

Delivering the Message

Message from the Sergeant Major

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Special points of interest:

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- Birthdays
- Anniversaries
- New G-Troop Key Caller
- SOCA Scholarship
- Much More

Hello JCU Members and Family Members; it's been a very busy two months since I last had the opportunity to share some thoughts with you all. The Commander and I have had several chances to spend a good amount of time with the men and women of JCU and we are both impressed with the state of the organization as a whole. That's not to say that we don't have room for improvement, we do; however I feel that we will be able to improve those areas with a little extra attention during upcoming training events. I'm sure that the folks that participated in the "Learn-A-Thon" last month would agree that we are a little rusty on some of the skills needed to operate in a field environment. We recognize that mastering these skills doesn't come easy, they are the result of hard work, dedication, and rest assured there will be plenty opportunities to improve in the future. As for the technical

skills required to be a member of this command I have no doubt that our service members are unmatched by any group of communicators in the DoD. Each and every day I'm amazed by the accomplishments of the members of JCU; our communicators continue to push the limits to always make sure that the customers we support with our awesome capabilities always have the best possible communications. Not only are our service members helping to keep the unit on a strong footing but our Key Callers are helping our FRG to maintain strong ties with our families. As a matter of fact, Mrs. Kris To (B-Troop Key Caller) was recently recognized by COL McLaughlin at this month's awards ceremony. Kris' recognition reminded me that our families are an integral part of our organization and what we contribute to our nation; also it made me more aware of how important it is for

the JCU Leadership to include our families, when possible. Thank you, Kris, for all you have done for the men and women of B-Troop and the unit. Other FRG Key Callers and supporters will be recognized as soon as we can fit it in their schedules and get them in here. Over the past month we have had several events that help support the FRG and I was very happy to see many family members taking part in these functions, most notably the SOCA golf tournament and the pre-tournament social. Please keep in mind as we move into summer that we will be having our annual summer picnic and I'm sure the 1SG and the FRG Key Callers would appreciate any help in organizing this event. Lastly I would like to reiterate that our service men and women can't do their jobs without the support of their families, Thank you for that support!

Be Safe,
~ Steve

Getting wet for a good cause

The JSOC Air Force First-6 organization had a dunk booth fundraiser in May. The compound cast their votes in the form of .50 cents a vote for the top six people that they wanted to see get in the tank. In true JCU fundraiser fashion below, MAJ Pishock and 1SG Spencer were the first ones in. Between the two of them, they raised over \$600. Not too bad for a couple of Army guys.





I'm sure that everyone is well aware that the Troop is out taking care of business. Well, I can tell you from seeing it firsthand that they are living up to the reputation of "DoD's Finest Communicators. Without a doubt the training that the detachment chiefs put together last cycle is paying off. Although everyone is working hard and pulling more than their share of the work load, I have to take time to thank Ceven. He personally took care of almost every person within the troop while they were trying to get to their destinations. I've received multiple

comments from folks within the organization and outside as well on his professionalism and level of service, Thank You, keep up the good work. I also want to take a moment and remind the family members know that even though we are away there is a system in place to help with any issues that may come up. Either Beverly Perez, (A Troop key caller) or the unit 1SG are available to help if needed. Take care, be safe.

~ Frank

Below: The commander awarded SSG Jory Mathis and CAPT Robert Giovannetti impact Army Achievement Medals for their coordination efforts during the Learn-a-thon



Above: TSgt Kevin Angell is promoted to MSgt by his wife Hui Kyong and ITCS Jay Pylman as his daughters Allyson & Ashley look on in a ceremony held on 27 MAY 10



Well the traveling Griswold's were at it again this past month. Lauront and Mike L. have been traveling so much lately testing the new Navy shipboard equipment; we should throw a welcome aboard party for them. Hopefully they will spend some time with the Troop for a while and get integrated back in with us. The rest of the troop was continuing on with their training and doing an outstanding job of it as well. Two new systems were put to the test down in Florida and some excellent training was had by all. It appears that the "Panther" will be an outstanding communications platform for JCU for years to come. I like to see the infighting of who will actually be assigned to the vehicle when we go down range. Nate was leading in the argument, but after scalping himself at the

playground, he has moved himself to the bottom of the list. Our last big foray for the Troop was the "Learnathon". I think the most important thing that we learned was that B-Troop lives up to their mantra; "Bow to No One!!"

