

Delivering the Message

Message from the Deputy Commander

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After months of reading the Commander's well-meaning pep talks and the CSM's unexpectedly well written articles, of dubious origin, chock full of practical advice on matters of debatable importance, I finally convinced 1SG Moak to allow me to provide input to the monthly newsletter. I will use this unique opportunity to discuss something of the utmost importance to every member of JCU and their families... practical and real advice to surviving the Zombie Apocalypse. Now, there are countless books and websites that will give you advice on "survival" during a Zombie Apocalypse, but none delved into the harder issues I will address below. Preparing for a disaster is easy, preparing for the hard decisions that come with surviving is far tougher.

The Zombie Apocalypse is inevitable. It is coming. There is no sense in denying it or waiting for something to happen. Start preparing now. There is no telling where it will strike or how it will begin. The only thing we can control is how prepared we are to face the hordes of marauding flesh eating monsters that used to be our friends, neighbors, and family.

Weapons – Guns break and bullets are finite. Though there are few things in the world that can beat a good old fashion Mossberg 500 in a zombie fight, do not overlook the value of a good old fashioned Louisville Slugger. Today's technological advances in aluminum and composite material make this a must have for anyone. If Easton can build a bat that makes Big John Woosley a diamond hero again, then imagine what it can do against a zombie head in the hands of someone who can actually swing a bat.

Pick Your Favorite – When you are in a zombie fight, someone is going to get bit. The key is not to let it be you. Unfortunately, that means someone is going to have to take one for the team. Luckily, all parents have a favorite so picking the child you are willing to throw out

to distract the zombie horde will be pretty simple. For those of you who do not think you will be able to pick, I suggest you start looking hard right now. It will save you some valuable time in a critical situation and if you come to terms with that now, then you will forego that uncomfortable mourning period associated with feeding your offspring to a monster. Of course this is easier with distant relatives and mere friends or acquaintances.

When In Doubt Shoot First – So, you are face to face with a shambling incoherent figure in the dark. Is it Todd Spencer or a ravenous beast? Who cares? Why take the chance? Sure, you will feel bad for a second when you realize you just splattered Dookie's brains all over the place, but in the end its better than having him munching on your liver.

You Don't Have to Be the Fastest – OK, this is a no brainer, but something you have to prepare mentally for. This goes in line with picking your favorite, so if you have desensitized yourself to it, it will be easier to execute. Inevitably you will be flushed from your fortress and will have to venture out. Never travel in groups less than 5, this allows an ample buffer between you and Zombies, and never travel in a group where you are the slowest. When getting chased, pace yourself and stay in the middle of the pack. As the slow ones are picked off be prepared to slow someone down. I recommend a shot to the knee. Not only will it ensure you are faster, but the screams will attract the attention of the monsters.

I hope each of you and your families have a wonderful Halloween season, but mostly, I hope this real and practical advice keeps you alive and well when the hordes come for you. Oh yea, get your flu shots!

~Andy



Special points of interest:

- Pictures
- Promotions
- Birthdays
- Anniversaries
- Much More



A Troop Families,

The guys have settled into their jobs out here and all is well. There are plenty of long hours of work to keep us busy, at least it helps the time pass fast. A typical day involves a workout, 12 to 16 hours (on average) of work, and a few trips to the chow hall to get some mediocre food. Sleep occurs in there somewhere, along with calling you all of course. Ryan Speck is doing an excellent job corralling the K-Bombs (we'll explain what this is when we come home) and managing the never ceasing requests for our expertise. He wanted me to tell you that he has been lauded and accosted more than any NCOIC here in history. In my opinion he is partially correct: Accosted yes, but lauded no. His

social skills are definitely improving though, which is difficult to believe for someone from Texas. Scotty B's extensive arsenal of artistic descriptions for every possible situation is a vocabulary masterpiece. We will be publishing a dictionary and translation guide when we come home. Jeremiah is being Jeremiah: He's compiling a list of things to tell the enterprise admins and engineers they are doing wrong. In all seriousness, he has done a terrific job of explaining the painfully difficult technical details in a way that even I can understand. Sam is holding down the fort in his area, I particularly enjoy seeing him on TV every day. Marlon and Ski's hair is doing fine (but not as good as mine).

