

Joint Communications Unit

Delivering the Message



Special points of interest:

- JSO 10K
- Children's Christmas Party
- Promotions
- Retirements
- Air Force SNCO Induction
- Quarter Awards
- Yearly Awards
- JCU Service Member of the Year

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Message from the Commander

It truly is hard to believe we ring-in 2012 in less than two months! By now, those families with children are back to homework and school sporting events; but either way our children and school events are certainly topics of discussion around the water cooler. As busy as all of you are at home, the Communicators of JCU are equally as busy but on a global scale. I cannot express how grateful I am to be a part of such an outstanding command that consistently provides the services they do with the tremendous positive impact to our way of life ~ thank you!

The next couple of months are our "holiday" months and bring with them several events that are certain to be enjoyed by everyone. The first event is the **Joint Special Operations 10K** fun run, which by the time you read this will have already occurred. It was truly a tremendous event and the final count had us a record 970 registered runners. What started out as a little fundraising event has transformed into the second largest running event in Cumberland County. I want to personally thank all of the participants and volunteers who supported the Special Operations Communicators Association (SOCA) in the conducting of this event. Next year, I'm confident we will top 1000 runners. For those unable to participate in the 10K, they will have another opportunity to redeem themselves with the **JFK 50 miler**...yes, I said 50 miler, as in run 50 miles continuously without stopping. Although not for the weak of heart (literally) this challenging, one of a kind

course has garnered a sort of following by a select few with the Unit. Good luck to all of those participants running in this event. Both races are followed by the **Thanksgiving holiday** and although there are no scheduled events, it does bring with it a four day weekend and who doesn't like one of those every now and then. Following Thanksgiving, is the **Children's Holiday Party** to be held at Camp Rockfish on Wednesday, December 14th from 4 pm till 7 pm. For those who attended the summer picnic at Camp Rockfish, I think I can say with confidence that it was a great time and I'm sure the Children's Holiday Party will also be a great event. On Saturday, December 17th, we will hold our **annual anniversary party** at Hotel Bordeaux from 6 pm to midnight. There will be more information regarding this event available in the coming weeks, but if there is something any of you would like to see, or have at this party, please contact 1SG Jim Prasse to discuss. The annual anniversary party also brings with it the long awaited half-day schedule. JCU communicators will be on half-day work schedules December 19th to the 22th and again the 27th to the 29th, the Christmas and New Year's holidays will be observed with the following days off: December 23-26 and December 30-January 2nd. I hope everyone takes this time to spend with family and friends and recharge their batteries from the long but successful year of 2011 and prepared to face 2012!

I would also like to remind everyone that we will be graduating

SOROC class 2-11 on Wednesday, December 14th at 1 pm. This is another very big event for JCU as we congratulate both service members and their families for graduating what is unquestionably the most technologically complex communications curriculum in all of DoD. Families and friends are encouraged to attend this graduation as it is a very significant milestone in one's military career as the graduates join an elite fraternity of JCU Alumni.

I would like to again express my continued thanks for DoD's Finest and their efforts and also say "thank you" to all of those Family members supporting us. Whether it's through volunteering at one of our events mentioned above or simply the love and support you provide your spouse, either way we all appreciate you and what you do! While we anxiously await the holiday season, keep the members of A Troop and their Families in your thoughts as well as those across the rest of the command that are deployed during this time. Deployments are always challenging, particularly during the holiday period. We hope the Families of deployed members will take the opportunity to participate in all the social events we have scheduled and that they will make this period less stressful for all.

DoD's Finest!
Sam Anderson

Delivering the Message



Congratulations to Josh for being selected as the JCU Sailor and Service member of the year. Lots of hard work went into this accomplishment and it all paid off. I know that the competition was tough just due to the fact that there were 4 A Troopers competing with the rest of the group. Josh is actually the 2nd A Troop member in a row to earn the

title and the parking space, although he won't get to use the parking space for a little while. I was glad to see that some of the families were able to make it in for the VTC, thanks Joe for helping out with it, I'm sure that everything went off without a hitch. Speaking of Joe Worley, the troop has been sending giant care packages back to Joe and I know that he really enjoys pulling those boxes apart to find the wonderful surprises that are packed

inside, don't worry Joe, there are plenty where those came from.

Also, Scott Eveler was off completing the Air Force Senior NCO Academy this month and will soon link up with the rest of the team. I'm sure he will be bringing some new Air Force leadership techniques.

