

Delivering the Message

Volume 6, Issue 10
October 1, 2011

Inside this issue:

Troop News	2-4
FRG News	5
RETRO JCU	6
Welcome & Farewell	7
Meet the SOROC'ers	8
Promotions & Awards	9
Unit Contact Information	10



Special points of interest:

- CFC Kicks off
- Pictures
- Promotions
- Awards
- Breast Cancer Awareness
- JSO 10K Run / 5K Walk
- Important dates

Message from the Sergeant Major

Hello all and welcome to the fall. The children are all back in school and the weather is getting cooler; I hope all is well with each of you as we transition the seasons. It seems like just the other day we were all at Camp Rockfish for the summer picnic and now we are in the planning phase for both the JCU Holiday party on 17 Dec 11 and the children's Christmas Party on 14 Dec 11. As well as working with SOCA to plan and participate in their annual JSO 10K run and 5K walk that will be on the 11th of November. As always we are looking for volunteers to help with these events, if you would like to help in any way with any of these events please contact Gillian Long at the5longs@yahoo.com or (910)624-7611. Also, with one of my favorite holidays just around the corner I'd like pass along some Halloween Safety tips.....

Don't Frankenstein Your Lights

When purchasing electrical decorations, make sure to shop at a reputable retailer and look for the UL Mark. Be sure to check the rating on your extension cords and do not plug in more than the recommended wattage. Use special, heavy duty extension cords for high wattage decorations such as fog

machines and electrically-powered inflatable decorations.

Inspect Decorations with Fiendish Care

Inspect all of your electric lights and decorations for damage or wear. Cracked sockets, frayed or bare wires and loose connections may pose a fire or shock hazard. Replace damaged light strings with energy-efficient LED lights. Look for a red UL Mark to indicate that lights are certified for both indoor and outdoor use. A green UL mark indicates certification for indoor use only.

Beware of Candles!

Candles, especially in a Jack O'Lantern, should be off the ground and out of children's reach. Try battery-operated LED candles for an even safer option.

Don't Trip Up Your Goblins

Halloween costumes should allow full movement for your kids. Costumes that drag, constrict or drape pose a dangerous hazard, especially at night. Check to ensure that costumes don't restrict your children's vision, and instruct them to watch out for tripping hazards, such as cords.

Say Boo! to Unsafe Costumes

Be sure to purchase or make costumes out of flame-resistant materials such as nylon or polyester as these specially

marked fabrics will resist burning and extinguish quickly. Make sure your child knows to stop, drop and roll in case their costume catches fire.

Be Safe and Bright

Choose costumes that are lighter in color and attach reflective materials to costumes. Make sure each child has a flashlight to help them see and be seen.

Keep Hungry Monsters from Feeding

Never let your kids eat Halloween candy before you inspect it in the light at home. Even if you know your neighbors, you should always check to be safe and throw away open candy or anything that looks at all suspicious.

Talk to your Little Ghouls About Safety

Here's a fun way to go over basic safety rules with your kids before the evening arrives. Give them this Halloween family safety quiz, and when they're done, award them with a UL safety certificate that they can post on the front door! For more safety ideas please visit SafetyAtHome.com

Take Care & Be Safe,
~Steve



I can honestly say that without a doubt, this trip so far has flown by. Everyone had about ten minutes to get settled into their positions when things started going 100 miles an hour. Between Scott and crew trying to figure out how to keep the gear from taking over, Marlon and crew's daily efforts to keep the lights on, and Jeff's best guess efforts on what tomorrow brings, things have been nonstop. This is definitely not the normal trip and things will continue to

change. With all that the guys are doing great, everyone is in great spirits and even up for a couple of birthday pranks (I owe you Chris). The new guys have definitely gotten rid of that label, everyone of them has completely impressed anyone that they have had contact with. They are truly setting the standard. A Troop Style Congratulations to Rob Lopez, who was promoted to SFC on 1 October. He will be officially pinned upon his return. Joe Worley, thanks

for all the support you have been giving, it definitely helps to have someone there actually look out for your interest.

