



Message from the JCU Chaplain

“At JCU we want you leaving with the same family you came with.” COL James Clifford

“Too often we listen to respond rather than listen to understand.” Unknown

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Over the past few months I have been involved in a number of events that focused on relationships. Beginning with the JCU Family event in July, to a marriage retreat about a month ago and an Evening to Remember just last week, each of these focused on the vital role of **communication**.

During the JCU family event in Williamsburg, Virginia parents and kids were able to work on projects and craft assignments



based on certain criteria. The easiest were the individual projects. For example I asked everyone, kids and parents, to draw “how to make toast” on a piece of paper using crayons and markers. At the end of the allotted time there were a wide variety of examples ranging from the basic steps to detailed versions that included a quad chart showing the post-toasting butter process.

Things got interesting when I asked for the same thing on poster-board with the added direction that the whole family had to do it together. Upon reflection, many said it was more difficult as a family since family members brought different ideas and expectations to the project. In the end someone usually took charge... or was given charge... and the project got done. We surmised that when doing something as a family unit communication or lack of it was key element.

At a Marriage retreat several weeks later the couples attending discussed the same principle

within the marriage relationship. The value of open, honest and intentional communication was a major theme in that weekend. We determined that good communication includes active listening as well as direct language when sharing thoughts and feelings. The truth is when husbands and wives learn to listen well and share thoughts, feelings, and ideas in a healthy way, children learn as well. In the end good communication makes a stronger family.

As the Chaplain of DOD’s Finest Communicators, my hope and desire is that we will be just as good – if not better - at communicating in our homes as we are in all the places we work. Our families are the backbone of this unit. While it may take time, patience or even training and counseling, communication skills are worth developing.

- William

Visit us on the web
www.jcuonline.org

Upcoming Events

- | | | |
|--|--|---------------------------------------|
| 29 Oct JSOC Halloween Party | 24 Nov Thanksgiving | 09 Dec JCU Memorial Dedication |
| 11 Nov Veterans Day | 25 Nov Training Holiday | 10 Dec JCU Anniversary Party |
| 12 Nov JSO 10K | 06 Dec Children’s Holiday Party | 23 Dec Training Holiday |
| 14 Nov Training Holiday | 09 Dec Army beats Navy Football | 30 Dec Training Holiday |
| 22 Nov Turkey Bowl and Chili Cook-off | 09 Dec SOROC Graduation | 02 Jan Day Off |

Half Day Schedule: 19-22 and 27-30 December

Cyber Troop

It's been getting busier than ever, as the demand for Cyber Troop keeps increasing. We all appreciate the support from families and loved ones as our service members are out traveling.

We recently welcomed a new member, CTN2 Bryce Donaldson and will be putting him to work right away as he



COL Clifford promotes Jason Unovitch to MSgt

awaits the spring Cyber Operations course.

We currently have six students in the Cyber Operations course: Greg Nicolson, Nathaniel VanKummer, Alexander Dodd, Walter Bayne, David Schloss, and Jason Benavides. They've passed all of the exams thus far and are doing well. Best of luck to

them as the course continues.

We said goodbye to SFC Adam Groves with a small retirement ceremony in September. We were glad that his parents, girlfriend, and many friends and coworkers were able to make it to the event. SSG Eric Fredrickson was selected for promotion to Sergeant First Class in September. Additionally in July, Jason Unovitch and Katy Benton promoted to Master Sergeant and Technical Sergeant, respectively. A big congratulations for an accomplishment very well de-



Katy Benton is promoted to TSgt

served. They have certainly shown they possess the skills and aptitude for the greater rank and responsibility. We look forward to seeing their continued efforts in tackling new and challenging opportunities for the Troop.

M Troop

M troop added a new family member recently! Congratulations to the Lee family on their latest addition.

Tyler and Ricky are still killing it on deployment. Don't worry guys, the end is in sight. We also welcome back Matt, who had an outstanding last deployment. He will be transferring soon and we

wish him and his family the best.

