

Delivering the Message

Message from the Command Sergeant Major

Hello everyone, spring is here and the weather is great, it seems everyone is in a great mood now that winter is finally gone. The days are getting longer and we can finally spend some time out of the house. It is amazing how the seasons can change a person's attitude. This month I would like to share a story about attitude and the effect it can have on your life, your attitude helps drive how you make decisions and your decisions drive your life. A good attitude definitely helps lead to a happier life where as a perpetual bad attitude will lead to unhappiness.

Attitude Is Everything

Jerry was the kind of guy you love to hate. He was always in a good mood and always had something positive to say. When someone would ask him how he was doing, he would reply, "If I were any better, I would be twins!" He was a unique manager because he had several waiters who had followed him around from restaurant to restaurant.

The reason the waiters followed Jerry was because of his attitude. He was a natural motivator. If an employee was having a bad day, Jerry was there telling the employee how to look on the positive side of the situation.

Seeing this style really made me curious, so one day I went up to Jerry and asked him, "I don't get it! You can't be a positive person all of the time. How do you do it?"

Jerry replied, "Each morning I wake up and say to myself, Jerry, you have two choices today. You can choose to be in a good mood or you can choose to be in a bad mood.

I choose to be in a good mood. Each time something bad happens, I can choose to be a victim or I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining

or I can point out the positive side of life. I choose the positive side of life."

"Yeah, right, it's not that easy," I protested. "Yes it is," Jerry said. "Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations.

You choose how people will affect your mood. You choose to be in a good mood or bad mood. The bottom line: It's your choice how you live life."

I reflected on what Jerry said. Soon thereafter, I left the restaurant industry to start my own business. We lost touch, but often thought about him when I made a choice about life instead of reacting to it.

Several years later, I heard that Jerry did something you are never supposed to do in a restaurant business: he left the back door open one morning and was held up at gunpoint by three armed robbers.

While trying to open the safe, his hand, shaking from nervousness, slipped off the combination. The robbers panicked and shot him. Luckily, Jerry was found relatively quickly and rushed to the local trauma center.

After 18 hours of surgery and weeks of intensive care, Jerry was released from the hospital with fragments of the bullets still in his body. I saw Jerry about six months after the accident. When I asked him how he was, he replied, "If I were any better, I'd be twins. Wanna see my scars?"

I declined to see his wounds, but did ask him what had gone through his mind as the robbery took place. "The first thing that went through my mind was that I should have locked the back

door," Jerry replied. "Then, as I lay on the floor, I remembered that I had two choices:

I could choose to live, or I could choose to die. I chose to live."

"Weren't you scared? Did you lose consciousness?" I asked. Jerry continued, "The paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the emergency room and I saw the expressions on the faces of the doctors and nurses, I got really scared.

I read, 'He's a dead man.' I knew I needed to take action." "What did you do?" I asked. "Well, there was a big, burly nurse shouting questions at me," said Jerry. "She asked if I was allergic to anything." "Yes," I replied.

The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, "Bullets!"

Over their laughter, I told them, "I am choosing to live. Operate on me as if I am alive, not dead."

Jerry lived thanks to the skill of his doctors, but also because of his amazing attitude. I learned from him that every day we have the choice to live fully.

Attitude, after all, is everything.
--- **By Francie Baltazar-Schwartz**

You are going to make choices everyday anyway so why not choose the positive, what have you got to lose, a happy life?

~ CSM Givens

Joint Communications Unit

Special points of interest:

- > Babies of course
- > Gold Wings
- > Fire on the course
- > Old unit photos
- > Annual Scholarship
- > 10th Annual Golf Tournament
- > Cross-Fit
- > Push-ups



Inside this issue:

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Greetings from A Troop,

It's been another busy month for the troop. Everyone is working hard, improving areas and most importantly preparing for turnover. Thanks for all support from back home, we will see you soon. A special Thanks goes to B-Troop for doing the VTC, awesome job and it's greatly appreciated. Congratulations to Tim & Commalitha Holton with bringing Timothy James Holton into the world on 2 April. James Jordahl and Danny Knouse have headed back for the birth of their

children and to knock out those "Honey Do Lists" before the big day. Congratulations to Marlon Vega and Ceven Epps for representing A Troop and winning the service member of the quarter in their perspective service categories. Lastly, I would like to take an opportunity to once again thank the families for supporting their loved ones.