As a reminder, if you need anything, Joe Worley and Bev are both available to help out. If you cant get a hold of either of them, then definitely give the unit 1SG a call, we cant help if we don't know. Take Care
~ Frank



I know folks have been wondering what happened to B troop. Rest assured we are alive and well. I took over for Jay back in August, and the fella's have let me know how I'm failing in my job, since I couldn't seem to get the newsletter input to the 1SG in time. I'm grateful to have this opportunity to work with the best group in the unit (no offence Del) and look forward to meeting all the families. It seems like we have been going in every direction over the last several weeks. Taking the last of our use or lose leave, heading around

the world looking for the next generation of JCU communicators, and training on new gear. One of the new satellite systems is the GATR; it looks like a giant beach ball just not painted in the rainbow colors. OT, Jody, and Dave Allen were all promoted to E8, which is a great achievement in their careers. SFC Delaware was promoted to Warrant Officer and is now Mr. Delaware; he will be missed as he transfers to his new assignment.

equipment and evaluated through various exercises. Steve and Drew took part in a Joint readiness Exercise on the island of Oahu, and OPS was able to actually surprise the troop with a no notice exercise. They said they forgot to page me, but I think they just wanted to show me how good the troop was. Thanks for the extra few hours of sleep. :-)

~Dave

We have also been busy with the training on our communications

Weather getting cooler can only mean that the 10K is getting closer

It's that time of year again. Time for the 15th Annual Joint Special Operations 10K Run / 5K Walk. This years event will be held on Wednesday 11 November at McKellar's Lodge. Race packet pick-up starts at 0530, the race starts at 0700. If interested in helping the morning of the race at the packet pick-up area, please contact Mr. Todd Spencer for more details. Last year we had 800 registered

participants, we hope to exceed that total this year. The event is sponsored by the Special Operations Communicators Association. Registrations can be done either via mail or on www.active.com. A separate flyer will go out through the e-mail channels. Hope to see you all out there.

~ 1SG





Hello from C-Troop! It's been a fun month with a lot going on. The definite highlight of the month was our week long exercise in the woods. We all had a good time re-learning land navigation and "regular Army" stuff, but we all got experience some of the more basic needs of life. We all discovered our inner pyro's and successfully started many fires but didn't burn the woods down! For some, this was a bit of a feat! There were also some interesting moments as we all became more acquainted with the challenges of feeding ourselves while discovering that they have no idea how to cook. Salmonella is grossly over exaggerated!

While we did have some fun, we've also been very busy with other exercises. James Brown has just returned from a very arduous TDY from Hawaii. I was very glad to see him make it back in one piece from the beaches. I was



very concerned about sunburns. Nearly the entire troop has been in some very intense classes. Brent Borden and Jon Beard just completed their CISSP course and the rest of the troop is again learning to drink from a fire hose at a networking course!

~Christian



Well we finally made it back, for the most part anyway. What a good feeling to be back home. I just wanted to take this opportunity to publically thank each and every member of the troop for their outstanding dedication, patriotism, and tireless work ethic they put forth towards the mission during our deployment. Seems like we had more than our fare share of bumps in the road this time; each and every challenge was met with confidence, motivation, and an unyielding desire to accomplish the mission. I simply can't express how honored I am to serve with each of you.

father and husband, endearing friend, patriot, and faithful comrade in arms; but above all else Chris was a Marine. The very embodiment of a barrel chested larger than life true blooded MARINE. It is in these surreal times that we often question or perhaps second guess our purpose so I hope you find comfort and resolution in the following words written by President Lincoln, in Nov of 1864, to Mrs. Bixby after learning that five of her sons were killed in battle during the Civil War.