Congratulations are in order for Leonard Heller and James Drennan. Both graduated Basic Airborne School this past month. Now they can work toward the "REAL" jump wings, the coveted, Navy Marine Corps Gold Wings!! Kevin Angell was promoted to MSgt this past month. Well deserved Kevin and keep up the good work. Great job by everyone in B-Troop and keep pressing forward.

~ Jay



It's been another busy month as C Troop handles mission and train-up for the next few months. The month started off with some well deserved awards for the spectacular work done during the last deployment. One of the biggest impacts to unit readiness has always been training, and this month the 'Learnathon' allowed the C Troop team to get out from behind the gear and get some very valuable field training. If you see Sean Mitcham

congratulate him for successfully graduating Basic Airborne down at Fort Benning. Congratulations are also in order for John & Pam Beard and the newest member of their family Nadia Rachelle Hanover Beard. Nadia came into this world on 25 MAY 2010, weighing in at 8lbs, 14ozs. Last but not least a big congratulations to Oscar for his promotion to MSgt!

~ John



Above: Members of C-Troop take a moment for a picture during the annual golf tournament on 21 MAY 10



Summer is upon us and the kids are out of school. Is that good or bad? LOL With D-Troop's return, I hope everyone gets the opportunity to enjoy some much deserved time off. A fantastic time to take a vacation and head to the beach. I hear that some families are going to Vegas, others to Cancun, and some are just getting away to visit families in other states. Wherever your ventures may take you, I hope that you enjoy the time away. I would also like to say thanks to all the families that made it out to the House of Bounce. From what I saw, the kids couldn't get enough time inside the inflatable's! A bunch of sweaty kids, what more can I say, seems like they had a great time. I had a bit of anxiety watching,

WOW! Some of the close calls kept me on edge the entire night; however, we only had one casualty. Amador and Lisa Avila's daughter Annabelle suffered a bloody nose, but she made it through the rest of the night. Tough kids in D-Troop! Again, I would like to say that I hope everyone enjoys their leave and I can't wait to see all the families again at our next get together. Thanks to all of you, until next time.

~ Jack

Right: 1SG Dutch Broussard passes the G-Troop guidon to the commander and officially turns the reigns of the troop over to 1SG Bryan Hargrove in a ceremony held on 14 MAY 10



Hello to everyone that is reading this. E-Troop has been a busy place for the last month. Everyone is looking forward to relaxing a little for the Memorial Day weekend. During this busy month we did however find the time to go out and support the unit in the 11th Annual Golf Tournament. Sam, Dan, and I made up the E-Trp golf team, or shall I say Sam made up the E-Trp golf team. I am sure it will take a couple of weeks for his back to stop hurting considering he carried Dan and I on his back the whole time. Overall

the team accomplished its goal, BEAT THE SGM. While the golf team was out enjoying the sun the other guys were slaving in the office. I appreciate the hard work that they have been doing.

We welcome Sergio back from his month long vacation in Virginia. Scott Hamilton traveled up to relieve him. Scott seems to be doing a good job in Va, no news is good news right. Mike finally returned from his sandy vacation. Unfortunately we had to say goodbye to Dave Lonack, he wanted to

go back to B-Trp. Good luck on your future endeavors from E-trp Dave. Oh yeah one more thing before I close. Congratulations are in order for Scott Bachand and Sean Collins not sure how, but the Air Force saw it fit to promote these to guys to MSgt. That is a huge accomplishment congrats guys.