~ Take Care,
A Troop



Happy May to all the families of B-Troop. April was an extremely busy month for the members of B-Troop. The most important event we had this month was the troop FRG meeting on the 15th. Thanks to all the spouses who attended (I don't think Bryan has ever been happier seeing and eating all the good food). Congratulations are in order for Joe Kelly who will be promoted to MSgt on 1 May. Well deserved Joe. We have Mark Krob and Jared Sams out supporting our brothers this month. While those two have been working their butts off, the rest of us have been training hard in preparation for our validation exercise prior to stepping out the door. Mark Garcia, Ken Vaillancourt and Rick Lepage are leading the way for this rotation by heading out to their respective sites early, have a good trip guys. We also

played our first inter-troop football game. I think even B-Troop's JV squad would have no problem taking on the members of C-Troop. They can stick to the "Man vs. Food" challenge. As always, we are allowed to accomplish what we need to do here because of the outstanding support provided to us on the home front. Thank you all for your extreme patience during all the late nights of training.

~ Chuck

Right: ITCS Allen Keller and SSgt Veronica Zamora are Awarded the Navy and Marine Corps Parachutist Badge by LTC McLaughlin at a ceremony held on 3 APR 09



This is the month that our vacation theme will end, unless you consider that we were pretty much all home this month and our vacation was actually in Fayetteville. This is hardly likely, since you all know we have been extremely busy here at work. Everyone in the troop has been focused on getting our equipment ready for us to take over for B-Troop and get back on that pager that we all love so much. Hopefully now we can get the guys a few minutes of rest at home before we jump back in to it and get ready to train up for deployment later this year.

We did have a few people attend

some training this month. Paul Hays evaluated a new course that the unit is putting together. Rachel, Troy, Ed and Jeremy sat in some training last week in preparation for our next deployment and Ed and Rachael also attended SERE this month.

The biggest news is C-Troop and the unit are going to experience a tremendous loss at the end of this month. Jake and Michelle Higginbotham are leaving us after seven years of service. I would like to thank Jake for everything he has done for the last seven years. His contributions to the

Below: Mike Crain (Top left) was among the recent graduates of the E-Troop Computer Operations Course on 9 APR 09



Q R T Detachment, LNO Detachment and "Old" and "New" C-Troop have been amazing. He is a true trainer, leader and friend and he will be missed by all. Thanks to Michelle for all that she has done as well. Whether it is wrapping presents for the children's Christmas parties, participating in planning for the adult functions or making sure all the wives received key information from their key caller, she too, has been an invaluable asset to the troop. Thanks to both of you and we all look forward to your return.

~ John



Greetings to all!! April has been a really busy month for D-Troop! We experienced our first training exercise down south. All team members performed above reproach and set a precedent for future training evolutions. Way to go team! The troop has also contributed their knowledge and expertise of communications by providing detailed training to other organizations on our communication network. We also have

many fellow troop members participating in NCO professional development courses, military schools, and vendor training. Howie Wright was given the inflatable donut award at HALO school while Kyle Roscoe continues to press on and provide Howie the comfort he needs. We wish the best for Derrick White and Morgan Smario while they attend and represent D-Troop in their respective service

schools! I would also like to welcome Travis Knutson back from his six month trip! Great Job representing JCU! We are happy to have you back! Lastly, I would like to let everyone know that we are approaching our training phase. Special thanks to all the spouses and families for supporting your loved ones during our transition.

~ Jack



I want to start by sending congratulations to a few outstanding individuals. Congratulations to Brandy Fooshee, she is graduating from UNC-Pembroke with a Nursing degree. I know that both Bryan and her are very proud of the accomplishment. Mike Crain completed the operator course on 9 April and we promptly sent him up north to receive some familiarization training. Finally, after 13 weeks of training and a few months of preparation for the course we can get some work out of him. Dan Orrvick was selected as the 2nd quarter 2009 civilian of the quarter. Congratulations on your selection and thanks for your hard work. Natalie and Chad have confirmed that they are expecting a boy in September. Let's hope that he gets his looks from his mom and his brains from his....wait a minute...let's just hope he gets most of his genes from his mom. Spring is here and

typically most of us start doing some sort of Spring cleaning. A major Spring cleaning event at work was to get new computers configured to replace our "older" slower computers. Sam has been the catalyst behind this movement and it is pretty much completed. Just like several others that start doing extra yard work in the Spring, I have been getting out in the yard raking, pulling weeds, planting flowers, cutting the lawn, edging, andburning the golf course. Well I guess most of you don't decide to burn a golf course, but when you have a large overgrown area of the golf course as part of your backyard you sometimes do some clean up of your own. So I have been cleaning out the brush, cutting down some scrub pines (just to thin them out) and doing a little controlled burning. I was a certified NC firefighter not too long ago, so I felt pretty confident that everything would be ok. In the end the fire department wasn't called and I didn't burn down the golf course or anyone's house, but