To Mrs. Bixby,
Boston, Mass.
Dear Madam,

I have been shown in the files of the War Department a statement of the Adjutant General of Massachusetts that you are the mother of five sons who have died gloriously on the field of battle. I feel how weak and fruitless must be any word of mine which should attempt to beguile you

from the grief of a loss so overwhelming. But I cannot refrain from tendering you the consolation that may be found in the thanks of the republic they died to save. I pray that our Heavenly Father may assuage the anguish of your bereavement, and leave you only the cherished memory of the loved and lost, and the solemn pride that must be yours to have laid so costly a sacrifice upon the altar of freedom.

Yours very sincerely and respectfully,

A. Lincoln

Our homecoming was, of course, bittersweet as we paid our respects and gave final tribute to a fallen teammate. GySgt Chris Cunningham was indeed a teammate but he was much more. A loving

Chris, our words, as those of Lincoln, are also fruitless as we flail with our attempts to express our gratitude. We will cherish your memory and take pride counting you among our friends, we are all better for having known you..... God Speed and SEMPER FI!

~ Del



Hello everyone. The weather has started to cool down. It is a great time of year to enjoy those family activities that might not have been as enjoyable during the heat of summer. Things are rolling right along with M-Troop. We survived the hurricane relatively unscathed. As it turned out, it was more bark than bite. We are all grateful for that! October is here and the Holidays are right around the corner. Jack-o-lanterns and Turkeys will soon be the standard in home décor in many households. The upcoming end of the year also drives us to complete all of those things we need to accomplish in 2011.

In EMS, Russ and Blake have been doing a stellar job supporting the line troops forward. Keep up the great work guys; you'll be home before you know it! The guys on the shop floor have been pushing forward providing quality products, which are always the standard, and their efforts have not gone unnoticed. Great job to all!

In LRS, folks are driving ahead quietly behind the scene with moving much of their inventory to off-site storage, which is a monumental tasking. They are well underway and in the final stages of completion. No small task considering new equipment is constantly rolling in, and they still find a way to provide the vital customer service role required to ensure the success of the unit.

Over in the Motor Pool things are going well as usual. Mike Beach and his merry band of brothers are keeping the gears meshing smoothly and things literally "rolling ahead" towards the holidays.

With the end of year rapidly approaching, we are again reminded that time is a valuable resource. Taskings will continue to come and will consume much of our time and efforts. We will persevere and continue the level of excellence that has become our standard. Never forget the vital role our families play in our success and their importance to the overall mission.

Stay Safe.

~Mike



Ok, we always say we're busy, but this past month it was you all that were busy! Congratulations to the Fooshee, Kudel, Pepin, and Mathis families. This group of hi-speed, low drag communicators managed to raise 1SG Prasse's baby meter by six! Honorable mention goes to Lauront Pepin where, just like with his break-dancing skills he was the over achiever and added THREE beautiful babies to that count! Donations can be made out to...I'm kidding! Congratulations again to the happy families. I would also like to welcome some new members to SMT-JMAU.

They are not new to JCU, but returning from a recent deployment. We welcome the families of Josh Smith, and Marcus Jett. On that note, we've been plugging along doing our jobs and doing them exceptionally well. We've had dog-and-pony shows, visits, travels, exercises, training, and conferences this past month. And I cannot tell you how many compliments SMT receives from leaders, peers, sister services, and even vendors. Your loved ones are setting the example, committed to making communications better, and constantly being asked "how do you

do that?" DOD's Finest! Thanks to the team for all of their hard work this past month. Always stated and truly appreciated! Lastly, it looks like I won't be a transient for too much longer. Our new SMT building is just about finished. However, I've been telling people that since May and I don't want to jinx it so keep your fingers crossed!

