms. Carol Sawyer tied the knot on January 23rd in a small ceremony on the Las Vegas Strip. Congratulations Roger and Carol!



Roger and Carol Darling enjoy their "Honeymoon in Vegas"

QRT News

Quick Reaction Team Detachment "Freedom's Communicators"



The holidays are now over and the hustle and bustle of a new year is upon us. A lot of moving around has happened since the last newsletter. Most of the guys have continued their Learning Tree classes. This will be the last week of classes until the summer comes, we will then do another iteration of the classes and those that completed the lower division classes will be taking on some harder classes that will increase their skills. It has been a year since we moved into the two team concept. The guys have performed well over the past year and it has not gone without notice. The President of the United States just addressed the nation last week and I wish to say that the "State of the Detachment" is strong after a whirlwind year. It is hard to put into words what the guys go through on a daily basis, we ask much of them but they

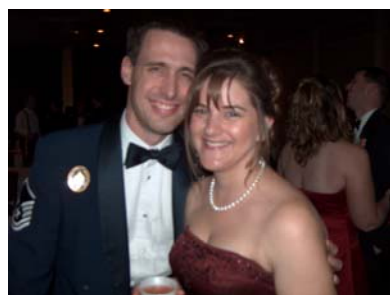
continue to perform without fail and without hesitation. The QRT Communicators have been deployed all around the world, participated in exercises and proceeded to amaze this command time and time again. Training has been an issue for a while, but the guys continue to press on with their knowledge and determination. The community in which we serve does not accept failure, my guys and JCU will answer the call when the job needs done right and right now.

Jason Tolle and Tim Mallett have returned from their sites, they had good tours and both are now safely home. Jared Shaffer and Chris Leach have replaced them respectively. I want to wish them a very prosperous and safe tour. John Hickey has deployed as well, replacing Chuck Brandt. Good luck John and welcome home Chuck. Jeremy Pinkelman

graduated the Military Free Fall School on the 26th, congratulations and a job well done. QRT winner for the Service Member of the Quarter for 4th QTR, CY 06 were Tom Marino (Air Force NCO), and Rick Cross (Marine NCO). We look forward to getting new guys from SOROC Class 2-06. We will welcome them and their families to the detachment, all I have to say is training is over, start earning your keep. Many have come before you and it is your responsibility to uphold the traditions and standards of being one of the best communicators in the world today. A lot rides on your shoulders; you just don't know it yet. This is the news from the QRT, hope that everyone has a great year. Continue the pace and never look back; lives depend on the communications that you provide.

Todd Spencer

JSOC's 26th Anniversary Ball



Fun was had by all of the 16 JCU couples that braved the \$70 per couple ticket price. "The Judge" (LTC Gross- JSOC JAG) did a fantastic job as the emcee for the night and kept us all laughing. The CG gave a speech that was both motivational and lighthearted as the evening's guest speaker and DJ Rob Rigsby kept everyone on the dance floor till they turned off the lights.



Message from our Social Worker

Greetings JCU Families:

It is an awesome honor to be a part of a top notch unit whose mission is supporting others to get the job done. However, providing the expected level of support takes sacrifice. Frequent deployments, long separations, and missing important family events, quickly become all too familiar. These sacrifices overtime can lead to the deterioration of our relationships if we are not careful! With that said, I am always looking for ways to support and strengthen our team, so here are some helpful tips to remember as we *All* struggle to maintain that healthy relationship.

Adapted from John Gottman's

Marriage Tips 101:

Focus on the bright side. Make it a practice to make positive statements to and about each other and your relationship.

Learn to repair and exit an argument. Acting before the situation gets out of control is the mark of a healthy and happy relationship. Tactics can include using humor, backing down or showing appreciation. Calm the situation down and keep fond feelings intact.

Have high standards. Happy couples refuse to accept hurtful behavior from one another. The lower the level of tolerance for bad behavior, the happier the couple is in the long run.