I have to admit there was some concern and a burnt up hose in the process. Someone, I suspect Shannon, left me a picture of the event on my desk so I thought I would share. While he was joking, there was a moment there, where this is exactly what it felt like to me. Just to be clear, I wasn't anywhere around Myrtle Beach in April, so it wasn't me. Have a great month and thanks for all of your support.

~ Tony

Tony's Backyard



Right: E-Troop made sure to hang a reminder for their fearless leader



Hello Everyone! It's finally May and the warm weather is here. I hope everyone is enjoying the sunshine. G-Troop had a very busy April. A congratulation goes out to Mike and Rebecca Fowler. They have been blessed with a healthy little girl and they are spending time at home enjoying their family. I will welcome myself back from maternity leave. Ken Smith departed early in the month to go head up SYSCON. John Sullivan and Charles Churchwell arrived home safely at the end of the month after their successful stand up of the new G-Troop SYSCON. G-Troop is also saying goodbye to Sully in this newsletter as he leaves the troop and heads over to the unit's recruiting section. Thanks to Sully for all his hard work and dedication to the troop. DJ Holly completed his MCSE certification. As if

we expect any less from him!! Congrats DJ! Another job well done goes out to MSgt Ray Hickman. He graduated from the Air Force Senior NCO Academy on April 30th. Just another example of what well accomplished Air Force SNCO's this unit helps create. Vanessa Moak has been getting educated as well. She has been taking a number of classes through Learning Tree which is setting the knowledge standard for the rest of the troop. All in all, the troop has been under construction for the past four months but it is all paying off. We are getting in a groove and the level of support that is being given to the rest of the unit has been well worth all the hard work. The unit will be saying goodbye to Billy Sumner on May 8th, 2009 (details to follow) as he

embarks on his new career in the Navy. He will be starting his nursing program at Fayetteville State that will later make him an officer. Good Luck Billy on your new start. We are also saying goodbye to Chief Morris at the end of May. He will be leaving the unit to go back over to Pope AFB to take a well deserved Group Chief Master Sergeant position. His going away luncheon will be May 20th, details to follow. As always thank you to the families for all your understanding and support during the long hours and deployments. We couldn't do it without you.

~ Brooke



We will keep this short and sweet....boss says we have to get back to work.

We are coming up on a rotation of personnel so it is gonna get really bare-bones for a bit. Despite all that they are still managing to hit every curve ball out of the park. Looks like we will be sending Jeff and Ameer out the door and we will be getting ready to welcome back Daren and Steve. It is quite possible that Steve Page will be heading out too. Stacey is still out and Smitty continues to run a tight ship. All in all, things are going well....all the projects and builds are on schedule and all the contingency items are handled in stride. Good stuff. Shop floor song of the month – La Vida Loca (Smitty picked it).

The Motor Pool....hmmm.

Where do I start. Alright...I gotta say it. Scott caught the cool, super-whamodyne laser cutter on fire. In the first week. It is fixable....but it brings up the point that rednecks shouldn't own lasers....just to make sure the world is safe. That being said, you can't make an omelet without breaking some eggs. This should be one heck of an omelet...once Scott quits breaking eggs. On the productive, non-destructive side, Mike just honcho'ed a great project for some of our Army brothers....excellent product. Andy and Roger are continuing to perform solidly as safety observers for Scott...based on history we are sending them to first responders course next month. All kidding aside, Scott runs a great detachment.

The Log section is working well. Mike Larson just got back from a trip and is getting some much needed time off. Todd got back early this month and is back

in the groove. We are getting ready to send Earle and Jeanice on a trip in May. Their efforts should benefit the unit's property accountability procedures immensely.

On a kind of bummer note, we are saying goodbye to Rob Seyler. He is going to Illinois to be close to his family. We will definitely miss that socially challenged individual.

Let me close this out for this month. The First Sergeant is breathing down my neck and, as usual, if I don't do what he wants he will come down and make the troop fill sandbags. You know how Dookie can be.

