



**Message from the JCU Commander**

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JCU,

I'm honored to be the 15th Commander of the Joint Communications Unit and want to thank each of you for making the Change of Command and the transition between COL Clifford and myself seamless. I've never encountered a more professional group of Soldiers, Sailors, Airmen, Marines, and Civilians, and I genuinely appreciate all your support. I come to JCU with Team Chastain: my wife, Adriana, and our two boys, Nathan and Matthew. Our family spent 8 years in the Special Operations Community in Fort Bragg from 2004-2011, and after spending several years in a Special Missions Command at WHCA, and two years in Battalion Command in USARAK, we are excited to be back here for the next couple of years.

A little about me is I'm from a small town in Indiana. It's doubled in capacity since I graduated high school -- we went from one stop light to two. I graduated from Purdue university in 1998 and have served on active duty since. I enjoy being outside and all the activities that come with it. In my down time I like hanging out with my wife and kids, watching my kids play soccer, boating, and fishing.

I know the deployment tempo for the organization is high and there are no signs of it slowing down. One of the first things I am trying to accomplish is posturing the organization for long term sustainability of our operational tempo. I want to make sure programs are in place to give Families the best support we can. Recently on board the team is Ross Whitmore, JCU's social worker.

Along with Chaplain Allen, this makes two resources any JCU member or their family members can utilize for marriage counseling, individual counseling, stress management, sleep problems, couples communication, and overall mental and social well-being.

It was a pleasure to meet many of you at the JCU picnic. Everyone had a great time at Lake Pines! To those that executed the event, "Well done!" I'm looking forward to the next couple of years as the JCU Commander. I do have an open door policy for all JCU members and their families, so if there are issues please don't hesitate to reach out to me at james.m.chastain8.mil@mail.mil, work 910-243-9190 or cell 910-584-9878.

Sincerely,  
Jim Chastain

**Upcoming Events**

Month	Date	Activity	Lead	Location
September	1-4	Labor Day Weekend	N/A	N/A
	7	New Spouse Orientation	JSOC	Pope AAF Bldg 738
	20	JCU Jump Viewing	JCU S&T	Sicily Drop Zone
	23	JCU Open-house and Kid's bike giveaway	Dwayne	JCU
	30	JSOC Oktoberfest	JSOC	Parachute Packing Facility
October	6-9	Columbus Day Weekend	N/A	N/A
	Oct 27 or 28	JSOC Halloween Party	JSOC	Parachute Packing Facility
November	10-13	Veteran's Day Weekend	N/A	N/A
	11	JSO 10K	SOCA	McKellar's Lodge, Ft. Bragg, NC
	22	Turkey Bowl and Chili Cook-off	CSM Usie	JCU
	23-26	Thanksgiving Weekend	N/A	N/A
December	2	JSOC Holiday Party	JSOC	Parachute Packing Facility
	8	JCU Children's Holiday Party	Dwayne	Dragon Bowling Lanes
	16	JCU Anniversary Party	Dwayne	TBD
	18-28	Half-day Schedule	N/A	N/A
	23-26	Christmas Weekend	N/A	N/A
	29-1 Jan	New Year's Weekend	N/A	N/A

## HHT

Hello HHT families! Summer has proven to be a bitter-sweet time of the year. Bitter because we said goodbye to a few of our service members who have been with us for a few years and sweet, as we welcome the fresh new faces who will bring new energy and vigor to the team.

On June 30<sup>th</sup>, we marked another JCU history as we bid farewell to COL James Clifford and welcomed the 15<sup>th</sup> JCU Commander, LTC James Chastain. The day started with a friendly Ultimate Frisbee Competition to give the unit members a last chance to tackle COL Clifford. Kudos to D Troop for winning but HHT, for the first time in history, was undefeated and made it to the finals. The day concluded with the Change of Command Ceremony where the weather did not quite cooperate but that, of course, did not stop us. To COL Clifford, we thank you for the leadership and guidance. The unit, as a whole, was better under your command. And to LTC Chastain, Sir, we look forward to the new vision that you have for JCU. We are all excited to have you onboard.