Pap is bulking up, he's a BEAST. Phil is engrossing himself in the monster that is accessed by his keyboard, Good Luck Phil. Stokes is doing a good job running the show on days and his mustache is doing well also. All of the rest of the guys are being curiously quiet, I haven't heard from them too much. Which is good because it means they're taking care of business. I'll start bothering them more so I can give you some tidbits in the next newsletter.

All kidding aside, everyone is doing a terrific job. We miss you all and we can't wait to see you again. Let me or my wife know if you need anything...

~Dave



Well, October is here. Bring on the cool weather and the Halloween decorations. As for this past month, it was quite a doozy for our B Troop family. The good news is; it's time to turn that new leaf and start fresh. First, I want to welcome B Troop's newest little warrior: Steven Garrett Comeau was born on 12 September.

Airborne School graduates: Tony, Grayson, & Gonzalo. All made it home in one piece, and have officially shed the moniker of "Dirty Leg". As we look forward to Chuck returning from his Air Force SNCO Academy, we send off Chase to his Army Senior Leaders Course. We look forward to some fine tuned

leadership excellence from both of them. September was a very busy month for us, and we were able to accomplish a great deal. None of it would have been possible without the outstanding dedication and determination from all our guys. You guys rock! And for the spouses, we never forget your sacrifices and all that you do for us. -Cheers!

~Scott



The Sly Fox supports **Breast Cancer Awareness** and needs your help. Throughout the month of October you have an opportunity to increase awareness and research just by enjoying a beer. We will donate \$1 from all our draft beer sales throughout the month of October to *Living Life - Amando La Vida*.

HOPE

795 SW Broad St. Southern Pines, NC 28387 910.725.1621



Hello everyone! The day has finally come for B-Troop! They have been relieved, and we here in C-Troop have taken that lovely tasking for them. Good job fellas, and take a load off on us, we have it from here! It's been a long time, so enjoy your breath of air before hitting the next challenge.

As for C-Troop, we've spent all this month getting ready for this. We started out with our guys completing a challenging validation exercise that ensured we are ready. Minus a couple of bumps, things went great and all of the work the team did getting ready for this cycle has really paid off. After the exercise, the busy time resumed.



We've had Brandon Stefanowski and Justin Yoakum, along with some help from the B-Troop guys, Loy and Gonzalez, up in D.C. taking a break, rubbing elbows with senior leadership. With the look in Justin's eyes when they returned, it was a very arduous TDY. He really looked beat down when he got back. Not sure if it was the tasking or after party...either way, they did a great job!

Unfortunately, we do have one person to say so long to; Becky Wiser, as she begins her new job up in the Tech Control. Enjoy the new job, you will be missed, but you can bring some of your leadership talent up to them.

I do want to thank all of the C-Troop families as they have endured a lot during our last quarter; there has been lots of long nights and time away. You do bear the brunt of our time away and your dedication is greatly appreciated.

~Christian

LEFT - SFC Stefanowski getting pinned MSG by his wife. Congrats!!!



Hello everyone!

Hope everyone had a great Labor Day. Fall has definitely made its presence known with all the fantastic weather we've been enjoying lately! It's a great time of year to get outdoors with the family. The Holidays will be here before you know it. And now, random thoughts: Football season has started, and people haven't whined so much since Moses led his people out of Egypt to the promise land and took 40 years to do it. Brett "Bingo" Anderson is a rabid Green Bay Packers fan. Seriously, the refs are bad, but the refs didn't

sack Aaron Rodgers eight times in the 1st half.....just sayin'.

Green Bay is a horrible football team, but I repeat myself. Thank God I'm in the military. If I had to make a living catching fish it wouldn't be much of a living. I've had several therapy sessions since I was trampled by Shake & Bake last month.

Welcome home, JR and Demario! They've "high-fived" with Topher, Buxton and Drew Bowman and have arrived safe and sound. We're glad to have you back home and wish you the best as you enjoy your well-earned time off.

Mike Beach, and Daren are currently out doing the nation's business with

their usual professionalism. Thanks for all you do, guys. We'll see you soon.

Please extend a warm welcome to Anthony Vigil, the newest member of M-Troop. He comes to us with wife Erica, daughter Olivia, and son Lucas. He's a recent SOROC grad fresh from the Air Force NCO Academy and new to the EMS shop. We're glad to have you on board as part of the team and look forward to working with you and getting to know you and your family. Welcome!

Thanks to all for your hard work and commitment to excellence. Keep up the good work!

Take care and stay safe.

