

# Delivering the Message

Volume 6, Issue 1

January 1, 2011

## Message from the Command Sergeant Major

### Joint Communications Unit

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#### Special points of interest:

- \* Children's Christmas Party
- \* Promotions
- \* Jingle Stick
- \* Old School RETRO
- \* 30th Anniversary
- \* Stone Dedication
- \* Much More

Happy New Year to all and I hope you all had a very festive Holiday Season. I feel very confident in saying that last month was one of the busiest if not the busiest in the history of this organization. And the men and women of the JCU made it look easy. Starting off the month we had "The World's Biggest Exercise in the History of the World" (TWBEINTHOTW) with about 75% of the unit actively engaged from several different locations around the country. MSG Frank Perez and the other members of A-Troop got it all started with their final "Bridge Rail" and then rolling into their validation exercise. While A-Troop was enjoying some very balmy weather the members of C-Troop and the SOROC class were preparing to join A-Troop for their portion of the exercise. Despite the temperature staying well below freezing most of the time, all of the exercise participants executed their assigned tasks flawlessly. But none of them could have completed this exercise without the hard work and

planning conducted by 1SG Leach and the folks in the S&T shop. Thanks to all for an outstanding exercise. Immediately following the week long (TWBEINTHOTW), we kicked off the Alumni week in honor of the Unit's 30<sup>th</sup> Anniversary. We had close to 150 former unit members come back and spend the week with the current members of the unit swapping stories and sharing similar experiences of working in this organization. The week was capped off with the 30<sup>th</sup> Anniversary Ball and by all accounts a very good time was had by all. Whether you were able to participate in the "Dog and Pony", the Stone Dedication and Social, the Golf outing, the Ball or all of the events, I sincerely hope that you took the chance to talk with the former unit members; I know they truly appreciated the entire week. And once again, 1SG Todd Spencer pulled it all together. Without his dedication and attention to detail, the week would not have been possible. Thanks, Todd! Well I guess that is enough rambling for this month, I hope to see each and every one of you at our upcoming

FRG events and wish you all a very "Happy New Year". Take care.

~ Steve



Above: LTC Anderson and CSM Long in front of the new JCU Memorial Stone that was dedicated on 16 DEC 10



# HAPPY 2011



Hopefully everyone enjoyed the holiday season, took some well deserved time off and got a little snow for the 25th . As Joe Cade so willingly pointed out, we've been going non-stop since getting back to work in October. Well, the end of November was the culmination to all that training, and the Troop spent a week and

a half at Ft Knox, Kentucky working out any the last few bugs and prepping for the World's Largest Exercise in the World. I can think of many ways to describe the last few days of that exercise, but overall the event was a great success. Speaking of great success, in case anyone missed it Pat was the Stache winner and is expecting payments when we get back to work.

It was definitely great to see everyone that

made it out to attend the Anniversary events and the Children's Christmas Party. everyone looked great and appeared to be having a good time; it was a great opportunity to catch up with old friends and make a few new ones. Right after the New Year there will be some personnel moves; we will be updating the troop mailing list to confirm contact information to ensure everyone is getting the info they need.

~ Frank



Our deployment is quickly coming to an end. Everyone has been working extremely hard and have been busy, and this makes time go by fast. It is a very true saying that it is groundhog day while deployed. In fact every day is a Monday!!! I can honestly say though that this has been my easiest deploy by far. I owe that to all the amazing work that everyone has been doing. I said in my last newsletter that everywhere that I go I hear about what an amazing job the guys are doing.

That is still true to this day and if anything, has increased.

When we do get home, the guys will have to get things squared away at work before some well earned down time. Once we get everything taken care of at work, they will be yours for a couple of weeks. So give them that first week to slowly adjust to things at the home front and take care of work issues. Then you can hit them hard with the honey do list and all those things you have taken care of by yourself while they have been on vacation from their family duties. For those

with dogs, the back yard can always be cleaned. Kids, I learned it a long time ago that it is not baby sitting when they are your kids. It is called being a dad. So moms, take the day off and treat yourself to a ladies day!!! After you have had them for a couple of weeks though, we will need them back as we will quickly turn around and get into the training mode again.