Lastly as a reminder, the next VTC is scheduled for 20 November, mark your calendars and we will see you there.

~Frank



Howdy all! Another lightning fast month has flow by again! It never ceases to amaze how fast time flows by. It could be old age, but I'll never admit to that! As I'm sure all of the family members can attest to, it's been getting colder and our morning trips to the Yard are getting a little more brisk. It defiantly motivates the fellas to warm up. Speaking of PT, everyone was looking good during the

last SOROC ruck march. Everyone completed an Indian run with a medicine ball and slosh pipe for all 8 miles. Why anyone would run with a 10 foot pipe half filled with water is beyond me, but we all did it. The C-Troop fellas also had a good time during our C-Troop Adventure Race; 5 mile run, 2 mile canoe, and 1.5 mile litter carry. It was hard, but at the end everyone was glad it was over.

All month wasn't just PT; we had a lot of the troops in classes as

well. Almost everyone was in Level 3 Server Admin class. Jonny B. and Brent completed their CISSP course and Larry and Justin Day completed Basic Airborne. Congratulations to all, for surviving the "fire hose" of education. We also welcome Oscar back from the Recruiting office and we're ready to put him back to work as well.

Finally, Congratulations to James Brown, he was the 4th Quarter Sailor of the Quarter and the C-Troop Sailor of the Year!

~Christian



Left: C-Troop conducting the litter carry portion of their Adventure Race.

Right: Looks like somebody was just along for the ride, or tow for that matter.



SIR, we are out of your building! I'm sure LTC Anderson was getting tired of my weekly updates stating, "we are moving". It took us only four months from the time they said we can occupy. Not our fault just countless delays, but we have finally established a footprint in the new JCU-SMT building. With this, all 5 of SMT's sub-sections will be in the same

building. This also means we'll be getting some new "swag"! Just wait for the cool things we have in store! Christmas is around the corner so we should have some cool stuff to give to the families. I would like to say congratulations to all of our awardees, promoted NCO's, and school graduates. We continue to produce, provide and sustain the best communicators in DoD! We hear it at all the ceremonies, but the JCU team does amazing things! We are the best because

of our teammates, not one person can necessarily be called the Jack of ALL trades, but we are real close when it comes to the company we keep! I appreciate the continued support, manning, and JCU initiative. Thanksgiving is next and with that the holidays begin. Please keep our teammates in mind and think about those that are deployed. I hope to see you all soon and have a fantastic November.

~Jack



Well the Holiday Season is among us and I for one can't wait. Whether it is Trick-or-Treating at Halloween, the swollen bellies and hours in front of the tube watching football during Thanksgiving, or the excitement as you open presents on Christmas morning, you just gotta love the Holiday Season. I know some of you pessimists out there are dreading the overly cheerful Christmas Carolers, and the pushy salespeople, the long lines, and never ending ringing of the Salvation Army Santa Clause bell, but even then you have to love the over commercialization of Holidays in the great of U. S. of A. And let's face it; a chance to spend time with family and friends is always time to be cherished. Although time with my kin folk is more like a bad Jerry Springer episode than peace on earth and good will towards men... but I still love it.

So in recognition of the Holidays Season, I thought I would collect a David Letterman style Top 10 list of the Top 10 things a JCU Communicator wants for

- Christmas.
- 10. A Half Day schedule that really is only half a day.
- 9. A Holiday Party with an open bar that lasts longer than 20 mins.
- 8. A get out of an Ops Tasker Coupon Book in every stocking.
- 7. The RTO Hand Book on tape (well MP3 these days). Narrated by Todd "Dookie" Spencer with voice over's and sound effects by the CSM and Grumpy Frank
- 6. The Men of Maintenance Pin Up Calendar
- 5. A collage of Remedy Tickets
- 4. Any item in the JCU online Store individually gift wrapped by the 1SG
- 3. "Respect"
- 2. A Virtual Ruck Sack (Virtualization is the future after all)
- 1. And the #1 thing a JCU Communicator wants for Christmas is.....To See LTC Anderson's "Happy Face"

Now waking up to find those little gems on Christmas morning would have me singing Jingle Bells along with some hillbilly

version of Feliz Navidad while watching Grandma got Ran over by a Reindeer reruns.