Enjoy the sunshine

~The M-Troop Crew



I hope everyone is well. April was a busy month, no surprise there. SOROC Class 01-09 just completed training on WAVE, Call Manager, SRST, VPN and VOIP. All of the students are doing well and are looking forward to the final exercise that will be taking place the last week of May.

Congratulations go to Luke Blum and Scott Hamilton on their promotion to Sergeant First Class. This is a well deserved event for the both of you. Once you have graduated SOROC (if you graduate), I am sure each of you will be a

great asset to the teams.

Thanks to CST for letting me tag along for their training during April. Jeff, you and your guys are definitely DOD's finest.

At one time or another, most of you JCU members have had the pleasure of working with Ken Garrison. A fact the majority of you do not know; personnel on the 2nd deck have given him the nickname "Grumpy Ken." Whether it is deserved or not, Ken is here every weekday from 0700 to 1600 working to make sure our personnel get

into schools and receive training from outside sources. Ken, Thanks for all you do for the Unit, keep it up.

~ Dutch



Above: Mr. Ken Garrison and his wife Julie



First and foremost, EC would like to wish Jake Higginbotham farewell. EC decided to send him off in style with the first annual Hackers Golf invitational. Micah and Jimmy sent sod flying and most of the time the clubs flew further than the ball. The most noteworthy shot of the day was Jake's 16th par 3 tee shot that came up one foot short from a hole in one. My gift to Jake was to throw the match to allow him to win. I just didn't know I was going to have to shoot an 11 on the last hole to do it. Take care Jake and we wish you fair

winds and following seas.

A big congratulations goes out to SSG Micah Modest for picking up FY09 Soldier of the Quarter for the 2nd quarter. He spent a lot of time preparing for the board and his selection was well deserved!! Micah will be heading downrange here shortly for his last stint in EC.

Jimmy Wagner made it back after a very productive and successful tour downrange. Welcome home

Jimmy and job well done. Marcus Lewis will be rejoining us shortly after a short stint downrange preceded by his aloha tour. Yeah, everyone is jealous, get in line. Mike Runk is currently doing a brief flyby and getting some much deserved time with the family. He's doing an incredible job in a very demanding position! Good job EC and as Mike A. would say, "now get back to work!" The ending was left off for obvious reasons.

~ Fish



F.Y.I.
JCU FRG NEWS



LOOK WHO JUST DROPPED IN

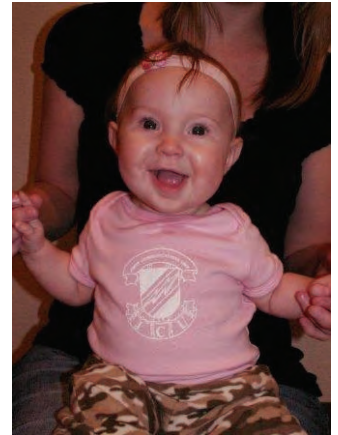


Not pictured: IT1 Mike Fowler and Rebecca are the proud parents of Annabelle Sophia Fowler. Annabelle was born on April 17, 2009 at 9:55 PM in the Womack Army Medical Center. She weighed in at 7 lbs. 11 ozs. and was 19" long.



Above: SFC Pablo Guerra and Griselda are the proud parents of Ella Yelena Guerra. Ella was born on April 28, 2009 at 8:41 PM in the Womack Army Medical Center. She weighed in at 6 lbs. 9 ozs. and was 18.5" long.

Below: Little Caitlin Espersen is styling her JCU onesie. Caitlin is now 7 months old and looks to be very happy. Thank you Lindsay for sharing this picture with us.



Above: MSG Tim Holton and Commalitha are the proud parents of Timothy James Holton. Timothy was born on April 2, 2009 at 12:36 AM in the Womack Army Medical Center. He weighed in at 9 lbs. 9 ozs. and was 19" long.

Please check out the important date section on page 9

JCU Families,

I so enjoyed talking with the spouses at the Quarterly Spouses Luncheon. It was a small group but great conversation. I thought the restaurant was a bit noisy so if anyone has any other ideas for the next luncheon in July, please share them. One idea was a back room at Georgia Brown's restaurant. The planning of this event has been a challenge due to the variance of attendees each time. This activity is sponsored by the JCU Activities club to promote and support the families of JCU. If you have other ideas of ways that this money could be put to better use, please share them.