I hope everyone had a wonderful holiday and can't wait to see everyone again.

~ Jay



Wow, what a month! To kick things off, this month started with what we all lovingly called the "WLEITHOTW" (The World's Largest Exercise in the History of the World). This was a very daunting event since it was the world's largest Exercise , but in true C-Troop fashion, the fellas all picked up their kit and went where they were told and did great things. Outstanding job guys, again you have set the bar high.

The week following the exercise was one of the busiest weeks in the history of the unit that I can remember in my short 10 years here. We celebrated the 30th anniversary of the unit, getting to spend time meeting Alumni and showing them that we have truly picked up the torch that they lit thirty years ago and continue to carry it proudly.

Along with celebrating the unit's birthday, we also held the graduation for a SOROC Class in which C-Troop was the recipient of seven new members. I would like to welcome the new graduates and their families to the troop. Even though

you have only been here a few weeks, I hope you see the pride that this troop carries and that you are ready to do your part. To the family members, Welcome to the Troop.

Before I move past the events of the 30th anniversary, I would like to thank the members of the troop that were at the Anniversary Ball. This was an awesome event for all, current members and Alumni. The highlight for me was when we decided, as a troop, that we wanted a piece of the Unit's history and decided to join together to buy a commemorative coin. Again, you guys joined together and rose to the occasion. We will hang the coin, serial number #3, in the troop for all future members to see.

The highlight of the month was 1SG Spencer's 3rd annual "Jingle Stick Competition". It is no secret that C-Troop is as proud of this accomplishment as any other. We heard rumor that there were several troops that had grand plans to prevent our three-peat. The fellas really brought it this year. With everything going on and during our block leave window, several people delayed leave to stick around to

make sure everything was good to go. Just to sum it up for the people that have not heard or seen, here was the count: 12 vehicles in the "Troop Christmas Parade", 6 loose bales of hay in the troop area, 7 live Christmas trees in the "Troop Christmas tree lot" (we actually sold 2), 1 x 10 foot tree & a pretty cool fireplace in the "mock living room", 3 inns with no room, 1 live nativity with Mary, Joseph, "Baby Jesus" & two live chickens! Let's just say it was a Home Run. I am just not sure what could possibly happen next year, but with James Brown pushing everyone, I am sure it will be awesome. Needless to say, Three -peat complete!

Now that the holiday season is out of the way, it is time for us to focus on the upcoming deployment. I know everyone is motivated and ready to get forward and do great things. I am confident that the troop will replace B-Troop, pick up where they left off and continue to show the world that, just like the motto says, We are "DoD's Finest Communicators".

~ Millsy



I would personally like to thank all the members, families, and friends of D-troop for a fantastic two plus years. I greatly appreciate the support, initiative, and dedication that you have given the troop. In two years, D-troop went from inception to becoming an integral and successful part of the JCU team. We started with just a handful of personnel, no equipment, and no work-space. We have definitely come a long way in a short time. So for those of you who were stuck in the thick of it, to those that have raised the bar, I thank you! This phenomenal organization will continuously ask you to sacrifice your knowledge and time, including three Christmas' on mission or deployed,

and numerous training evolutions throughout the year. We did it because we volunteered, but you continue to do it well because you have the determination and inspiration to be the best! I remember a flight from Iraq to Afghanistan with COL McLaughlin. He and I were talking to BG Brozenick about JCU's reorganization and BG Brozenick described D Troop as being "forged in battle." I thought it was just a cliché, but that is exactly how D Troop was born. All of the service-members that would come to belong to D Troop were deployed when the unit reorganized. It was a challenge but because of the phenomenal people that were involved, we made it look easy.

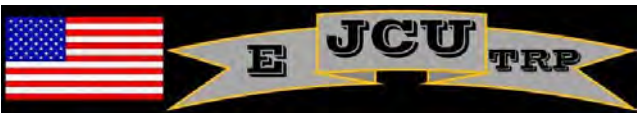
In closing, I hope that each of you had a great Christmas and New Year's celebration and I wish the best for you

in the coming year and throughout your military careers. Thank you again for your service and commitment! I know that you will welcome Delmar and Gini Walker to the team. I've known them for nearly 10 years and they are just as thrilled to be part D-troop as we are to have them. Best wishes and see you all soon.