We have tackled a lot of work over the past few months from exercises to last minute fixes that need to be made. The guys and gals here have knocked them out of the park. Thanks for all the hard work they do and the support the spouses and family pro-

vide. It wouldn't be possible without the family.

A special congratulations to Jeremy Padbury on completing a 45 assessment and selection process. Great job Jeremy, your new unit will glad to have such a fine Airmen. Also we say congrats to Jeff Law who completed airborne school, good job two time.

I probably should have put this up front but..... Livi if you are reading this please slow down and take a big drink of water. We don't want to see you back in the hospital.

Enjoy your families and be safe!

Shane



Matt Mckissack says goodbye to his old rank



Brandon Voytek receives an award from MAJ Tigalo

B Troop

Hello Again! I don't know where the time went, but Summer is already gone and Fall is here. We have been extremely busy the last few months doing what we do best...and enjoying every moment. I wish I could get in to detail about what these talented Soldiers, Sailors, Airmen, and Marine are doing for our nation, but all I will say is you can be very proud of your loved ones. Somehow, in between all the chaos, the men of B Troop continue to amaze with their professional and personal achievements.

On the professional achievement side, some would say personal too, PO2 Dylan Davenport graduated the US Army Basic Airborne Course at Fort Benning, Georgia and is already jumping with the rest of us here at Fort Bragg. This is a notable accomplishment for any Sailor, and even more notable that Dylan is a Submariner. SSG CJ Harvey, SSG Nishan Derbabian, and TSgt Gordie Boyer attended and graduated from the 18th Airborne Corps Air Assault Course; a course that started with 136 students and graduated only 52. Additionally, CJ

earned the Distinguished Honor Graduate and was presented with a tomahawk for this accomplishment. SFC Andrew Mish stepped his game and became a Jumpmaster. Andrew attended the three-week course at Joint Base Lewis-McChord, Washington and returned to Fort Bragg as a fully qualified member of JCU's Jumpmaster Team. This is significant accomplishment for an Airborne Noncommissioned Officer and Andrew will lead Paratroopers for years to come. SFC Sam Tumblin successfully completed the Military Free Fall Jumpmaster Course. There is no doubt that Sam is now a certified 'Sky God' and I know that his skills and talents will used well within our enterprise. Lastly, every member of the team continues to train and gain certifications that enable us to become better communicators and teammates.

The last three months have also yielded some significant personal achievements. GySgt Jesse Harmon was selected by the United States Marine Corps to continue his career as a Warrant Officer. We are all very proud of Jesse and know that the Marine



Cory Latner receives an award from MAJ Tigalo

Corps will greatly benefit. Both SSG Wes Buchan and SSG Adam 'Goldie' Hawn were selected by the United States Army for promotion to Sergeant First Class. Both selections are undoubtedly well deserved and couldn't have gone to two more deserving Non-commissioned Officers. Additionally, GySgt Jesse Harmon, PO1 Amon Georgewill, and TSgt Cory Latner were each awarded the Defense Meritorious Service Medal for their distinctive accomplishments earlier this year. Congratula-

tions Gentlemen and thank you for your dedication and hard work.

Before I close this out, I want to give a special thanks to the families. It's never been an easy job to hold down the home front, but it's one that that each of you are doing day in and day out; whether it's the longer than normal work days, occasional late nights, and even later night phone calls. Thank you.