On a more somber note, D Troop would like to say farewell to Derrick White and his family as they PCS down to Florida. We tried to talk Dee into being a Geo-Bachelor so we could keep his years of knowledge and experience in the Unit but he "reluctantly" declined. Not sure why he would give up glorious Fayetteville for Sunny Florida but, to each their own. We will definitely miss him. On another note, we still got operation baby watch in progress with H-hour looming ever closer. The Durr and Smith (Josh Smith that is) families are due any day now, and will most likely have baby in hand by the time you are reading this. So I'm gonna go out on a limb and say CONGRATS!

Well about time to start prepping this year's Halloween Costume. Anybody have 6" stilettos in chartreuse? OK anybody other than Jack that is. Later.....

~ Del



This has been another eventful month; it is hard to believe October has passed already. Winter is approaching fast, the East Coast already experienced its first snow storm before the leaves were off the trees, how weird is that? Time flies when you are having fun, amidst the leader training, the SOCA 10k, Veterans Day, and Thanksgiving approaching at a rapid pace, this month will be over before you know it. So hold on to your seats and wallets and be careful not to spend too

much on "Black Friday." Just in time for this month's events are Jeremy Bloom and Mike Foy, who recently

returned from a challenging deployment and performed admirably in their respective positions. Thanks guys!! Joe Thomas and Will Crockett have deployed in their place and we wish them the best in the challenge of living the life of one of DOD's Finest Communicators. We would also like to welcome Ms. Dandrea Brown and Christopher Laplante to the NOSC AIS team. If you haven't seen the Nerd Herd (NOSC AIS) guys around, it's because they are either in class or studying hard in

CISSP, which places them in their happy place. Many congratulations are in order for Joe and Jessica Cade on the birth their daughter, Lucille.

Again, we can never forget the job our deployed members are doing out forward. Thanks for all you do and we will see you soon!! In all that we accomplish it is our love ones at home that often perform the thankless task of supporting us. On this day be reminded that your sacrifices have not gone unnoticed and we want you to know that it is appreciated.

~TJ

31st JCU Anniversary Party

Where: Hotel Bordeaux - 1707 Owen Drive, Fayetteville, NC

Who: All JCU military and Civilians

When: 17 December 2011 from 1800-0001

Cost: Free to all current JCU Activity Club members and their guest. \$30 per person for non-member and their guest.

Why: Celebrate the Anniversary of this great unit, gather with friends, take our spouses out for a night on the town and show them how special they are to us.



Holiday Pet Safety Tips

Holly, Jolly and Oh-So-Safe! Of course you want to include your furry companions in the festivities, pet parents, but as you celebrate this holiday season, try to keep your pet's eating and exercise habits as close to their normal routine as possible. And be sure to steer them clear of the following unhealthy treats, toxic plants and dangerous decorations:

O Christmas Tree

Securely anchor your Christmas tree so it doesn't tip and fall, causing possible injury to your pet. This will also prevent the tree water—which may contain fertilizers that can cause stomach upset—from spilling. Stagnant tree water is a breeding ground for bacteria and your pet could end up with nausea or diarrhea should he imbibe.



Tinsel-less Town

Kitties love this sparkly, light-catching "toy" that's easy to bat around and carry in their mouths. But a nibble can lead to a swallow, which can lead to an obstructed digestive tract, severe vomiting, dehydration and possible surgery. It's best to brighten your boughs with something other than tinsel.

No Feasting for the Furrries

By now you know not to feed your pets chocolate and anything sweetened with xylytol, but do you know the lengths to which an enterprising fur kid will go to chomp on something yummy? Make sure to keep your pets away from the table and unattended plates of food, and be sure to secure the lids on garbage cans.

Toy Joy

Looking to stuff your pet's stockings? Choose gifts that are safe.

- Dogs have been known to tear their toys apart and swallowing the pieces, which can then become lodged in the esophagus, stomach or intestines. Stick with chew toys that are basically indestructible, Kongs that can be stuffed with healthy foods or chew treats that are designed to be safely digestible.
- Long, stringy things are a feline's dream, but the most risky toys for cats involve ribbon, yarn and loose little parts that can get stuck in the intestines, often necessitating surgery. Surprise kitty with a new ball that's too big to swallow, a stuffed catnip toy or the interactive cat dancer—and tons of play sessions together.