~ Jack



Above: For D-Troop, Bruce Becherini made a small replica of the JCU HQ's building out of Lego's for the Jingle Stick competition. The detail of this fine work of art was amazing.



Hello to all of our IO readers. I hope the Holidays have been great for all of you. I am sure that all of the kids as well as parents enjoyed the awesome snow storm we got. We almost got a white Christmas. There are some places in the South that got their first one in over 100 years (Amazing). All of the guys seem to have recouped from the JFK 50. However there are only a few that have run since then. Everyone said they will start running after gaining 10

pounds over the holidays. We would like to welcome back Sean from his rotation, I am sure that Melissa, Finn, and Chloe are glad to have him home to help around the house, and we could definitely use the help around here in the office. I hope that everyone has enjoyed taking some overdue time off with the families in the past couple of weeks, which is truly hard to do in this unit. We would like to congratulate Dave, Steve, and Brian for overcoming a huge hurdle by becoming recent

graduates of our program course. This is a great milestone in their career. They are now one of the guys. We do have three guys that are prepping for the next course; I am sure that these guys will give them their horror stories. Hopefully the new guys will have the same success that the three of them had. Thanks for your time, and I hope that all of you had a HAPPY NEW YEAR.

~Bryan



Happy New Year and I hope that all of you had a wonderful Christmas holiday. I hope all had a great time during the 30th Anniversary Week. It was nothing short of incredible. From the JCU stone unveiling to the holiday party I enjoyed spending time with all the troop members and families. My thanks to SOCA and its members for putting together such a great event. With a new year at hand we continue to maintain our steadfast tempo. This

last month our folks have come together and supported the unit's largest exercise in recent history. Our troop members received numerous accolades and I am impressed at how we provided unprecedented support to the exercise and never missed a step in our normal over-watch duties. Great job. Also I would like to recognize our fellas that stood watch this holiday season. Thanks for always being there. As I am sure that you will see in the 1SG's

results, G-Troop placed 4th in the annual Jingle Stick competition. Special thanks to Matt, Jello, and Scott for all the decorating. Speaking of 1SG Spencer, I would like to personally thank you for all you do behind the scenes. Finally I would like to end the old year with a new beginning. Congratulations to Chris Richter and family for the birth of their daughter Jubilee.

~ Bryan



O.K. breathe! As I sit to write the newsletter inputs for this month I find myself in the midst of the holiday season and trying to invent new ways to accomplish all the things that seem to get away from us during this time of year like shopping, writing cards and letters, decorating and, oh yeah, all the stuff we have to do at work. I'd like to thank all those who participated in making this holiday season a success. Thanks to Susan Miller for helping to coordinate the M-Troop dinner as well as the Children's party. A good time was had by all. Thanks

to Carleen Nichols and her army of Elfish supporters who spent numerous hours on and off-duty hours decorating the shop to let in some holiday cheer. Their efforts allowed us to place 2<sup>nd</sup> in this year's Jingle Stick competition. Great job guys! Somehow, while all of this was going on we managed to squeeze in a Static Display, Dinner Social, JCU Stone Dedication, a small exercise and the 30<sup>th</sup> Anniversary event. My hat's off to the entire troop and everyone for the roles you played in making these events happen. It is selfless dedication to the section, unit and country that makes this all possible and I can't think of a more selfless

act than re-enlisting to serve our country. With that said, Congratulations to SFC Mike Beach and SFC Earle Allen who both re-enlisted this month. Before I close I'd like to welcome our newest M-Troopers....We are getting ETCS Blake Schimmel from A-Troop and ET1 Mike J. Larson from SOROC. Hopefully, the New Year will bring some much deserved down-time and a chance for us to relax a bit and go back to only giving 110%. Take care, Stay Safe and Happy New Year!