Thank you to Shannon Parsons for hosting our last JCU Spouses Social last week. This event was actually cancelled at the last minute, but appreciate the time spent planning the social. The purpose of these socials is to get to know each other and share information. They are scheduled on the last Tuesday of every month. Hope you will join us next time.

The 10th annual SOCA Golf Tournament is coming up on Friday, May 29th. Todd may be looking for some spouses to help with the drink carts if you are interested.

Sincerely,

Michelle McLaughlin

(910)717-3519 or mcljm4@aol.com



If you have not registered on our online site, please take a minute to do so.

ANNIVERSARIES

| | |
|-------------------------------|--------|
| Jason & Renee Gunter | 5 MAY |
| Marcus & Alisha Jett | 6 MAY |
| Sean & Melissa Collins | 7 MAY |
| Ed & Monica Robles | 8 MAY |
| Lloyd & Latosha James | 9 MAY |
| Jared & Christina Sams | 10 MAY |
| Jeremy & Shannon Trejo | 11 MAY |
| Steve & Gillian Long | 13 MAY |
| Ryan & Shannon Dayton | 15 MAY |
| Jim & Blendaly Guillemette | 16 MAY |
| Chris & Julie Scott | 17 MAY |
| Charles & Barbette Churchwell | 20 MAY |
| Greg & Karen Matthews | 20 MAY |
| Andy & Susan Miller | 21 MAY |
| Justin & Holly Hoffman | 23 MAY |
| David & Robyn Kelly | 24 MAY |
| Jim & Deborah Prasse | 25 MAY |
| Ronny & Sarah Watts | 25 MAY |
| Tom & Sonja Marino | 26 MAY |
| Joe & Heather Kelly | 27 MAY |
| Marlon & Rosa Vega | 30 MAY |



Annual SOCA Scholarship Announcement

To the members and families of JCU, I am pleased to announce one of the many initiatives that the Special Operations Communicators Association (SOCA) started last year, The Annual Special Operations Communicator's Association Scholarship. SOCA will offer three college scholarships for full time college students, valued at \$500 each, to deserving spouses and college-aged child dependent of a current JCU Military or NSPS Unit Member. Applicants will be asked to submit an essay, subjects are posted below, to SOCA's Board of Officers. SOCA's Board of officers will select from all of the qualified entries to award the three \$500 scholarships. It is SOCA's goal to show their appreciation to those who contribute and sacrifice so much in support of our Country's National Objectives. SOCA thanks the members of JCU and your families for all that you do.

Criteria for award:

- Spouse must be a full-time college student (sporadic continuing education classes will not suffice)
- Child must be a full-time college student. If a graduating High School Senior, student must have declared enrollment into a selected college.
- If scholarship is awarded and either the spouse or child drops out of said college, the entire amount of the award is to be turned back into SOCA for re-issuance to another applicant.
- When available, the winners for this year's awards will be required to take a presentation photo with the SOCA President and authorize the posting of their essay to the JCU website for publicity purposes.

Applicants must submit a 1-2 page essay from the below listed topics to SOCA's Board of Officers at the SOCASCHOLARSHIP@yahoo.com email address. SOCA's Board of Officers will select from all of the qualified entries to award the three \$500 scholarships. Entries must be received by July 15th, 2009. The winners will be announced in the August Edition of *Delivering the Message*.

Member's child:

- Do you think we are or are not in the worst economic crisis in the history of our country? What can be done to improve the crisis?
- You are President for a day, what do you do?
- Who is the most influential person in your life and why?
- Is America fighting a War on Terrorism? Are our enemies really Terrorists? Are they really our enemies?

Member's spouse:

- What makes a strong military family and why is it important?
- You are First Spouse for a day, what do you do?
- Who is the most influential person in your life and why?
- Is America fighting a War on Terrorism? Are our enemies really Terrorists? Are they really our enemies?

May God Bless DoD's Finest Communicator's and keep them and their families safe!

John P. Sullivan, SGM (Retired)
President, Special Operations Communicator's Association

This section features a current unit member. It is a look back before all of those military regulations, haircuts and discipline. Stay tuned for the answer posted in next months edition.