-Sean



GySgt Harmon receives a deployment award



Two more Sailors receive their warfare qualifications

SOSIT

Family and friends,

This is the first newsletter since this SOROC class began. I would like to welcome the families and Service Mem-

bers of SOROC Class 2-16 to JCU. As you are aware at this point, SOROC is no easy feat to complete; I look forward to seeing your spouses excel through-



Matt Cowdin is pinned Sergeant First Class by MSG Stefanowski

out the rest of the course and walking across the stage upon graduation. I would also like to welcome Rob Flaker as the new SOSIT Director. As usual, he has hit the ground running working new initiatives to improve the "school house". We have truly world class instructors ensuring our Service Members are highly trained and ready to meet the needs of the battlefield. With GySgt Allison whipping them into shape and the instructors filling their brains, your Service Members will be ready to succeed in any task the JCU will ask of them. When they are ready, they will have a chance to attend our

more advanced course taught, again, by some of the best instructors in the industry in SONOC. I cannot say enough good things about the caliber of instructors we have. Thank you Justin, Tim, Joe S., Joe G., John, Marcus, Darrin, Tony, Scott B., and Scott E. for producing "DoD's Finest Communicators". Until next time.

~Brandon

Headquarters & Headquarters Troop (HHT)

Hello HHT family. This summer has sped by and I hope that you and your families have a chance to take some well-deserved time off. As always, Operations continue to churn on and the men and women of HHT are the folks that make it happen. I couldn't be more proud of the quality of work that each of the staff sections puts out each day. Your efforts allow the operational Troops focus on their core task of providing world class communications services.

The folks from the Operations Sections have played musical chairs this quarter. Lenin

Castillo has taken over for Stan Sweeney as the Standards and Training NCOIC. We are all hoping that Lenin will help our pocketbooks with a few extra jumps and in the process stopping Ken "I'm gonna get that jump pay" Garrison. With Lenin taking over S&T, Stan moved over to the Operations NCOIC position relieving SGM Chris Leach of the many long days and nights. Good work Chris....now take some time off to rest and recuperate. We said goodbye to Mike Julio and welcome his replacement, John "New Mike" Rose. Thank for everything you have done

for the unit and we know you're just going down the road. We also say hello to Craig Wilson who we welcome from JTEP. Operations weren't the only ones to welcome folks....J1 has a new OIC, CPT Emily Nolz fresh from the Captains Course and we also welcome LCDR

Jeremy Olsen as the Deputy Commanding Officer of JCU. Welcome aboard you guys!

The Service Members of HHT have also been doing great things in addition to their daily duties. Lenin Castillo is a recent graduate of the Military Freefall course. Congrats Lenin. Tony "Le Artista" Garcia is a graduate of the difficult Static line Jumpmaster Course. Additionally, Tony, along with Connor O' Mahoney and Justin Sims were selected for promotion to Sergeant First Class. Good job guys! On the officer side of the house, CPT Ben Winger was selected for Major. Well Done Sir! We just finished up with the SMOY competition and I am proud to announce that HRD Cell's Todd Spencer won for 2016. Good job Todd and a job well done over this last year.

This month the Unit showed why we are DoD's finest. Hurricane Matthew really did a number on our local community. There was



Todd Spencer is recognized as Civilian of the Quarter

widespread flooding with loss of water and power in many area. The men and women did what JCU does best....came together and helped each other out making sure the job was accomplished. It was truly impressive to see the teamwork as we helped each other get back on our feet. I am proud to be a part of such a great organization and am honored to work with everyone each and every day.

-Luke



Autumn Johnson receives recognition for her work by COL Clifford

C Troop

As always, I have to start by letting everybody know that I am impressed every day and very proud of all the members of C Troop. It is no mistake that we are known for our professionalism and ability to expertly accomplish all assigned tasks. That is directly attributed to the men and women of the Troop, as well as their families.

Since the last newsletter, everyone has returned home safe from their deployment, doing what the Nation requires. I hope everybody had a great time on block leave and used that much deserved time to decompress and enjoy their loved ones.

C Troop has had a very busy training cycle, with exercises in Miami and Mayport, Florida. They have strengthened the team and everyone learned new techniques to employ their equipment.

I would like to take this opportunity to welcome CPO Tim Duncan and his family to the Troop. Tim is returning JCU alumni and him and his family are well known throughout the Unit. I am looking forward to watching Tim lead his Detachment using the skills

and knowledge he learned while out in the Fleet.