~ Mike Addaman



Above: Members of M-Troop during the Jingle Stick Competition on 20 DEC 10



Above: During the Jingle Stick Competition, we were met outside of M-Troops Santa's Workshop by the Royal Elfing Guard. After we signed non-disclosure agreements LCDR Hill and I were allowed to pass into this wonderful display of Christmas cheer.



I would like to take the time to welcome Donald "DJ" Holly to the SOROC Cadre teaching staff. You are a welcomed addition to the staff. On a lighter note, I would like to bid farewell to a legend of our unit. Stephen "Nick" Nicholson as he retires from government service. Nick has been here since the inception of the unit and has continued to pass knowledge through SOROC students since January 1991. You are a true patriot and we thank you for your dedication to duty, FAIR WINDS AND FOLLOWING SEAS MY FRIEND, "NICK" you will truly be missed.

Welcome to the incoming SOROC students of class 01-11 and their families. The holiday season is busy for everyone especially when checking in to a new unit. I hope your transition goes smoothly.

Congratulations to the recent SOROC class 02-10 for their well deserved graduation. I am sure the troops have welcomed you and your families with open arms. Merry Christmas and Happy New Year, NOW GET TO WORK!!!

With the completion of the world's largest exercise in the world, SOROC graduation, and JCU 30th Anniversary, I guess the S&T office has been pretty busy. Some words of wisdom from me;

**don't break any more bones  
Stan, don't eat too much food  
Dan, Ken stay away from  
everyone's jump pay, Chris I  
hope you get your deer some  
day, and Jim during the holidays  
PLEASE learn to love the  
augmentees.**

Merry Christmas and Happy New Year from the folks in the S&T office! This time of year is truly a time of giving. We hope you all have a wonderful time with your family and friends. Don't worry about work it will always be here when you come back!!!!!!!!!!!! MERRY CHRISTMAS AND HAPPY NEW YEAR!!!!!!!!!!!!

Thanks,  
~ Jamey

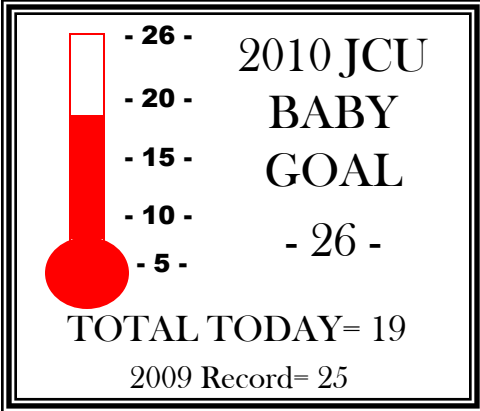
**F.Y.I.**  
**JCU FRG NEWS**



Left: ETC Chris Richter and Freida are the proud parents of Jubilee Camilla Richter. Jubilee was born on December 11, 2010 at 1:00 PM in the Richter home. She weighed in at 8 lbs. 2 ozs. and was 21" long.



**LOOK WHO JUST DROPPED IN**



Above: We did not break the 2009 baby record and ended 2010 with 19 new members to the command

Please checkout all the 30th Anniversary pictures and video on our website  
[www.jcuonline.org](http://www.jcuonline.org)

**ANNIVERSARIES**

Terrell & Vanessa Kemp	2 JAN
Noel & Maria Santiago	7 JAN
Josh & Lindsay Espersen	7 JAN
Sam & Michelle Stanley	10 JAN
Todd & Jamie Brown	10 JAN
Ramondoe & Noriko Goodrich	16 JAN
David & Amy Smith	17 JAN
Randy & Melissa Amsler	18 JAN
Roger & Carol Darling	23 JAN
Justin & Katelynd Day	23 JAN
Mike & Amber Medgyessy	29 JAN

**Please Join Us for Desert and Coffee  
 As We Welcome Our New Spouses  
 At Our February Spouse's Social  
 Tuesday, February 1, 2010 6:30 p.m.  
 At the Annex  
 Children are Welcome!  
 Please RSVP by January 30, 2010  
 To Susan Miller [snmiller05@gmail.com](mailto:snmiller05@gmail.com)**

**JCU Activities Club  
 year end roll-up**

To give you an idea of how the JCUAC works for you, I will list a few of the expenditures for 2010. We gave out 19 baby baskets for those newly arrived members of the unit. A total of 11 flower arrangements were sent to the families of those that had lost a loved one or had an extended hospital stay during the year. The majority of the JCUAC funds supported all of the free or reduced price unit and FRG lunches, annual summer picnic, and Children's Christmas Party. With the unit growing, we can only expect these numbers to grow in 2011. Thanks to all who have contributed to the JCUAC and we look forward to another great year. Remember the JCUAC works for you!