~Mike "CATFISH" Addaman



The month, SMT bids welcome Mr. Jonathan Campbell and his family. Mr. Campbell comes to us from the private sector, where he was a hospital network engineer. We look forward to putting his 1000 pound brain to work here in IO. Speaking of IO, Mitchell Sheppard and Brian Zebrowski recently earned their belay certifications. If you want to rock climb, or think you want to, see them - I can't think of two better people to trust with your life:

know that he is a true inspiration to everyone he meets; always positive and encouraging, even during the darkest times of an epic challenge. Jeff, we all know you'll train hard and beat this next time.

"Jeff, Keep inspiring others! You know 'The Path,' follow it - Scott Jurek."



talking about my REDACTED. -SeanC.



"Alright Z, last time. Check it out - the rabbit goes around the tree..."

Jeff Eldred is pictured here getting served a much needed recovery smoothie by legendary runner Scott Jurek after completing 60 miles of a grueling 100 mile mountain race in Oregon. For those who know Jeff,

As always, the travel never stops: Josh Smith and Al Seglund did some great things up north for us with the EST folks. Brian Zebrowski also headed out to replace Adam Groves. Mark Krob and Eddie Robles went on a recruiting trip to Germany,

just missing Oktoberfest by a month. Excellent planning, fellas; all that pesky music and beer would've been a terrible distraction. Finally, I decided to hang out a bit longer and reenlisted. Special thanks to Maj Landez, who made it a memorable ceremony by



Do not forget to sign up for the 16th Annual SOCO 10K. If you can help out, please email spencert@jdi.socom.mil. November 10th at 0800. Rain or shine! See you there!

Pictures



GySgt Danny Knouse receives his JCU plaque for his time served in JCU.

MSG Camie Rodgers earns Master Sergeant. Great job Camie, well deserved!



MSG Andre Tate gets pinned by his wife, Twyla. Andre has set the record for promotion ceremony attendees with 10+. Thanks go out to the family for coming down!

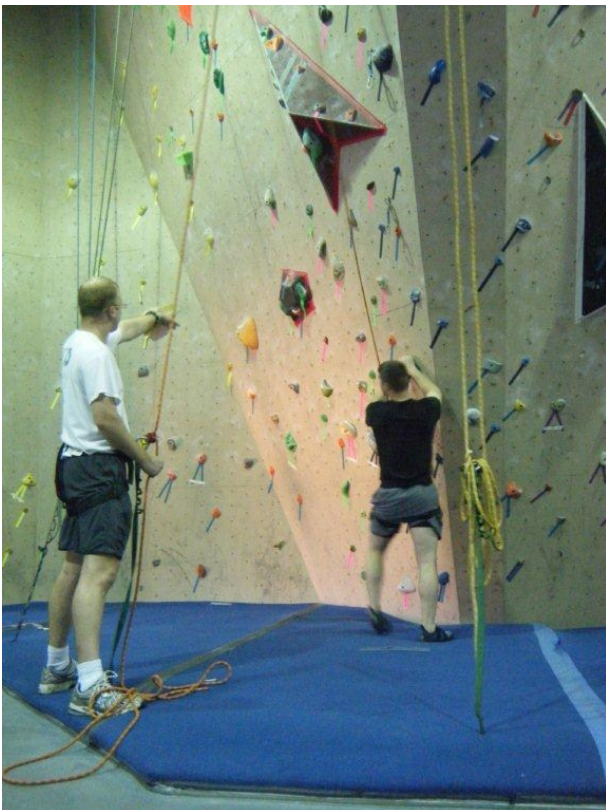


Pictures

Danny and Jim McKnight at Dannels going away. (Left)
(Below)

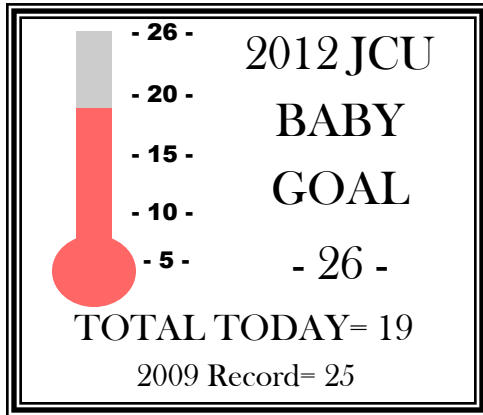
Danny scored this lil buck with his bow.

If I'm not mistaken that is a Star Trek symbol the guys from SMT are climbing to.....how appropriate.