We say farewell to SFC Zach Taylor, SFC Tom Freymiller, SSG Jesse Remmer, and CPO Asher Parthun. I always hate losing great Service Members, but know that they are going to continue to do great things for the Unit in their new positions.

As you read this SFC Kevin Chau is attending the Fort Benning Jumpmaster Course and SSG Dylan Mask and attending the Warrant Officer Candidate School. I know you both are going to do great.

I am now going to brag on some of the fine members of C Troop. The following Soldiers, with great anticipation were selected for promotion to Sergeant First Class: SSG(P) Dan Barbour, SSG(P) Stephen Follett, and SSG(P) Jesse Remmer. SSgt Sam Land was also selected to the Marine Warrant Officer program. I am very proud of you guys and your military service couldn't have selected finer men.

I want to congratulate MSgt Matt McBride on his recent completion of the Army Basic Airborne Course. Glad to see



Matt was able to keep his feet and knees together and get it done. Great job! A few other accomplishments that happened during this quarter are SSgt Shae Wheeler earning his "Gold Wings", SSgt Ryan Bobo winning the Unit level General Jumper NCO Award, and SSG(P) Stephen Follett winning the Army NCO Service Member of the Quarter award. I'm sure you can tell by reading this that the members of C Troop excel every day and at every task they are given.

I am excited and looking forward to the next quarter. Fall is here and the holidays are coming. I am happy to say that

we will all be home to spend time with our families and loved ones for this year's holiday season. Please take advantage of this opportunity and have a great fall season. If you ever need anything, please never hesitate to give me call. I am here to serve not only the members of C Troop but all their families as well.

-Big Jon (C# 910-574-1515)



Matt Biggs accepts a SOCA awards from John Sullivan



Nice Spot!!! Rumor is Jon and crew were taking dips in the ocean between injects

D Troop

Hello D troop families! As I'm sure you are all tracking, our time away is almost over. We are all anxious to get home. Before you know it we will be back and ready to complete the honey-do lists that are surely piling up.

When I say you should be proud of your spouses, that is not me just boasting. This has been one of the most dynamic, challenging rotations JCU has seen in many years and the communicators of D Troop have met every challenge with ease all the way to the end and affixed the JCU "Win" stamp on it each time. The things the troop accomplished are truly awe inspiring and the people we support have taken notice that the men and women of D Troop can do anything as long as it has a power cord. I have in my inbox: ELEVEN letters of appreciation from units we support thanking D Troop

personnel by name for the job well done in support of the overall mission. One or Two is usually expected but 11 is something else. I cannot be more proud of the effort the troop has put into this rotation. Knowing I am in charge of such a talented group of people is very reassuring. Be proud of them, they have earned it.

This trip has seen some new additions to the family. The Killebrew, Lucas, and Dewitt families all added dependents to their tax statements and luckily we were able to get everyone home for some time with their new additions. Annabelle Louise Lucas decided to come a little early, and Tom was on a plane within hours of notification making it back shortly after the birth to spend some time with her and Melissa. Congratulations to all! The reminder of how much

the command cares for our families was clear in each case as members of the command team immediately sprang into action for support as soon as they heard the good news. Serving at a command such as JCU is an amazing thing to watch when it's people need help or even just a hand around the house, the answer is always yes.

The holidays are coming quickly and I hope everyone is planning a much needed vacation. We have a few exercises coming up shortly after we return but I promise the time away for each is much less than the current trip. Your support of the troop and each other this rotation has been remarkable and without it we would not be able to spend the time away and be as successful as we have been. My deepest appreciation goes out to you for keeping our homes and



Jenn Quinton is pinned Chief Petty Officer

yourselves in order while we were away. Each JCU communicator is hand selected and with that selection comes a stable, capable household that can function in our absence. Thank you -Chris



Shane Mikolajewski throws up 285 lbs during a clean and jerk competition



D Troop sees another side of Donny Burton...Hopefully that wasn't procured at the bazar



Blake takes a moment to enjoy the finer points of deployed life

SMT

It is a true honor to return to JCU after my short time away and as summer is coming to a close, we say goodbye to Pink and his family. He has retired and has decided to head back out to South Dakota to the family farm...you'll be missed. Over the last couple months, SMT has gained a couple new faces to our ranks with; John Fondren, Zach Talyor, Tom Freymiller, and Jesse Remmer joining our band of misfit toys. Welcome to the Troop and we are expecting great things from you guys.