RETRO JCU



WELCOME OUR NEW JCU MEMBERS

ET1 Joshua Morgan & wife Sarah (Awaiting SOROC Class 02-09)

SFC Joshua Smith (Awaiting SOROC Class 02-09)



GOODBYE TO FRIENDS & FAMILY

TSgt Jake Higginbotham & wife Michelle, children; Jordan & Hannah MAR 2002 - May 2009 (C-Troop)

Mr. Robert Seyler & wife Emily, children; Alexis & Brooklynn NOV 2006 - MAY 2009 (M-Troop)

ET1 Billy Sumner & wife Tracy, children; Tiffany, Megan & Emily DEC 2004 - MAY 2009 (G-Troop)

CMSgt Jim Morris & wife Martine, child; Emily JUN 2007 - MAY 2009 (G-Troop)

Dear JCU family,

The time has come for me to move on. Over half of my career has been served here and I'm forever changed. I've enjoyed my tenure here and am grateful for the opportunity to have worked with you. Even though I will miss working in JCU and with people of your caliber, I welcome the new challenge and the prospect of spreading the knowledge I've attained. Rest assured I will "turn it up a notch" at my next duty assignment.

I'm headed west to Hill AFB in Utah so know that you have an ally there. I can be reached at 910-583-3873 or my personal e-mail jakehiggy@gmail.com. You have been good to me and my family and we will miss you and this place dearly. On behalf of myself, Michelle, Jordan and Hannah, I bid you all an affectionate farewell.

~ Jake Higginbotham



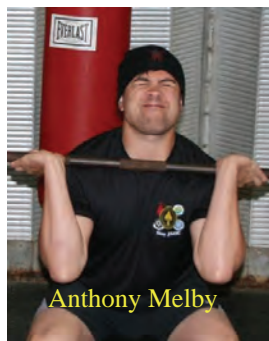
Above: The Higginbotham family



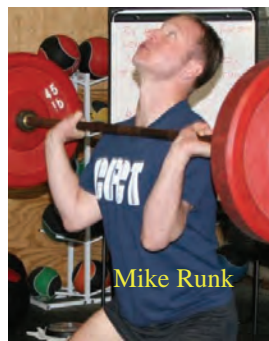
Faces of Cross-Fit



Jake Higginbotham



Anthony Melby



Mike Runk



Micah Modest



Jeff Carlson

Answer to last months RETRO JCU ? (did you guess correctly?)

The picture from last month is none other than MSG Frank Perez. In a recent interview he said "My wife Beverly got that picture from my mother and I'm not telling you anything". The only thing we can figure out is that the picture was taken in 1975 when little Frank was 5 years old. He lived in Kinston, North Carolina at the time. This is the part where I thank Frank for sharing a little part of his life with us, but his life remains a mystery for the time being. I will however thank Beverly and his mother for the awesome opportunity to share a little piece of Frank with us. Who knows maybe there will be another chapter in Franks life that gets out later, until next time.





Above: When someone tries to eat the Commander during an awards ceremony, below: this is what happens to the masses. I thought I heard someone say "you can't smoke me, I'll quit".



10th ANNUAL SOCA Golf Tournament



Friday, May 29th, 2009
Shotgun Start @ 0830
Carolina Lakes Golf Course



JCU Through the Years

1991

2000



2007

May Promotions, Awards & Special Occasions

Army Promotions



SSG Scott Hamilton to SFC (SOROC 02-09)
SSG Luke Blum to SFC (SOROC 02-09)

Air Force Promotions



TSgt Joe Kelly to MSgt (B-Troop)
SrA Rachael Gorman to SSgt (C-Troop)



BIRTHDAYS

| | |
|-------------------|--------|
| Marcus Lewis | 1 MAY |
| Todd Petzel | 2 MAY |
| Bryan Fooshee | 2 MAY |
| Matthew Corby | 2 MAY |
| Scott Hamilton | 7 MAY |
| Matthew Heist | 10 MAY |
| Michael Beach | 18 MAY |
| Daniel Orrvick | 18 MAY |
| Brian Allen | 18 MAY |
| Olimpia Valdez | 19 MAY |
| Travis Jenkins | 22 MAY |
| Leslie Himebrook | 25 MAY |
| Maximo Fermin | 26 MAY |
| Scott Capan | 27 MAY |
| Walter Zimmermann | 27 MAY |
| Tony Gillespie | 29 MAY |
| Kenneth Klynstra | 29 MAY |

JSOC Top 3 Air Force 2nd Quarter Award Winner

Senior NCO Category- SMSgt Travis Knutson (D-Troop)



Right: It is a possible conclusion that if Tony Gillespie had kept his mind on his controlled burn instead of dreaming of how he was going to get on the pages of the Peirce's Mill Volunteer Fire Department "Firemen that turn up the heat calendar", his back yard might not be scorched right now.