Forget the Mistletoe & Holly

Holly, when ingested, can cause pets to suffer nausea, vomiting and diarrhea. Mistletoe can cause gastrointestinal upset and cardiovascular problems. And many varieties of lilies, can cause kidney failure in cats if ingested. Opt for just-as-jolly artificial plants made from silk or plastic, or choose a pet-safe bouquet.

Leave the Leftovers

Fatty, spicy and no-no human foods, as well as bones, should not be fed to your furry friends. Pets can join the festivities in other fun ways that won't lead to costly medical bills.

That Holiday Glow

Don't leave lighted candles unattended. Pets may burn themselves or cause a fire if they knock candles over. Be sure to use appropriate candle holders, placed on a stable surface. And if you leave the room, put the candle out!

Wired Up

Keep wires, batteries and glass or plastic ornaments out of paws' reach. A wire can deliver a potentially lethal electrical shock and a punctured battery can cause burns to the mouth and esophagus, while shards of breakable ornaments can damage your pet's mouth.

House Rules

If your animal-loving guests would like to give your pets a little extra attention and exercise while you're busy tending to the party, ask them to feel free to start a nice play or petting session.

Put the Meds Away

Make sure all of your medications are locked behind secure doors, and be sure to tell your guests to keep their meds zipped up and packed away, too.

Careful with Cocktails

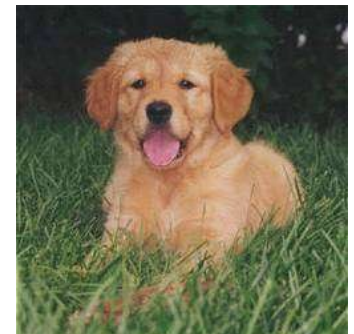
If your celebration includes adult holiday beverages, be sure to place your unattended alcoholic drinks where pets cannot get to them. If ingested, your pet could become weak, ill and may even go into a coma, possibly resulting in death from respiratory failure.

A Room of Their Own

Give your pet his own quiet space to retreat to—complete with fresh water and a place to snuggle. Shy pups and cats might want to hide out under a piece of furniture, in their carrying case or in a separate room away from the hubbub.

New Year's Noise

As you count down to the new year, please keep in mind that strings of thrown confetti can get lodged in a cat's intestines, if ingested, perhaps necessitating surgery. Noisy poppers can terrify pets and cause possible damage to sensitive ears.



For more information, visit www.aspc.org/pet-care.

F.Y.I.

JCU FRG NEWS



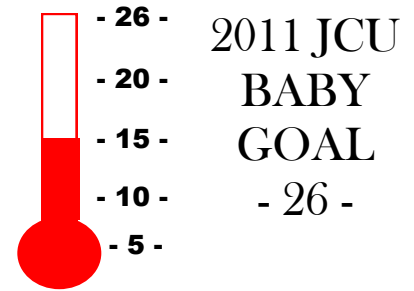
Left: Joe and Jessica Cade are the proud parents of Lucille Eva Cade. Lucille was born on 29 Oct 2011 at Womack. She weighed 8 lbs 5 oz, and was 21.5 inches long.



ANNIVERSARIES

Larkin & Carrie Dennison	2 NOV
Jeanice & Joseph Wehner	5 NOV
Brent & Malissa Borden	10 NOV
Chip & JunChai Burguess	11 NOV
Todd & Marsha Spencer	15 NOV
Del & Gini Walker	15 NOV
Mike & Lisa Munn	18 NOV
Hernan & Carla Daffara	21 NOV
Bryce & Melissa Hixson	21 NOV
Jory & Jennifer Mathis	25 NOV
Rich & Denise McAlister	30 NOV
John & Una-Lee Sullivan	30 NOV

2011 JCU Children's Holiday Party



ANNUAL JCU
CHILDREN'S HOLIDAY PARTY
AT CAMP ROCKFISH

WEDNESDAY, DECEMBER 14, 2011
4-7 P.M.
DINNER WILL BE SERVED AT 6 P.M.

ACTIVITIES INCLUDE:

- HAYRIDES
- CANOEING
- CAMPFIRE WITH S'MORES
- HOLIDAY CRAFTS
- BOARD GAMES
- PICTURES WITH SANTA
- SNACKING ON HOT & COLD APPETIZERS
- FEASTING ON A FRESHLY PREPARED HOLIDAY MEAL



RSVPS:

PLEASE RSVP **NLT**
NOVEMBER 30, 2011
TO SUSAN MILLER
SNMILLER05@GMAIL.COM

PLEASE INCLUDE MEMBER'S NAME,
SPOUSE'S NAME, CHILDREN'S NAMES
& AGES

REMEMBER TO DRESS
WARMLY & WEAR CLOSED
TOE SHOES FOR THE
OUTDOOR ACTIVITIES!