- Kenny

List. Drew 'Ron' Swanson has been the man, fighting bears and providing support to the CG team in austere environments across the globe. Rob Luna has been running the research and development program in addition to traveling with his Air Force team. John Fondren has been riding into the wind with his new team and is anxiously awaiting his second child. A-arón is in his fourth week at MFF School earning the nickname, 'Tumble-dry.' Going into the Pumpkin Spice season we, the men of EC, want to say thank you to the

coming Jon and Scott home from their most recent trips very soon. Somehow the Navy has decided to make Scott a CPO, congrats to him and all of the other promotes. He is already walking around with his coffee cup trying to give orders. We would also like to welcome Jesse and CJ to the CSD family. We wish Ian and Jesse a safe return as they will be replacing Jon and Scott in the near future. As always, CSDs pace does not appear to be slowing down in the near future, wishing every CSD member safe travels throughout this cycle. It is with a sad heart we say goodbye to JB, he is taking a different assignment within the DoD and will be truly missed. Thank you for answering the call JB. I hope everyone is doing well and look forward to seeing everyone at the JCU Anniversary party.

- Chris

Hello Everyone! First and foremost I'd like to take this opportunity to recognize Jessica Cebulla for holding the Cebulla family together during Dan's six month absence. I'm sure your family is thrilled to have him home as you guys are preparing to PCS. Dan is an invaluable asset and can never be replaced. Dan, you will be missed! With one family moving on, we have others joining. I'd like to welcome the Hanks's and Taylor's to the SRCD family! Thomas Freymiller joined us as well but since the Army has not had the time to issue him a wife, he'll remain living the single life and the vida loca. Good for you Tom! I'd also

like to welcome Nate Bryant back home to spend a bit of time with his family before he has to go out and fall from the sky. Jill you don't have anything to worry about, considering how much Nate keeps his mouth open in the wind tunnel. Those cheeks can slow down anything while he's in the air. Ashley, thanks for answering the call in supporting your husband Josh as he rotated forward again. I'm sure it's never easy but just know we're here if you need anything! Thanks again for everyone's help and support but most importantly, the families! Till next time!

Gonzo



Brad Long makes a appearance to collect his awards

The Executive Communications detachment has been busy as always. Since the last newsletter, we've welcomed two new communicators to the crew; John Fondren, Jump Master-extraordinaire and Aaron Morrill, the free falling space cowboy! 'The Amir of Baghdad', Brad Long, graduated from ALC and was selected to the highly coveted Commandant's

families for putting up with the unpredictable nature of the job. You're the security blanket and molding that keeps these fellas intact with no fail.

- Hector

Once again, it was another quick summer in the Communications Support Detachment (CSD). As we turn to fall, we would like to thank our families for all of their continued support. We should soon be wel-



Julian Walle gets the best of the tree that got in his way during the Military Freefall School

NOSC

Greetings NOSC family, as fall is coming upon us I am reminded of a season of significant change and a sign to prepare for winter. Leaves begin to fall from trees, the temperature begins to drop, and we begin to hibernate indoors. As a result, we begin to enjoy the holiday season; drink, be merry, and pack on that 5-10 extra pounds. We have great news for all of our family members...we have developed a comprehensive fitness program that will combat our natural hibernation process and it's called NOSCFIT. I am thoroughly excited about this 13 week program that will keep us active and outdoors throughout the holiday season and will ensure that your JCU Communicator will stay ripped and shredded this year and into 2017. Please let us know if you would like to participate in the program.