## WELCOME OUR NEW JCU MEMBERS

IT1 Jonathon Costin (SOROC Class 1-11)

CPL Jared Cunningham (SOROC Class 1-11)

IT2 Ryan Johnson (SOROC Class 1-11)

IT2 Phillip Mistretta & wife Mallory, child; Gavin (SOROC Class 1-11)

SFC Gilberto Serna & wife Crystal, children; Gabriella & Isabella (SOROC Class 1-11)

IT2 Brandon Works (SOROC Class 1-11)

SMSgt Chris Martin & wife Natalie, children; Adrienne, Andrew, Adeline & Avery (Returning JCU Alumni)

## GOODBYE TO FRIENDS & FAMILY

ITC John Iwaniec & wife Melissa, DEC 04 - DEC 10 (HHT\_CST)

Mr. Stephen "Nick" Nicholson, JAN 91 - JAN 11 (HHT\_S&T)

TSgt Ken Klynstra & wife Katherine, DEC 02 - JAN 11 (HHT\_CST)



Left: We bid farewell to another great American this month. Mr. Stephen Nicholson will retire after serving our country for a total of 41 Years of government service, 21 In the Army and 20 as a government civilian. He is a Plank Holder for JCU and was one of the original SOROC instructors when it started back in 1992. Nick has been an influence in every JCU communicator that has come in since SOROC started and will be missed. Best wishes to you in your retirement. His retirement ceremony is scheduled for 27 JAN 11 at 1500 in the PPF. Please bring him a coffee, you know you owe him one.

Right: We sure do miss Angel Velasquez. He came to the JCU 30th Anniversary and picked up, right where he left off. Thanks for being you Angel



Above: All four services were represented at the JCU Memorial Stone dedication on 16 DEC 10. Left-Right are Marcus Jett, Matthew Corby, Rick Cross & Amador Avila

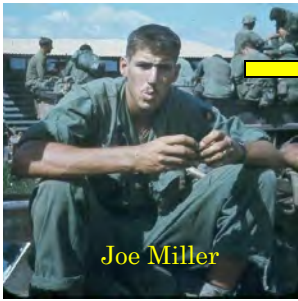
## Answer to last months RETRO JCU ? (did you guess correctly?)



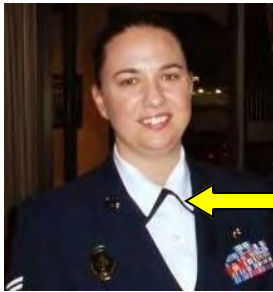
Last month's RETRO picture is none other than 1SG Chris Leach from S&T. Chris was on the "Worlds largest exercise" when this was submitted on his behalf. After a long and hard struggle to chase him down to find out the specifics of this picture, he succumbed to the inevitable. He said "the picture was taken at his moms house in Cedar Rapids, Iowa when he was 14 years old" He also said to add that "YES, he's always had that grouchy look". Thank you Kim for sending in this picture and sharing a little piece Chris' life with us.