Accept influence. Accept that in a true partnership each person will be influenced by the other.

Soften your approach. Learn how to bring up problems gently and without blame.

Edit yourself. Couples, who avoid critical remarks, especially during a discussion of touchy subjects, are consistently happier.

Seek help early. The average couple with marital problems waits six years before seeking help.

These problems are normal and, as in any area of your life, preventative efforts and early detection and treatment will go a long way in maintaining a loving and satisfying relationship.

Finally, I personally know that this command prides itself on providing all the right internal supports that aim to support healthy service members and their families, we must stay strong and fit, not just for the fight, but for our families when it is over. Seeking support is SOP around here.

Remember... I am here to help you discover your own strength and provide support for change.

Supporting “*DoD’s Finest Communicators*”

Wanda M. Crawford, LCSW
Command Social Worker
JSOC

Welcome Aboard

We want to welcome JCU's newest family members:

Tony Gillespie and his wife Kathy.

Charles To, his wife Kristina, and their daughters Ashley (9) and Megan (5).

Michael Runk, his wife Kelly, and their daughter Allyson (5).

Farewell



SFC Plew receives the coveted JCU Plaque from SGM Sullivan at a farewell luncheon in her honor.

SMSGt Brian Wanke, his wife Amy, and their daughters Erin and Renee are leaving JCU after eight years of incredible service and sacrifice. Brian has served in a number of positions including time in J6 Comsec, AIS, and most recently as



the Maintenance Division Superintendent. The Wanke's are moving to AFPC, Randolph AFB, San Antonio Texas. Please join us for their farewell luncheon to be held at the Pope Club, 13 Feb @ 11:30.

February's Dates of Interest

February Anniversaries		February Birthdays		Important Dates	
James & Becky Givens	3 Feb	Chris Lewallen	1 Feb	SOROC Graduation	9 Feb
Sergio & Patricia Hernandez	22 Feb	Jodi Plew	4 Feb	Brian Wanke's Luncheon	13 Feb
Matt & Angela Jeffcoat	27 Feb	Jeff Ingraham	6 Feb	Valentine's Day	14 Feb
		Brian Schmidt	9 Feb	Marriage Retreat	16-18 Mar
		Casey Mues	10 Feb	JSOC Spouse Orientation	20 Mar
		Court McLain	11 Feb	Easter Egg Hunt	31 Mar
		Cecil Ogden	11 Feb		
		Jared Schaffer	13 Feb		
		J.R. Reynolds	14 Feb		
		Wesley Griffin	17 Feb		
		Ken Smith	18 Feb		
		John Horner	24 Feb		

Meet a few of JCU's Newest Members from SOROC Class 2-06

SrA Casey Christopher Mues

I grew up in Warren, Massachusetts and lived there my first 18 years. In high school I played Football, Basketball, Soccer and Baseball, and was also in the Drama Club. I joined the Air Force right out of high school as a Radio Maintenance Technician, went to Basic Training at Lackland AFB in November of 2002, then attended Tech school at Keesler AFB. From there I went to Luke AFB in Phoenix, AZ in September of 2003. I went into the Radio Shop at 607th ACS and became the top Airman rather quickly, for the next three years I was given responsibilities of an NCO as an E-3 and E-4, I had 7 Airman under me in a supervisor role. I also played Semi-Pro Football for the Phoenix Raiders for the 2005 and 2006 seasons. In 2005 I heard about JCU from my Supervisor and immediately contacted them. I then joined JCU in June of 2006, have gone through SOROC and I have really enjoyed it. The last 7 months have been by far the most educational months in my life, learning



from my instructors, and how to just basically conduct myself from my peers.