~Bryan



Hello all I am Bryan Hargrove the new G-Troop SGM. I hope everyone enjoyed their Memorial Day weekend. Did you know that all U.S. Flag are required to be at half staff until 1200hrs on Memorial Day? Thanks to all for that have made the ultimate sacrifice. Thanks to Dutch and Rhonda for the great job you have done as the leadership team for G-Troop. I could not have hoped for a better turnover. May was a busy month. We sent Lenin Castillo out to Hawaii. He came back with a great tan and numerous accolades. Thanks Lenin. Rich McAlister,

Mike Williams, and Andre Cole all returned home in May. Great job guys and welcome home. We sent Dominic and Charles out this month to keep a watchful eye on Randy. Good luck guys. Congratulations to the Cole and Churchwell families for celebrating their wedding anniversaries in May (hope you remembered). I would also like to recognize Charles who received the Joint Civilian Service Achievement Award for actions taken during his last deployment. June will not be a vacation since we will be sending numerous guys/

gals to vendor training and readiness exercises. I look forward to meeting all of you very soon. Kelly is beginning to contact families to introduce herself and working on some ideas for some G-Troop "get togethers". Since G-Troops mission is unique our ability to socialize will have to be as well. One idea was to meet up in downtown Fayetteville during "Fourth Friday". Ideas are welcome.

~ Bryan

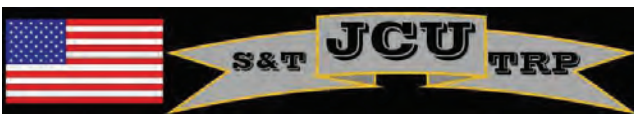


We had an extremely busy month in May. We are working on some major modifications to some of our systems and had to combine some of the great minds in the Troop to make it happen. Fortunately, M Troop is overflowing with great minds. Currently we are focused on an upcoming inspection. We have had the opportunity to gain a good head start so I do not see any reason that we will not pass with flying colors. Congrats are in order for Adam as he was promoted to Master Sergeant. Way to go! Keep it up, you have earned it and I expect even

greater things from you at this point. We had 5 folks participate in the Learn-A-Thon at the end of the month. Each did a phenomenal job and toughed it out during this unique event. As leaders, some of the skills they learned will be able to better develop both their peers and subordinates in the future. LRS is just about complete with their version of an electronics self-help area that will give the folks in the unit access to some of those odds and ends communications parts that they need. We are hoping this will help out and make everyone's job a

little better. I couldn't leave out the outstanding job that Jerry, Vincent and Shane did while deployed. I have not received anything less than that "they rocked". A lot was expected of them and a lot was accomplished. With that, Steve and Russ are moving in where they left off. Keep them in your prayers. I have the utmost confidence they what do will have a lasting impact on their mission.

~ Stacey



Hello everyone, Congratulations to James Slife on his promotion the Master Sergeant. SOROC Class 1-10 volunteered time to assist with a storm cleanup program in a Hoke County neighborhood. Additionally Class 1-10 has completed communications exercise four and will be ready for the unit soon. Keep it up Class 1-10; only one more exercise and then graduation will be 18 June at 1400 in the PPF. Please coordinate with your service member for attendance. Over the past two weeks we completed another large exercise that had several fun filled events. Lots of rain, snakes, walking through the woods, paintball shooting and ruck marching. Don't let your service members tell you it was tough, they did get "hot chow" and plenty of MRE's. Thanks to

everyone who helped with the support side of the event. Great Job to all the participants! We have had several personnel from SOROC Class 2-10 checking into the unit and preparing for the next class.

~ Chris



Above: GySgt Jamey Slife is promoted to MSgt by his father James and ISG Chris Leach on 1 JUN 10



Right: Ken Smith is presented the grand prize raffle item at this years golf tournament: a very expensive wedge that was donated by a sponsor

Below: CAPT Mike Medgyessy is promoted to MAJ by his mother Marta & father Michael on 27 MAY 10



The past month has proved to be another busy one for the Executive Comms Detachment. Between configuring new equipment, breaking and fixing old equipment and travelling all over the place it's been a big blur.

Mark has returned to us, from what I am sure feels like a never ending tour. He has been doing great things and is ready for a much needed break (I don't know how much of a break going to school is going to be but I'm sure his family will be glad to have him home). Welcome back.

Tigo is off on, yet, another trip – can you say frequent flyer miles?

Jimmy is forward and apparently doesn't have enough to do – he's volunteering to go other places and help out; the EC standard. Keep doing good things, brother.

Rob, as usual, is all over the place. It's a task getting him to sit still for longer than a day. He is, however, preparing to receive a new team; the joy of squaring away a new Captain. Good luck!