~Jack



October is the month for tasty fall treats, beautiful colors, and ghostly Halloween goblins! It seems there have been some ghosts in the NOSC as of late. Leon Hamilton has been traveling and training across the globe from Hawaii to London. Talk about job satisfaction! Leon works in places that people dream of visiting for leisure, which adds truth to the saying it's not just a job it's an adventure. Congratulations are in order for Mat and Morgan Heist who were married this month and celebrated their honeymoon in Mexico. Hopefully Morgan can teach Mat not to do keg stands at this year's Halloween party. The lives of our "Nerd Herd" has been as eventful as ever the contributions of guys like Kenny Johnson, Ryan Akins and Ben Holmes often go

unnoticed unless they do something so I would like to take this time to recognize these guys who are doing the job behind the scenes here in garrison. Our deployed members always do a standup job and are the bread winners for the command. Jeff Ingram has joined the team forward therefore everyone in SYSCON needs to have tough skin and a sense of humor, his jokes get funny about 2 months in. The NSE member of month goes to CW3 Heather Boisvert; I would tell you what she has done but no one would understand it anyway. Thanks Heather keep up the good work. Speaking of NSE we are all celebrating the retirement of LTC Mike "Master P" Parsons on Friday the 14th. He is a wizard on the network; often amazing all JCU communicators with not only his

technical knowledge, but also with his passion, dedication, and commitment he always displays on a 24/7/365 basis to this organization. Master P, as you step from your ACU's to your more comfy clothes, we are all pleased that you will be around a little longer. Thank you for being the heroes' hero! Your sacrifices have not and will not go unnoticed. The NOSC would like to advise everyone to be safe during this Halloween season. As we all know no one would be able to perform without the support of our family.

~Travis



September flew right by for S&T. First I would like to thank B Troop for all of their help in preparing for Module III. They diligently OPS checked 18 packages in two days and continue to provide valuable assistance throughout the module as our new instructors continue to develop.

A helpful addition has been made to our Person Vue test center capabilities. We are now able to conduct mobile testing! WOOHOO!!!! So, what does this mean? It means we will be able to test more than two individuals at a time and it will allow us to be more flexible with the

testing location. Please email @jcu-personvue to get in contact with the test proctors for scheduling an exam.

SOROC 2-11 is deep into their training and has finished Module II after punching away at 1' and 0's for a month, while frying their brain matter with NET Plus. Now it is time to push satellite theory, so... Infinity and Beyond to the SOROC students! As you can tell SFC Kyle Roscoe is starting to rub off on them. He also keeps pushing them with his sadistic PT sessions and has them

looking forward to the Module III PT test. Good Luck!

~Mary

F.Y.I.
JCU FRG NEWS



Right: Jory and Jennifer Mathis brought Bailey Raegan Mathis into the world on 16 Sep 11 at Womack Army Medical Center. Bailey weighed 7 lbs 13 oz and was 21" inches long.



Left: Lauront and Silvia Pepin are the first JCU family, in remembered history, to have given birth to triplets. The Pepin's account for 60% of the total baby count for the month of September. On 12 September, Lauront and Silvia welcomed Ava Lucia, Giovanni Lauront, and Luca Sixto into the world at Womack Army Medical Center. Ava weighed in at 3 lbs 11 oz. Giovanni weighed in at 3 lbs 4 oz. Luca weighed in at 3 lbs 6 oz.



Right: Chris and Amy Kudel are the proud parents of Connor Douglas Kudel. Connor was born on 09 August at Moore Regional Hospital. Connor weighed in at 7 lbs 11 oz when he was born.

2011 JCU BABY GOAL

- 26 -
 - 20 -
 - 15 -
 - 10 -
 - 5 -

- 26 -

TOTAL TODAY= 14
 2009 Record= 25

ANNIVERSARIES

Derek & Amanda Hollingshead	1 OCT
Luis & Maria Felix	1 OCT
Ken & Lisa Johnson	2 OCT
Heather & Nathan Boisvert	3 OCT
Matt & Morgan Heist	5 OCT
Richard & Sandra Linder	6 OCT
Shane & Amy Simpson	6 OCT
Lenin & Lauren Castillo	7 OCT
Jay & Lisa Pylman	9 OCT
Kevin & Hui Kyong Angell	12 OCT
Ray & Van Hickman	15 OCT
David & Billie Dean	17 OCT
Dan & Kathi Knouse	18 OCT
Ryan & Angie Miller	22 OCT
Don & Graziella Holly	24 OCT
Oscar & Laura Campos	26 OCT
Jim & Betsy Jones	28 OCT
Rob & Yvonne Flaker	29 OCT
Nick & Rosemary Hill	31 OCT