DJ Receiving his going away plaque from SOROC.





BABY NEWS



PO1 Brian and Christie Allen welcomed Madison Isabelle on 3 Sept. She weighed in at a healthy 8 lbs and 1 oz.

PO1 Steve and Tara Comeau welcomed Steven Garrett on 12 Sept. He weighed in at 8 lbs 3 oz.

SSgt David and Vanessa Hollein welcomed David Anthony Hollein III on 16 Sept. He weighed in and 6lbs 2 oz.

WELCOME OUR NEW JCU MEMBERS

Mr Robert "Bobby" and Sandy Mueller and son (M Troop)

LS1 Pernell and Erin Hammond and daughter, Madison (LRS)

ITCM Martin and Robin Wallace and daughter, Dani Michelle (Navy SEA)

CPT (CH) Bradley Bruce (CMD) ****JCU's Chaplain****

MAJ Steve and Amy Herman and their children, Aiden, Rowan, Oliver and Owen (OPS)



October 1 Promotions



CONGRATULATIONS TO
THE FOLLOWING:

MSG Jeremy Bradford
MSG Nate Hogue
MSG Jason Kubat
MSG Camie Rodgers
MSG Kyle Roscoe
MSG Brandon Stefanowski
MSG Stan Sweeney
MSG Andre Tate
SSG Jason Muncy



Congratulations to the following service members who competed and earned Service Member of the Quarter (4th) for their respective services:

NAVY

ET1 Al Eline

ARMY

SSG Ian Sweeney

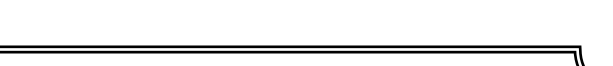
AIR FORCE

SSgt Adam Thompson

MARINES

SSgt Jesse Harmon

Service Member of the Quarter went to ET1 Al Eline



BIRTHDAYS

JASON HODSON	2 OCT
LUIS CONZALEZ	2 OCT
JEFF ELDRED	4 OCT
RICH MCALISTER	5 OCT
TYLER NICHOLS	5 OCT
PERNELL HAMMOND	6 OCT
MIKE MARTINEZ	9 OCT
MARLON VEGA	12 OCT
DIETRICH LEHR	14 OCT
JIM MCKNIGHT	15 OCT
DARREN THORNTON	15 OCT
SCOTT BEADELL	15 OCT
CHRISTIAN MARTIN	16 OCT
BRANDON STEFANOWSKI	20 OCT
MIKE PARSONS	21 OCT
CLIFF MARCY	21 OCT
JUAN VELA	22 OCT
CHRIS SMITH	22 OCT
BEN HOLMES	22 OCT
HECTOR SANTANA	28 OCT
PHILIP MISTRETTA	29 OCT
SCOTT MACDONALD	30 OCT
JON BEARD	30 OCT
GAMA RODRIGUEZ	31 OCT

ANNIVERSARIES

HEATHER AND NATHAN BOISVERT	3 OCT
JOHN AND AMANDA BASS (10 YEAR!)	5 OCT
DICK AND SANDRA LINDER	6 OCT
SHANE AND AMY SIMPSON	6 OCT
KEVIN AND HUI KYONG ANGELL	12 OCT
DAVID AND BILLIE DEAN	17 OCT
DANNY AND KATHI KNOUSE	18 OCT
JASON AND KIMBERLY COLEMAN	22 OCT
DJ AND GRACIE HOLLY (20 YEAR!)	24 OCT
OSCAR AND LAURA CAMPOS	26 OCT
MATT AND VERONICA HARRISON	27 OCT
ANTHONY AND ERICA VIGIL	28 OCT
ROB AND YVONNE FLAKER	29 OCT

HERZLICH WILLKOMMEN

5th Annual VOLKSMARCH and FESTIVAL

October 20 • 9 a.m. at Smith Lake

\$5 in Advance
\$10 Day of the Event
Children 12 and under FREE!

OPEN TO THE PUBLIC!