All in all, the detachment has been doing a lot of moving and I appreciate everything you all do. Keep it up!

~ Marcus

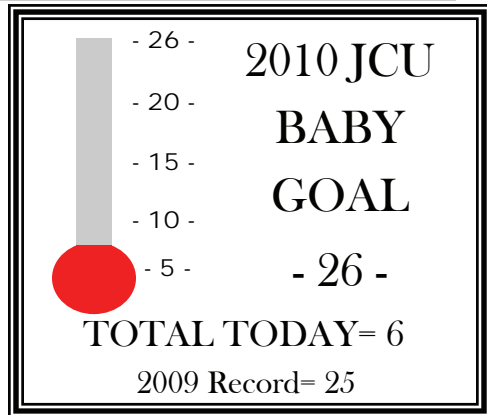


Dear JCU Families,

Thank you so much to the spouses that have come out and enjoyed the monthly socials! I will miss our time together but always have the memories to reflect upon. I truly appreciate your willingness to let me be a part of your lives, to share in your special moments, and to support and applaud your strength as a military spouse. It takes a special understanding to recognize how much your spouse loves what he does and be willing to embrace the challenges that come along with living as a military spouse. It is not an easy role but remember that you can share the experience with so many others that are in the same situation. I encourage you to reach out to one another, attend the socials, the rewards can be so worthwhile. Some socials you may be the "giver".....giver of information, giver of support, giver of hope, etc. where other socials you may be the "receiver".....I have yet to attend a social that I haven't learned something, they have been so informative and entertaining.

The next spouses social will be Tuesday, June 29th. Gillian Long & Susan Miller are finalizing the details so more information will follow via email from the key callers. Hope to see you there!

~ Michelle



Reminder: The 2010 SOCA College Scholarship entries are due on July 1, 2010. Get your essays in early or on time for judging this year's winners. Please see last months edition for details. Send essay to events@thesoca.org

ANNIVERSARIES

Georgette & Charles Gill	1 JUN
Dutch & Rhonda Broussard	1 JUN
Mike & Kelly Runk	2 JUN
Bryan & Brandy Fooshee	3 JUN
Mark & Andrea Landez	4 JUN
Chuck & Kris To	5 JUN
Rufus & Pamela Messex	5 JUN
Ulysses & Demarys Matias Otero	6 JUN
Harold & Rachel Shamblin	6 JUN
Luke & Kelly Blum	8 JUN
Alton & Chadra Seglund	9 JUN
Mark & Katie Krob	11 JUN
Jared & Brooke Schaffer	13 JUN
Scott & Yvonne Capan	14 JUN
Ed & Megan Schlade	15 JUN
Paul & Suiatlona Trowbridge	15 JUN
Stan & Marlana Sweeney	16 JUN
Jeff & Sondra Carlson	18 JUN
Vince & Katherine Olshove	18 JUN
Joe & Jessica Cade	19 JUN
Jesse & Esther Casari	23 JUN
Ken & Julie Garrison	26 JUN
Pablo & Griselda Guerra	26 JUN
Tim & Commalitha Holton	27 JUN
Jim & Jenn Wagner	28 JUN
Bryant & Emily Locke	29 JUN
Vic & Meyvi Guerra	29 JUN
Clyde & Cheria Anderson	30 JUN

Recipe for Guinness Slow Cooker Beef Pot Pie

Too easy!! You can enjoy this dish straight out of the crock pot or place the pastry top and enjoy as a pot pie.

- 2-3lbs of stewing beef
- 1-2 Tablespoons of canola oil
- 2-3 T of flour
- 1 tsp salt
- 1 tsp pepper
- 2 celery ribs, chopped
- 1 medium onion, minced (I just chopped mine)
- 3 large carrots, chopped
- 2 large potatoes, cut into cubes
- 1 cup mushrooms, sliced or small whole button mushrooms
- 3 bay leaves
- 1 T dried rosemary
- 1 T thyme
- 1 T parsley
- 1 1/2 t dry mustard
- 1 c water
- 1 (440ml) can Guinness stout
- 1 (10 oz) can of cream of mushroom soup (do not add water)
- 1 (8oz) package puff pastry