# 2010 JCU RETRO Pictures in review



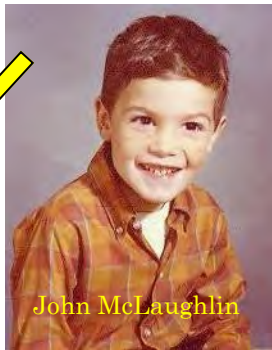
Joe Miller



Amy Smith



Jason Bretzinger



John McLaughlin

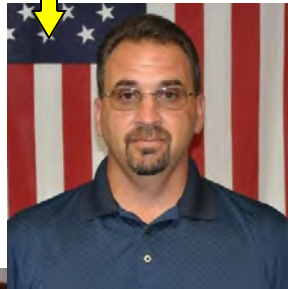


Bill Tingen

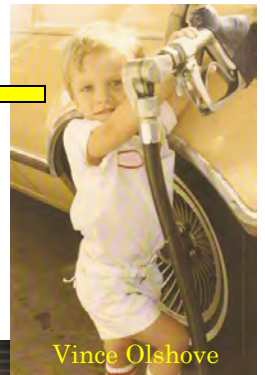


Dave Miller

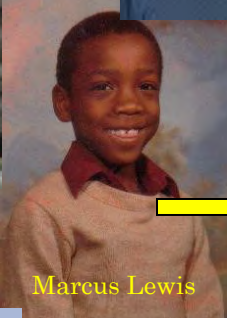
They thought it was over



Bert Giovannetti



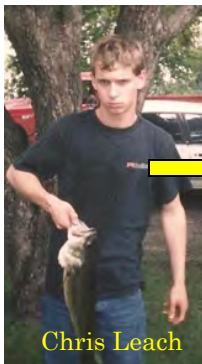
Vince Olshove



Marcus Lewis



Ramondoe Goodrich



Chris Leach



Scott Knox







Above: A few commanders of JCU pose for a picture at the 30th Anniversary. Left-Right, Sam Anderson, Chris Haigh, John McLaughlin & Tom Trobridge



Above: Guest Speaker GEN Peter Schoomaker (retired) with LTC & Mrs. Anderson and Mr. & Mrs. Zeisman



Left: 1SG Spencer accepts the \$1,300 check from past JCU Commander Tom Trobridge for the #1 Silver JCU 30th Anniversary coin. The money made from the five limited edition silver coins returns to the JCU Activities Club



Above: LTC Anderson and 1SG Spencer get a picture with some of the JCU Plank Holders at the 30th Anniversary



Above: The epitome of smooth! Mike Parsons (right), poses with Alumni from left, Matt McDougall, Bill Winkler & George Tidman during the 30th Anniversary Ball



Above: D-Troop at the 30th Anniversary Ball

### 3rd Annual Jingle Stick Competition

The third edition of the Jingle Stick Competition was conducted on December 20th. For those new to JCU, the Jingle Stick may just be the most highly sought after award in JCU. The competition: show the most Christmas cheer by decorating your individual work spaces here at work. The prize: the illustrious JINGLE STICK. LCDR Hill and I are pleased to announce that this year's competition was between more than just a few troops/sections. Everyone took this year's challenge very seriously. This year's winner was C-Troop! With this win, they make it a 3-pete winners of this prestigious award. Runner-up was M-Troop with D-Troop a close 3rd. M-Troop had some very interesting items in their space. We first walked up and were greeted by what we are calling the Royal Elfin Guard. They were guarding the entrance to Santa's Workshop. Inside, we found all of Santa's elf's working hard on toy-making. D-Troop was decorated very nicely and had a traditional Christmas feel. I did however receive an awesome shake-weight gift from the troop. A special item in D-Troop was an almost exact replica of the JCU HQ's building that was made with Lego's. C-Troop had a cornucopia of sights, smells and sound. It started outside with a Christmas parade. Then inside, we went to their team room that was decorated without a single bare spot it seemed. We then were taken to a manger where we saw a live

nativity complete with a real baby Jesus and chickens as livestock. Live nativity was actually Jimmy & Jessica Bermudez and their newborn daughter Sophia. We were then transported downstairs to a cozy living room where A father (Oscar Campos) was reading "Twas the Night Before Christmas" to his C-troop family. Then, we went next door to a live Christmas tree farm where Troy Zimmermann tried to sell us a tree. We got real scared when he started the chainsaw, but he actually sold a few trees. The competition this year as with all was tuff, we spent an hour talking different points and deciding which one would go on to win the STICK. After all was said and done, C-Troop came out on top, so the major award will reside on the hook that hangs in the C-Troop hallway for another year. Thanks to all that participated. We look forward to next year. Pictured below is the jingle stick. It is adorned with ribbons, bows, garland, lights, and of course, plenty of bells.