Participants may begin route between 9 a.m. and Noon

Pre-registration at Leisure Travel Services, building 4-2171, in the Mini Mall on Reilly Street
Registration at Smith Lake on the event day

German Cuisine for Sale
Live Entertainment
Dog Costume Contest
Hayrides
Kidz Korner
Pumpkin Decorating (limited to the first 100)

LEITH AUTOMALL OF FORT BRAGG
GEICO
BODY BUILDING.com
PURCHASING POWER A better way to buy.
Sponsorship does not imply Army endorsement

Event Schedule will be on www.fortbraggmwr.com on October 15.
First 500 paid registrants receive a commemorative mug.
Dogs are welcome; however, vaccinations must be current and dogs must be on a leash. Dog owners must be in compliance with XVIII Airborne Corps and Fort Bragg Regulation 40-5.

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fortbraggmwr.com

BIGGEST LOSER CONTEST

1st Place Winner \$750.00 cash!
plus a 3 day, 2 night ocean front, jacuzzi suite stay at the Caravelle Resort Myrtle Beach S.C.

2nd Place Winner gets \$500 Cash

3rd Place Winner gets \$250 Cash

Winners determined by the highest percentage of combined weight, body fat and inches lost.
Final weigh in's will be Tuesday, Jan. 15 and Wednesday, Jan. 16 2013.

Meet Biggest Loser Winner **Sherry Odom**
300+ lbs at her heaviest, she is down over 150 lbs. 88 lbs & 57.5" since beginning & winning our first Biggest Loser Contest.

Size 24 to a Size 8!!!

Sherry with Rebecca Jackson her NUCO Fitness Trainer

October 15th 2012 - January 15th 2013
Call Today! (910) 578-8508
to register & schedule your initial weigh-in
Hercules Fitness Center Pope AFB
or online at www.nucousa.com

NUCO FITNESS
MWR

SPLASH INTO TOLSON POOL FOR A SPOOKY GOOD TIME!

FREE!

HALLOWEEN POOL PARTY

OCTOBER 13 • 7 - 10 P.M.
TOLSON INDOOR POOL

GHOSTBUSTERS DIVE IN MOVIE WILL START AT DUSK

643-8533 OPEN TO ID CARDHOLDERS

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FORT BRAGG 5K WALK/RUN
HEDRICK STADIUM

27 OCT. RUN STARTS AT 9AM

17 NOV. RUN STARTS AT 9AM

- Open to Military/Government ID card holders and family members.
- No registration is required and participation is free of charge.
- Strollers and dogs are welcome!
- Prizes will be given away!
- Wellness & Healthy Living vendors will be on location.

For more information Call 396-1217

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16th Annual Joint Special Operations 10K Run / 5K Fun Walk

McKellar's Lodge - Fort Bragg, NC

Sponsored by SOCA

The Special Operations Communicators Association

Saturday November 10, 2012 at 8:00 am

Rain or Shine (except range closure)

Challenging, One of a kind, Cross - Country Route

USA Track & Field certified course # NC-10102-PH



Pre-registration: (by October 26, 2012)

\$25 – includes T-shirt, finishers coin, food & drink

**Pick-up race packet with race number & T-shirts between 6:00 -7:30 am on race day at McKellar's Lodge picnic area.

*** **Pre-Race Packet Pick-up:** pre registered participants race packets can be picked up on **Thursday Nov 8th** at Sports USA in the party/meeting room between 3 - 7 pm. **Friday Nov 9th** at Dick's Sporting Goods on Skibo Road between 12 – 3 pm. We will accept late registrations at these times.

Late registration: (November 8th Sports USA 3:00-7:00 pm,

Race day McKellar's Lodge 6:00 - 7:30 am)

\$30 – includes T-shirt, finishers coin, food & drink

**Late registration T-shirts may not be available at the race.

If shirts run out or you don't show on race day, you can pick up your shirt on **Friday Nov 16, 2012** at Sports USA Between 12:00 -1:00 pm at the front entrance.

Awards for 1st, 2nd & 3rd place 10K finishers (all categories)

Awards for top 3 male / female in each age category.

- | | |
|---------------------|--|
| ❖ Ages 19 and below | ❖ Ages 45-49 |
| ❖ Ages 20-24 | ❖ Age 50 and above |
| ❖ Ages 25-29 | ❖ Overall Top Male and Female Finisher |
| ❖ Ages 30-34 | ❖ Youngest 10K Finisher |
| ❖ Ages 35-39 | ❖ Oldest 10K Finisher |
| ❖ Ages 40-44 | |

**KICK OFF THE VETERANS DAY HOLIDAY
WITH OUR MILITARY
"THANK THEM FOR THEIR SACRIFICES"**

ALL FINISHERS WILL RECEIVE A FINISHERS COIN

RACE IS LIMITED TO 1,000 PARTICIPANTS

Early Registration available by:

Sports USA: (Longstreet) 18 October & 25 October between the hours of 11:30 am -1:00 pm & 4:00 pm – 6:00 pm.