I would like to extend a big thank you to Sam Prichard, a newly minted Senior Master Sergeant, for stepping up to the plate and superbly executing duties as the NOSC Troop Sergeant Major which was coupled with duties as the JCU Air Force Senior Enlisted Advisor. His leadership and steadfast commitment to the organization speaks volumes to his character and ability to drive JCU to success throughout the last two months. I am glad to be back with the unit and finished with school. I am ready to dig in for the long haul and contribute to the success of our JCU family.

As there is never a shortage of complex network problems to find, fix, and finish, rest assured that we have the best network ninjas engaged, con-



LTC Lamonica receives the JCU Colors from CSM Usie



CW2 Levine receives an award from COL Clifford

solidating gains, and putting these problems to rest worldwide. Each NOSC member has been making strides to bolster their skillsets by continuing their education to earn network and systems certifications. These incredible men and women continue to shape their environment and hone their skills towards becoming masters of their trade. I am sincerely impressed with their dedication to the Unit and supporting the mission by delivering results on a daily basis. The individual achievements are too great in number to name within this newsletter but know that each person within the NOSC has stepped their game up either personally or professionally.

I am glad that most of us dodged the massive destruction of hurricane weather and only had to do without power for a couple of days, throw out some food that could not be preserved, and replace a few shingles or repair a fence section. There are a few people that did suffer some flood damage and the team banded together to provide assistance to those in need, showing once

again why we make a dynamite team that can't be beat, even by hurricanes. If anyone needs additional support please feel free to reach out; my contact information is listed at the bottom of the newsletter.

Please take the time to enjoy the seasonal change, the crisp air, and camp fires. This is a great time of year to unwind a little and enjoy each other's company as we embark on the holiday season to come.

-Jason



Joe Miller receives a certificate and pin for 10 years of service as a Government Civilian



SSgt Czerniak is promoted to Gunnery Sergeant

JCU Commander Promotion



LTC Clifford is promoted to Colonel by Friends and Family



Flash back in Time



This person has been a rising star within JCU. Can anyone guess who this little sweetheart is?

New Additions to the JCU Family

- ◆ Congrats to the Lee family for their newest addition! William Jacob Lee was born 8lbs 1oz, 21.5".
- ◆ Congratulations to the Lucas Family. Annabelle Louise Lucas was born on Aug 13th 2016, 5lbs 12oz, 19" long.
- ◆ Grayson and Brenda Killebrew welcomed John Grayson Killebrew Jr. into the world on 8/12/16, weighing in at 9lbs 13oz.
- ◆ Gregory and Jada Nahalewski welcomed their newest addition to their family: Elliana Jada Nahalewski was born on 01 Oct. She weighed in at 6lbs 8oz.
- ◆ Congratulations to the Brian and Jennifer Dewitt. Emily Adeline Dewitt was born on 5 Oct. She was 7lbs 6oz.
- ◆ Congratulations to John Fondren and Family. Merritt Renegade Fondren was born on 7 October, 2016. He is 20 in and 6 lb 11 oz..
- ◆ Congratulations to the Morquecho Family. They welcomed Everlynn Rose Morquecho Born on 12 October.

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

2016 JCU
BABY
GOAL

TOTAL TODAY= 22
2012 Record= 29

Memorial Progress



Members of JCU get a little PT in while helping grade the soil around the Memorial Site



Foreman Todd Spencer ensures work is done to specification and gets in a little “machine therapy” before his heavy equipment license was revoked

JCU Leadership

Position	Name	Work #	Cell or Home #	Email
JCU Commander	LTC James Clifford	243-9190	703-888-8475	cliffordj@jdi.socom.mil
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1SG	1SG Luke Blum	243-9134	813-416-5459	bluml@jdi.socom.mil
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