Visit us on the web



www.jcuonline.org



Select the music for the
2011 Anniversary Party

www.fivestar-entertainment.com

Click on "Song Requests" button
on top banner

Date of event: 17 December 2011

Password: jcu2010

Search all of the songs and select those
that you would like to hear or
dance to at the Party.





Please Join Us for our Holiday Social
Wednesday, December 7, 2011
6:30 p.m.

At the home of Gillian Long
2920 Laughton Dr., Fayetteville

Please bring a Pot Luck dish to share!

Please RSVP by December 4, 2011

To Susan Miller
smiller05@gmail.com



Please cut out the contact numbers on the back page and post near the phone for quick access



GOOD LUCK TO ALL THE 2011 JFK 50-MILE ULTRA-MARATHON PARTICIPANTS

Left and Below: LTC Anderson presents the Bronze Star Medal to SFC Kyle Roscoe, TSgt Bryan Watkins, SSG Mark Krob, and SSgt Ken Johnson during a ceremony on 6 October 2011.

DON'T WAIT, RSVP FOR THE JCU CHILDREN'S PARTY TODAY



WELCOME OUR NEW JCU MEMBERS

MAJ Andy Bender & wife Julia, children; Samantha, Alicen, Karalin, & Emily (HHT)
SGT Demario Ross & wife Ashlee, daughter Naysia (M-Troop)

GOODBYE TO FRIENDS & FAMILY

LTC Mike Parsons & wife Shannon: May 07—Oct 11 (NOSC)
SFC Calvin Delaware: December 07—October 11 (B-Troop)



LTC Anderson presents the Defense Meritorious Service Medal to SFC Jimmy Wagner during a ceremony on 6 Oct 11.



MSG Mike Crain is presented with the Defense Meritorious Service Medal from LTC Sam Anderson

Government Service Awards



Charles Churchwell, 25 years of service



Gama Rodriguez, 10 years of service



Penny Richenberg, 5 years of service



Joe Miller, 5 years of service



Leon Hamilton, 5 years of service



Above: GySgt Danny Knouse is flanked by his two children, Katelyn and Dayton after he graduated from the Marine Corps Staff NCO Academy Advanced Course. Danny was also an Honor Graduate from his class. Well done Gunny!!!!

HAVE YOU
MADE YOUR
CFC
DONATION
YET?



United States Marine Corps
236th Birthday
November 10, 1775 - 2011
"Semper Paratus"



Above: CW3 Jeramy Cosner decided that it would be great fun to go out and play in the mud. With that, he signed up to participate in a Tough Mudder. For those of you who don't know what it is, it is a 10 mile run with about 30 obstacles along the route, and best of all, it is all covered in mud. These runs are becoming more and more popular over the years.



The JCU Highland Games are tentatively scheduled for January 6, 2010, start thinking about your team NOW.

Visit us on the web
www.jcuonline.org



Below: After so much learning at the Advanced Course, GySgt Knouse went to Wyoming for some much needed R&R. On this trip, he was demonstrating his superior marksmanship skills to many of the local animals. This mule deer is a beast with a 7 point (4 x 3), and measuring a 22 1/2" spread. He also took a nice pronghorn on this same trip.

November Promotions, Awards & Special Occasions



Army Promotions

SFC Bryant Locke to MSG (B-Troop)
SFC Rick Lepage to MSG (SMT-Troop)

Basic Airborne School Graduate

SFC Larkin Dennison (C-Troop)
IT1 Justin Day (C-Troop)
ETC Clyde Anderson (M-Troop)
ET1 Gabe Ramizez (M-Troop)



JCU Quarterly Award Winners 4th QTR, FY 2011

USN NCO: ET1 James Brown (C-Troop)
USAF NCO: SSgt Dirk Shelton (A-Troop)

JCU Yearly Award Winners FY 2010

USA NCO: SSG Paul Trowbridge (D-Troop)
USN NCO: IT1 Josh Espersen (A-Troop)
USMC NCO: SSgt Jesse McMahan (B-Troop)
USAF NCO: TSgt Jason Gunter (D-Troop)
Civilian: Mrs. Carleen Nichols (M-Troop)