NATIONAL BREAST CANCER AWARENESS MONTH

The month of October is National Breast Cancer Awareness Month. Breast Cancer is the most common cancer in women in the United States, aside from skin cancer. This year, 192,370 new cases of invasive breast cancer are expected to be diagnosed this year in the US. It is estimated that in 2009, 40,170 women died from this disease. Thanks to research, advancement in medicine, there are about 2.5 million breast cancer survivors in the US today. Early detection is best way to increase the chances of surviving this disease. Here are a few things to look for:

- Any new, hard lump or thickening in any part of the breast
- Change in breast size or shape
- Swelling, redness, or warmth that does not go away



Some preventative measures are to have a yearly mammogram starting at the age of 40, obtain a clinical breast exam, as well as conduct a monthly self breast exam.

If you ever are in question of a finding, seek advice from your family care provider.



Please Join Us For
Our November Spouses' Social
Wednesday, November 2, 2011 6:30 p.m.
At the Annex
Please bring a snack to share!
Please RSVP by October 31, 2011
To Susan Miller
snmiller05@gmail.com



ANNUAL JCU
CHILDREN'S HOLIDAY PARTY
AT CAMP ROCKFISH

WEDNESDAY, DECEMBER 14, 2011
3-7 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
DECEMBER 11, 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!**

CHUCK NORRIS FACTS:

- **IN HIS WILL, CHUCK NORRIS HAS SPECIFIED THAT IF HE DIES, HE WILL BURY HIMSELF.**
- **CHUCK NORRIS CAN POP A WHEELIE ON A UNICYCLE.**
- **BILL GATES LIVES IN CONSTANT FEAR THAT CHUCK NORRIS' PC WILL CRASH.**
- **CHUCK NORRIS CAN STRANGLE YOU WITH A CORDLESS PHONE.**



JCU Activities Club
ARE YOU A CURRENT MEMBER?

GOODBYE TO FRIENDS & FAMILY

LTC Mike Parsons & wife Shannon, children; Mariah, Bradley, Cambrie, Samuel, & Benjamin
May 2007—October 2011 (NOSC)



Above: SSG Jeremy Jenkins is promoted to SFC by his wife, Lindsay, as MAJ Rutka looks on.



Above: WO1 Calvin Delaware is presented the Defense Meritorious Service Medal by MAJ Rutka. WO1 Delaware recently completed Warrant Officer Candidate School, and is PCS'ing to Fort Gordon, GA to attend Warrant Officer Basic Course. WO1 Delaware will head out to the Big Army to do many fine things, as well as send JCU the best and brightest the Army has to offer.

Below: Unfortunately, the Commander isn't even immune from paying up when it comes to a wager. It seems that some lucky Cowboy fan was able to get the planets to align, after finding a four leaf clover, and getting hit by a lucky horse shoe. Because of this luck, the Commander paid his debt by sporting the jersey of the Dallas Cowboys own Tony Romo after the Washington Redskins were beaten after Rex Grossman fumbled the ball on the final drive of the game.



Above: The 2012 Combined Federal Campaign season starts this month. JCU's CFC representative is James Brown, and each troop has a representative as well.



Meet the SOROC'ers of Class 02-11



Name: Paparone, Phillip S.
Rank: SPC/ Army
Enlisted: 29 Jan 2009
Birthday: 14 Jul 1990
Spouse name: n/a
Children: n/a
Hobbies: Playing drums, piano, and bass guitar.
Previous Assignment: HHC 3BDE 82ABN DIV

Name: Reese, Ryan
Rank/Service: SGT/Army
Enlisted: 01 Feb 2001
Birthday: 11 August 1981
Spouse Name: Samantha Reese
Children: Skye, Sara, Chandler
Hobbies: Golf, family
Previous Assignment: 44th MED BDE
Goals/Expectations: Finish SOROC course