IT2 Morgan Smario

Smario joined the Navy in June of 2002, after Graduating from Putnam County High School, located in Granville Illinois. After Basic Training, Petty Officer Smario went to Information Systems Technician (IT) "A" school in Great Lakes Illinois. Shortly thereafter, he went to Little Creek Virginia for his new duty station, USS Carter Hall (LSD 50). At that duty station, Petty Officer Smario quickly climbed the ranks and was soon the lead AIS technician, Network Administrator and Asst. Tech Control Watch Officer. Aboard the USS Carter Hall, Petty Officer Smario participated in 2 deployments and conducted over a dozen VBSS missions in the middle east. Shortly before his second deployment Petty Officer Smario married his wife Kathryn."



SSG Stanley Sweeney

My name is Stan Sweeney and I was raised in Saugus, Massachusetts, a small town about 20 minutes north of Boston. I enlisted in the Army in 1995 and attended basic training at Ft Jackson, SC. My first duty station was Suwon/Osan Airbase, South Korea where I was part of the 1/43 ADA Bn (Patriot). After Korea I was stationed at Ft Stewart and was part of the 123rd Signal Bn till 2001. During 2001, I ETS'd from the Army and worked as a cell phone tower inspector out of Atlanta, GA. Reenlisting into the Army brought me to Ft Bragg, to be a part of the 35th Signal Bde, 50th Signal Bn. I also graduated from Airborne school that year. I deployed twice while assigned to the 50th Signal Bn, once to Afghanistan and once to Iraq. I have been happily married since 1997 to Marlena, who is currently a Cardio Vascular Ultrasound Tech at Central Carolina Hospital. We have two children, Coral (8) who is our Valentines Day baby and Adian (1).



WE'RE ON THE WEB
WWW.JCUONLINE.ORG

LEADERSHIP THAT CARES

POC CONTACT INFORMATION



Joint Communications Unit

PO Box 70239
 Fort Bragg, NC 28307-5000

Fax: 910-243-2685

“DoD's Finest Communicators”

Position	Name	Work	Home
Commander	LTC Arnold (Jack)	243-0200	485-4529
CSM	SGM Sullivan (Sully)	243-0201	630-0076
XO	LT Gary (John)	243-8851	498-6371
Unit 1SG	ETCM McLain (Court)	243-0469	717-7696
OPS Officer	MAJ Worthington (Jeff)	243-0524	221-0985
Ops SGM	SGM Givens (James)	243-2439	868-4412
QRT Chief	1SG Spencer (Todd)	243-1321	423-5644
LNO Chief	1SG Adcox (Mike)	243-0115	499-2541
AIS Chief	ETC McKlveen (Mike)	243-4079	487-5004
Maint Officer	MAJ Himebrook (Les)	243-2302	498-9108
Maint Chief	ETC Nichols (Carleen)	243-0439	424-1805
JTEP OIC	Mr. Tingen (Bill)	243-0291	437-5970
JTEP NCOIC	1SG Chance (Gene)	243-0291	848-8314
IO OIC	Mr. Gillespie (Tony)	243-1217	875-1045
IO NCOIC	SFC Proskovec (Jason)	243-1465	868-7761
CST Chief	MSG Ogden (Oggy)	243-1147	875-6258
SOROC Chief	1SG Nichols (Jack)	243-0577	424-1805
Social Worker	Mrs. Wanda Crawford	396-7489	
Chaplain	CH Tom Solhjem	243-1224	
JSOC FRG	Mrs. Agnes Adamczyk	243-2626	
JCU FRC	Mrs. Marsha Spencer		423-5644

The JCU Print

Damon Haigh was commissioned to create an original JCU Print designed to celebrate the outstanding contributions that JCU members have made since its inception. Everyone who has seen the print agrees that Damon did an incredible job. This print makes a great gift for current and past unit members. In order to get your limited



edition (500 signed/numbered) JCU Print, bring cash or check (payable to the JCU Activities Club) to the SGM while supplies last. The print costs \$50 and if you want a shipping tube please include an additional \$3. If you need the print to be mailed, include shipping costs of \$10 (includes ship-