1. In a large bowl, toss stewing beef with flour, salt & pepper. In large skillet, heat oil and brown beef, approximately 10 minutes.
2. Place beef and all ingredients except mushroom soup in slow cooker.
3. Cook on high for 5-6 hours.
4. Turn off the cooker and pour in condensed soup, thoroughly mix.
5. Set oven to 350 degrees.
6. Roll out enough puff pastry to cover your dish.
7. Spray your casserole dish with non-stick cooking spray. Spoon stew mixture into casserole and cover completely with puff pastry.
8. Place dish on foil covered cookie sheet and bake until pastry is "puffed up" and golden. Let stand for 10 minutes to set and serve with your favorite veggie/side salad.

good luck & enjoy!
~ Michelle

2010 SOCA Golf Tournament



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

RETRO JCU





WELCOME OUR NEW JCU MEMBERS

CAPT Mark Landez & wife Andrea, child; Avery (HHT_OPS))
 IT2 Matthew Perez (Awaiting SOROC Class 02-10)
 SSG Paul Trowbridge & wife Suatlona, child; Cody (Awaiting SOROC Class 02-10)
 TSgt Alton Seglund & wife Chadra, child; Emily (Awaiting SOROC Class 02-10)

GOODBYE TO FRIENDS & FAMILY

SFC Jason Tolle JAN 04 - MAY 10 (D-Troop)
 MSgt Chad Lewis & wife Natalie, child; Aiden AUG 04 - JUN 10 (E-Troop))



Left: Jason Tolle receives his JCU plaque in a ceremony on 27 MAY 10

Right: Chad Lewis receives a Fire Marshall Bill certificate and fireman's hat from Sam Stanley at a departure luncheon on 1 JUN 10



Below: The Slife Family



Below: The Addaman Family



Below: The Angell Family



Below: The Medgyessy Family



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



The picture from last month is none other than our Commander COL John McLaughlin. Michelle McLaughlin says "John was 4 in this picture living in Narobi, Kenya where his dad was working as a Foreign Liason Officer. He has lots of very fond memories of blowing up model ships with M80 firecrackers while he lived there". Thank you Michelle for sharing a little piece of the commander's life with us.



JCU Learn-a-thon Exercise

The unit recently conducted a three day training event called the Learn-a-thon in late May. During this exercise, various scenarios were conducted to develop skills within a simulated combat environment under stressful conditions. Each element leader received the opportunity to lead a nine person element throughout different missions and learn from each scenario. The exercise was a success and all that participated learned a lot about the scenario exercises and themselves. Below are a few pictures taken of some of the participants.



JCUOnline website

We recently had a website host provider issue that caused us to basically transfer and re-build our site. The site is back online, but is still missing some of the information that you are used to seeing. We ask for your patience while we get it back to 100%. A big thanks go out to Alumni Mike McKlveen and his wife Jane for all the help they have provided during this crisis. It may have been a blessing in disguise, because the new look is definitely better than it was before. Hope you enjoy it.

June Promotions, Awards & Special Occasions

Army Promotion



SFC Vanessa Moak to MSG (D-Troop)
SSG Joe Quigley to SFC (C-Troop)



Navy Promotion



ETCS Mike Addaman to ETCM (A-Troop)
IT2 Mike Lamb to IT1 (B-Troop)



Air Force Promotion



CAPT Mike Medgyessy to MAJ (HHT_OPS)
TSgt Chris Smith to MSgt (M-Troop)



Marine Promotion



GySgt Jamey Slife to MSgt (HHT_S&T)

Basic Airborne School Graduates

SFC Sean Mitcham (C-Troop)
Sgt Leonard Heller (B-Troop)
IT1 James Drennan (B-Troop)



Left: ETCS Mike Addaman is promoted to ETCM by his son Christopher and YNCM Rick Watson (Retired) in a ceremony held on 11 MAY 10