Name: Roberts, Larry G.
Rank/Service: IT1/Navy
Enlisted: 28 January 1999
Birthday: 12 April 78
Children: Malik Amir Roberts , Onjre Navon Roberts
Hobbies: Working out, football, basketball, track and field, UFC, boxing, etc (almost all sports). Computers/ networking, movies, reading
Previous Assignment: Norad/USNorthcom, NCTS Naples Det La Maddalena, IT, USS Gary, Naval Strike and Air Warfare Center(NSAWC)



Goals/Expectations: Short term: Graduate SOROC course, BS degree in Computer Science, AS degree in Computer Information Systems, Computer Information Systems Security Professional (CISSP), Additional networking and security training certifications, Improve credit rating/pay off bills, Successful tour at SOCOM Joint Task Force Sword. Long term: Retire from U.S. Navy, 2nd Retirement (Government agency, GS), Pay off House Mortgage, Also custody of two boys (in their teenage years)

Name: Santana, Hector
Rank/Service: SGT/Army
Enlisted: 31 January 2008
Birthday: 28 October 1990
Hobbies: Hiking, Gym Jones, video games
Previous Assignment: HHC 2nd Battalion, 75th Ranger Regiment
Goals/Expectations: Complete SOROC, become freefall qualified, finish 2-year degree



September Promotions, Awards & Special Occasions



Army Promotions

- SSG Roberto Lopez to SFC (A-Troop)
- SSG Jeremy Jenkins to SFC (NOSC)



BIRTHDAYS

Luis Gonzalez	2 OCT
Nicholas Hill	3 OCT
Jeff Eldred	4 OCT
Richard McAlister	5 OCT
Tyler Nichols	5 OCT
Derek Hollingshead	10 OCT
Frank Perez	11 OCT
Alicia Perez	11 OCT
Marlon Vega	12 OCT
Shawn Luna	13 OCT
James McKnight	15 OCT
Darren Thornton	15 OCT
Scott Beadell	15 OCT
Christian Martin	16 OCT
Brandon Stefanowski	20 OCT
Clifford Marcy	21 OCT
Christopher Smith	22 OCT
Benjamin Holmes	22 OCT
Hector Santana	28 OCT
Philip Mistretta	29 OCT
Raymond Hickman	30 OCT
Jonathan Beard	30 OCT
Scott MacDonald	30 OCT
Gama Rodriguez	31 OCT



Left: It almost was a tragic day in JCU. Our DCO almost got taken out by a disgruntled white board. Thankfully, due to the DCO's cat like quickness, the only casualty was the glass on the desk.

United States Navy
236th Birthday
October 13th
1775 - 2011
"Accelerate your Life"



Above: After a friendly wager was made between some faithful Redskins fans and a Cowboy's fan, the prize was delivered. All be it, in the form of coins frozen in a block of ice.



Left: TSgt Ed Schlade with the NCOA Commandant CMSgt Donald Felch.

Right: TSgt Ed Schlade and TSgt Joe Cade were both Honor Graduates at the NCOA.



Mark your calendars for these important dates

23 October	JSOC Halloween Party	Time TBD: Parachute Packing Facility
2 November	JCU Spouse Social	Special Staff Annex
10 November	Pre-10K Sponsor Social	1800-2200: The Mash House, Sycamore Dairy Road
11 November	15th Annual JSO 10K Run / 5K Walk	0800-1030: McKellar's Lodge
21 November	49th Annual JFK-50 Mile Ultra-Marathon	All day: Hagerstown, MD
17 December	JCU 31st Anniversary Party	Hotel Bourdeaux



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

Phone: (910) 243-0469

Fax: (910) 243-0310

E-mail: prassej@jdi.socom.mil

Joint Communications
Unit

"DoD's Finest
Communicators"



LEADERSHIP THAT CARES



<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 1SG	1SG 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	1SG 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	1SG 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	bevperez@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	lisasimoneavila@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