Service and Civilian Member of the 2nd Quarter, FY 2009

- Army: SSG Micah Modest (HHT-EC)
- Navy: IT1 Marlon Vega (A-Troop)
- Marine: SSgt Lawrence Jones (D-Troop)
- Air Force: SSgt Alicia Leyva (HHT)
- Civilian: Dan Orrvick (E-Troop)
- AF Airman: SrA Ceven Epps (A-Troop)
- AF SNCO: SMSgt Travis Knutson (D-Troop)



Mark your calendars for these important dates

| | | |
|-------------|--|--|
| 28 May | Pre-Tournament Mixer with sponsors | 1800-1000: The Mash House, Sycamore Dairy Rd. All are welcome. |
| 29 May | 10th Annual SOCA Golf Tournament | 0830-UTC: Carolina Lakes Golf Course |
| 1 July | Summer Highland Games | 0700-0930: Pope AFB Softball field area |
| 7 August | Annual JCU Summer Picnic | 1000-1800: Fantasy Lake |
| 13 November | 13th Annual JSO 10K Run-5K Walk | 0700-0930: Pike Field |
| 18 November | Winter Highland Games | 0700-0930: Pope AFB Softball field area |
| 21 November | 47th Annual JFK-50 Mile Ultra-Marathon | All day: Hagerstown, MD (Registration opens on 1 July 09) |

LEADERSHIP THAT CARES



| <u>Position</u> | <u>Name</u> | <u>Work</u> | <u>Home</u> |
|-----------------|--------------------------|-------------|--------------|
| Commander | LTC McLaughlin (John) | 243-0200 | 717-3519 |
| CSM | CSM Givens (James) | 243-0201 | 977-3441 |
| XO | LCDR Hill (Nick) | 243-8850 | 678-0209 |
| Unit ISG | ISG Spencer (Todd) | 243-0469 | 423-5644 |
| OPS Officer | MAJ Pishock (Joe) | 243-0524 | 273-3879 |
| Ops SGM | SGM Adcox (Mike) | 243-2439 | 919-499-2541 |
| A-Troop SGM | ISG Leach (Chris) | 243-1321 | 480-1118 |
| B-Troop SGM | MSG Hargrove (Bryan) | 243-4079 | 483-0231 |
| C-Troop SGM | MSG Mills (John) | 243-0115 | 717-2224 |
| D-Troop SGM | MSG Nichols (Jack) | 243-0439 | 424-1805 |
| E-Troop OIC | Mr. Gillespie (Tony) | 243-1217 | 875-1045 |
| E-Troop SGM | MSgt Stanley (Sam) | 243-1465 | 426-1465 |
| G-Troop OIC | Mr. Tingen (Bill) | 243-0989 | 437-5970 |
| G-Troop NCOIC | CMSgt Morris (Jim) | 243-0991 | 717-8334 |
| M-Troop Chief | ETCM McLain (Court) | 243-0439 | 875-4540 |
| S&T NCOIC | ISG Broussard (Dutch) | 243-0577 | 436-1113 |
| JCU FRC | Mrs. Michelle McLaughlin | | 717-3519 |
| Social Worker | Mrs. Wanda Crawford | 396-7489 | |
| Chaplain | CH Glen Bloomstrom | 243-1224 | |
| JSOC FRG | Mrs. Agnes Adamczyk | 396-7500 | |

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JCU FRG Key Callers

| | | | |
|----------|---------------------|----------------|-------------------------------|
| JCU FRC | Michelle McLaughlin | 717-3519 | mcljm4@aol.com |
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| D-Troop: | Michelle Roscoe | 875-9266 | michelle.roscoe@us.army.mil |
| E-Troop: | Patricia Hernandez | 764-1140 | patricia@ncbeautifulhomes.com |
| G-Troop: | Sheri Thornton | 868-8786 | drsl91@hotmail.com |
| M-Troop: | Lisa Dover | 960-0037 | jlsadover@hotmail.com |
| CMD/OPS: | Gini Walker | (919) 499-5710 | ginimomof4@windstream.net |
| SOROC: | Angela Slife | (919) 499-9761 | slifes1tm@alltel.net |

1980

The JCU Print

Commemorating 25 years of JCU professionals

2005



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 a shipping cost of \$10 (includes shipping tube).