BIRTHDAYS

Lawrence Burguess	1 JUN
Michael Foy	2 JUN
Lauront Pepin	6 JUN
Dirk Shelton	6 JUN
Charles Churchwell	7 JUN
Dana Roberson	9 JUN
Todd Spencer	10 JUN
Joshua Espersen	11 JUN
Jory Mathis	11 JUN
James Drennan	12 JUN
Randy Amsler	12 JUN
Calvin Delaware	12 JUN
William Cotten	13 JUN
William Tucker	14 JUN
Jason Gunter	14 JUN
Jason Benavides	14 JUN
Michael Kontio	15 JUN
Roberto Lopez	15 JUN
Jeremy Pinkelman	17 JUN
Glenn Staples	18 JUN
Linda Haymans	18 JUN
James Slife	19 JUN
Edwin Robles	19 JUN
Michael Flynn	20 JUN
Victor Guerra	20 JUN
Todd Brown	22 JUN
Amanda Keefe	23 JUN
Christopher Farr	25 JUN
Travis Knutson	28 JUN
Bryan Hargrove	29 JUN
Joseph Miller	30 JUN
Steven Powell	30 JUN

Mark your calendars for these important dates

18 June	SOROC Class 01-10 Graduation	1400: PPF
20 June	Fathers Day	All day
1 July	Summer Highland Games	0700-0930: Pope AFB Softball field area
6 July	JCU Change of Command (COL McLaughlin to LTC Anderson)	1400-1500: PPF
16 July	Retirement of 1SG Jeff Eldred	1000: Troop Building
6 August	Annual JCU Summer Picnic	1000-1800: Fantasy Lake
10 August	Retirement of 1SG Robert "Dutch" Broussard	1400: PPF
10 November	14th Annual JSO 10K Run-5K Walk	0700-0930: McKellar's Lodge
20 November	48th Annual JFK-50 Mile Ultra-Marathon	All day: Hagerstown, MD (Registration opens on 1 July 09)
16-17 December	JCU 30th Anniversary Event	Go to www.jcuonline.org for details



LEADERSHIP THAT CARES

Joint Communications Unit

P.O. Box 70239
Fort Bragg, NC.
28307-5000

Phone: 910-243-0469
Fax: 910-243-0310
E-mail: spencert@jdi.socom.mil

"DoD's Finest Communicators"



Position	Name	Work	Home
Commander	COL McLaughlin (John)	243-0200	717-3519
CSM	SGM Long (Steve)	243-0201	568-6408
XO	LCDR Hill (Nick)	243-8850	678-0209
Unit 1SG	1SG 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	MSG Perez (Frank)	243-1321	494-2992
B-Troop SGM	ITCS Pylman (Jay)	243-4079	728-5551
C-Troop SGM	1SG Mills (John)	243-0115	717-2224
D-Troop SGM	SGM Nichols (Jack)	243-4147	424-1805
E-Troop SGM	MSG Fooshee (Bryan)	243-1465	565-0500
G-Troop SGM	1SG Hargrove (Bryan)	243-0991	433-4331
M-Troop Chief	ETC Lewis (Stacey)	243-0439	893-4015
S&T NCOIC	1SG Leach (Chris)	243-0577	480-1118
JCU FRC	Mrs. Michelle McLaughlin		717-3519
Social Worker	Mrs. Wanda Crawford	396-7489	
Chaplain Office	Mrs. Windia Mitchell	243-2515	
JSOC FRG	Mrs. Agnes Adamczyk	396-7500	

JCU FRG Key Callers

JCU FRC	Michelle McLaughlin	717-3519	mcljm4@aol.com
A-Troop:	Beverly Perez	494-4965	bevperetz@embarqmail.com
B-Troop:	Kris To	644-5587	devioushoneykristinaflava@yahoo.com
C-Troop:	Kim Melby	717-4942	kam031602@msn.com
D-Troop:	Michelle Roscoe	875-9266	michelle.roscoe@us.army.mil
E-Troop:	Brandy Fooshee	565-0500	b_louella@yahoo.com
G-Troop:	Kelly Hargrove	433-4331	bkgrove@embarqmail.com
M-Troop:	Amie Huffman	339-4364	amiehuffman@rocketmail.com
CMD/OPS:	Gini Walker	(919) 499-5710	ginimomof4@windstream.net
SOROC:	Kim Leach	480-1118	dawgs2win@embarqmail.com

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)