JCU Overall FY 2010 Service Member of the Year

IT1 Josh Espersen (A-Troop)

Air Force 2011 Lance P. Sijan Award Winners SOCOM Level

Senior Enlisted: SMSgt Ray Hickman (NOSC)

BIRTHDAYS

Peter Nunnery	1 NOV
Michael Adcox	3 NOV
Jimmy Bermudez	3 NOV
Mark Garcia	6 NOV
Randy Simpson	10 NOV
Jeremy Jenkins	10 NOV
Shawn Johnson	11 NOV
Nathan Hannah	11 NOV
Micah Modest	11 NOV
Timothy Tapio	14 NOV
Georgette Gill	14 NOV
Jonathan Woosley	16 NOV
Thomas Rascon	18 NOV
Kyle Roscoe	21 NOV
Ramondoe Goodrich	23 NOV
Charles Brandt	23 NOV
Bruce Becherini	24 NOV
Alfred Eline	25 NOV
Roy Campbell	28 NOV
Pablo Guerra	29 NOV

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Reminder!!!!

The 2011 Jingle Stick competition judging will take place on 19 Dec 11. The bar has been set by C-Troop winning the last 3 competitions. Start thinking about how your Troop can possibly take the Jingle Stick away from C-Troop and end their reign.

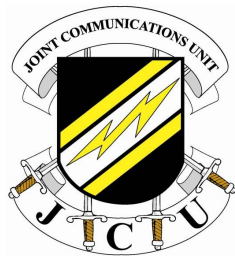
Mark your calendars for these important dates

21 November	49th Annual JFK-50 Mile Ultra-Marathon	All day: Hagerstown, MD
14 December	JCU Children's Christmas Party	1600-1900: Camp Rockfish, Parkton, NC
17 December	JCU Anniversary Party	1800-UTC: Bordeaux Hotel
19 December	Jingle Stick Competition judging	1200: JCU Buildings
6 January 2012	Winter Highland Games	0700: Pope AFB



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28307-5000

Phone: (910) 243-0469
Fax: (910) 243-0310
E-mail: prassej@jdi.socom.mil



"DoD's Finest Communicators"



<u>Position</u>	<u>Name</u>	<u>Work</u>	<u>Home</u>
Commander	LTC Sam Anderson	243-0200	339-0108
CSM	CSM Steve Long	243-0201	568-6408
DCO	LCDR Nick Hill	243-8850	678-0209
Unit ISG	ISG Jim Prasse	243-0469	426-9305
OPS Officer	MAJ Ken Rutka	243-0524	706-587-8884
Ops SGM	SGM Rob Flaker	243-2439	919-499-5570
A-Troop SGM	ISG Frank Perez	243-1321	494-2992
B-Troop SGM	ITCS Dave Kelly	243-4079	339-9547
C-Troop SGM	SMSgt Christian Martin	243-0115	919-498-1192
D-Troop SGM	SMSgt Del Walker	243-4147	
SMT Troop SGM	SGM Jack Nichols	243-1589	424-1805
NOSC SGM	ISG Chris Leach	243-0991	480-1118
NOSC Director	MAJ Tom Rascon		973-2489
M-Troop SGM	ETCM Mike Addaman	243-0439	487-0293
S&T NCOIC	MSG Steve Trevino	243-0577	988-4721
XO	Maj Mike Medgyessy	243-2301	919-352-9599
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	gillian.long@erac.com
A-Troop	Beverly Perez	494-4965	bevperetz@roadrunner.com
B-Troop	Kris To	644-5587	devioushoneykristinaflava@yahoo.com
C-Troop	Natalie Martin	919-498-1192	mrsmartin4@hotmail.com
D-Troop	Lisa Avila	228-238-3995	lissimoneavila@yahoo.com
SMT-Troop	Brandy Fooshee	565-0500	b_louella@yahoo.com
NOSC	Barb Rascon	973-2483	brascon71@yahoo.com
M-Troop	Kelly Larson	530-524-4038	larson101@gmail.com
CMD/OPS	Deborah Prasse	426-9305	dsp729@yahoo.com
SOROC	Kathi Knouse	919-498-9042	kgknouse@yahoo.com