Fort Bragg Mini-Mall: (main entrance) 22-26 October between 11:00 am-1:00 pm, After 26 Oct, registration is considered late.

Online: www.active.com Price subject to active.com fee

Mail: Send registration form and check or money order (payable to SOCA) No Later Than 26 October to:

SOCA
P.O. Box 73409
Ft Bragg, NC 28307-5002

Official JSO 10K timing by



Visit www.thesoca.org for:

- Confirmed registrations
- FAQ's
- Route information
- Route map
- General information
- Parking
- Event pictures

E-mail questions to:

events@thesoca.org

Awards ceremony, raffle prizes, warm beverages and breakfast items immediately following the race at 10:00am at McKellar's Lodge picnic area.

"The Joint Special Operations name is not related to a federal entity. It is not a part of the Department of Defense or any of its components and it has no governmental status"

"This event is not officially sanctioned by the US Army"

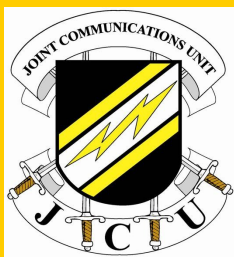
***** Sorry, but we do not allow pets on trail during event *****



LEADERSHIP THAT CARES

My number is 243-0469. Call for anything. If you need to pass info to someone that is away, call me. Call/email for newsletter worthy news. Email pics of your spouses of when they were in highschool (Retro JCU). Any input you have, would be greatly appreciated.

Thank you, Vanessa



<u>Position</u>	<u>Name</u>	<u>Work</u>	<u>Home</u>
Commander	LTC Wade Johnston	243-0200	919-499-1492
CSM	CSM Steve Long	243-0201	568-6408
DCO	MAJ Andy Bender	243-8850	263-8161
Unit 1SG	1SG Vanessa Moak	243-0469	988-4473
OPS Officer	MAJ Ken Rutka	243-0524	706-587-8884
Ops SGM	SGM Steve Trevino	243-2439	584-1239
ECS CDR	Capt Mike Maddox	243-4556	404-376-2307
ECS SGM	SGM Rob Flaker	243-4556	584-1238
A-Troop SGM	ETCS Dave Allen	243-1321	639-1388
B-Troop SGM	SMSGt Scott Eveler	243-4079	322-0210
C-Troop SGM	SMSGt Christian Martin	243-0115	919-498-1192
D-Troop SGM	MSG Dennis Smith	243-4147	429-5443
SMT Troop SGM	SGM Jack Nichols	243-1589	424-1805
NOSC SGM	MSG Chris Leach	243-0991	480-1118
NOSC Director	LTC Tom Rascon	243-4075	973-2489
M-Troop SGM	ETCM Mike Addaman	243-0439	487-0293
S&T NCOIC	SFC Jeff Carlson	243-0577	352-263-3660
XO	Maj Mark Landez	243-2301	478-320-8869
SOROC TAC	1SG Jon Woosley	243-8125	574-1515
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	gillian12266@me.com
A-Troop	Eli Arroyo-Allen	635-6955	madrinaeg@aol.com
B-Troop	Nancy Eveler	845-548-4959	nm2003@verizon.net
C-Troop	Natalie Martin	919-498-1192	mrsmartin4@hotmail.com
D-Troop	Gini Walker	919-499-5710	gimimomof4@windstream.net
SMT-Troop	Carleen Nichols	818-2744	cnichols16@nc.rr.com
NOSC	Kim Leach	480-1118	dawgs2win@embarqmail.com
M-Troop	Kelly Larson	530-524-4038	l Larson101@gmail.com
SOROC	Patricia Gonzalez	910-286-1384	realtorg@live.com

Mark your calendars for these important dates

10 November	16th Annual JSO 10K Run-5K Walk	0800-1030: McKellar's Lodge
17 November	50th Annual JFK-50 Mile Ultra-Marathon	All day: Hagerstown, MD
8 December	JSOC Breakfast with Santa	Sports USA, Fort Bragg (Longstreet)
12 December	JCU Children's Holiday Party	PPF 1600-1900
14 December	JCU Anniversary Ball	Embassy Suites, Fayetteville (by Toys-r-Us) 1800-UTC