~ DCO / 1SG



# January Promotions, Awards & Special Occasions

## Air Force Promotions



TSgt Mike Williams to MSgt (G-Troop)  
 TSgt Oscar Campos to MSgt (C-Troop)  
 SSgt Derek Hollingshead to TSgt (D-Troop)



## JCU Yearly Award Winners FY 2009

USA NCO: SSG Marcus Jett (D-Troop)  
 USN NCO: ET1 Amador Avila (D-Troop)  
 USMC NCO: SSgt Howard Wright (HHT\_CST)  
 USAF NCO: SSgt Matthew Corby (A-Troop)  
 Civilian: Mr. Sam Stanley (E-Troop)

## JCU Overall Service Member of the Year FY 2009

**SSgt Matthew M. Corby (A-Troop)**

Visit us on the web  
[www.jcuonline.org](http://www.jcuonline.org)

## BIRTHDAYS

Bradley Pike	1 JAN
Jesse McMahan	1 JAN
Carlos Calvo	3 JAN
Raphael Halmos	3 JAN
Fabian Robles	5 JAN
Joshua Morgan	5 JAN
Adam Groves	8 JAN
Ryan Miller	8 JAN
Michael E. Clark	10 JAN
Ryan Oswald	10 JAN
Stephen Nicholson	11 JAN
Seth Hogan	11 JAN
Joseph Munn	12 JAN
Michael R. Clark	14 JAN
Scott Bachand	17 JAN
Gregory Matthews	18 JAN
Noel Santiago	18 JAN
Jeremiah Vanderneut	18 JAN
Joseph Pishock	20 JAN
Julian Walle	21 JAN
Jody Elkins	22 JAN
Andre Tate	22 JAN
Roger Darling	23 JAN
Howard Wright	23 JAN
Jeremy Trejo	24 JAN
Mark Landez	25 JAN
Marcus Jett	25 JAN
Rachael Gorman	25 JAN
Kevin Angell	28 JAN
Samuel Knox	29 JAN
Jack Nichols	31 JAN
Thomas Knoll	31 JAN

Right: G-Troop at the 30th Anniversary Ball



Above: This picture will be famous someday, I can feel it. LCDR Hill and 1SG Spencer take a moment to actually have fun and while doing so, this picture was taken



## Mark your calendars for these important dates

7 January	JCU Winter Highland Games	0700-0930: Pope Softball Field area
27 January	Retirement of Mr. Stephen C. Nicholson	1500-1600: Parachute Packing Facility
1 April	Retirement of 1SG Todd A. Spencer	1400-1500: Parachute Packing Facility

**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"



**LEADERSHIP THAT CARES**



<u>Position</u>	<u>Name</u>	<u>Work</u>	<u>Home</u>
Commander	LTC Anderson (Sam)	243-0200	339-0108
CSM	CSM Long (Steve)	243-0201	568-6408
DCO	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	1SG Perez (Frank)	243-1321	494-2992
B-Troop Chief	ITCS Pylman (Jay)	243-4079	728-5551
C-Troop SGM	MSG 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	ETCM Addaman (Mike)	243-0439	487-0293
S&T NCOIC	1SG Leach (Chris)	243-0577	480-1118
JCU FRC	Mrs. Gillian Long		624-7611
Social Worker	Mrs. Wanda Crawford	396-7489	
Chaplain Office	Mrs. Windia Mitchell	243-2515	
JSOC FRG	Mrs. Marie VanHeusen	396-7500	

**JCU FRG Key Callers**

JCU FRC	Gillian Long	624-7611	<a href="mailto:gillian.long@erac.com">gillian.long@erac.com</a>
A-Troop	Beverly Perez	494-4965	<a href="mailto:bevperetz@embarqmail.com">bevperetz@embarqmail.com</a>
B-Troop	Kris To	644-5587	<a href="mailto:devioushoneykristinaflava@yahoo.com">devioushoneykristinaflava@yahoo.com</a>
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