Our OPS section suffered a big loss with the departure of MAJ

Scott MacDonald, Maj Ben Wingler, CPT Shane Quinty, CPT Michael Wilda, SGM Chris Leach, MSG Rob Lopez, MSG Julian Walle, and last but not the least, SCPO Nick Vecchio. Their service to the unit will have a lasting impact. For the newcomers MAJ Randy Linne-mann, CPT Paul Miller, CPT Justin Nash, Capt Amanda Altman, you have big shoes to fill but I am confident that you all will excel and we look forward to what you'll bring to the fight. A few in-house moves also are worth mentioning as SFC Adam Fontanez from B Troop and MSgt Jason Herndon from the NOSC expand their skillset in our OPS cell.

As for our J1 section, we said farewell to two outstanding personnel, PO1 Autumn Johnson and SSG Justin Sims. After years of service with JCU, they are moving on to tackle more challenges in their military career. Your selfless service to everyone will surely be missed. Again, big shoes to fill for TSgt Donnel Walker, PO1 Julian Martinez, and our most recent addition, SSG Joel Rivera-Rodriguez. The J1 is a well-oiled machine and I have no doubt that the gears will keep

turning at the speed of light.

On Aug 3<sup>rd</sup>, we held our JCU Summer Picnic at Lake Pines Swim Club. I was really happy to see families getting together, sharing laughs and enjoying the water to top off the summer before heading back to school. I'd like to take this opportunity to thank SGM Vanessa Moak, MSgt Tony Miller, PO1 Matt Foley, PO1 Brandon Lungren, TSgt Sean Deveci, PO1 Logan Ison and TSgt Shane Mikolajewski for volunteering to help make this a special event for everyone. Also, special thanks go out to Mrs. Sandra Lawrence from Lake Pines Swim Club and her husband George for accommodating us on their day off to host our event. If ever you're looking for something to do in the summer that's close by, check them out, I highly recommend it. We are looking at doing next year's picnic at the same place and as soon as next year's schedule comes out, I will schedule it right away. Feel free to send any suggestions on anything you want to see at next year's picnic.

Something to look forward to this is September is the JCU Kids Bike Giveaway. Every year, the 9/11 Tribute Center in New York City, through a group of volunteers, puts bicycles together for all children of a military unit. JCU was enough fortunate to receive bikes this year! We are planning on doing an open-house on Sep 23 at which time, we will present the bikes to the little ones. I look forward to seeing you all there!

Lastly I'd like to thank you all for your continued support to our hardworking service members and civilians who continue to do the nation's work day in and day out. As I always say, we are only successful because of the families that stand behind us...thank you for always caring and understanding through the long days, late nights, and sometimes weekend duties. As always, email or call me if you need anything... as in anything. My email is [camachod@jdi.socom.mil](mailto:camachod@jdi.socom.mil), office is 910-243-9143 and my cell is 915-996-5007.

~ 1SG Dwayne Camacho



ABOVE: COL Clifford hands over the JCU Colors to LTG Miller as he relinquishes command.

LEFT: LTC Chastain receives the JCU Colors symbolizing his assumption of command of the Joint Communications Unit.

## *A Troop*

The gentlemen in A Troop, to include our maintainers & NOSC personnel, have done an amazing job completing multiple exercises honing their JCU skills in addition to supporting other elements so they could do the same. Bryant, Kyle, and I can't thank each and every one of our A Troop brothers enough for the amazing work they do day in and day out. Keep pushing fellas!

In the month of July, we celebrated the promotion of Joshua Harris to Sergeant First Class and Sean Connors to Staff Sergeant after his completion of ALC. In addition, A Troop represented well for Service Member of the Quarter both 2<sup>nd</sup> & 3<sup>rd</sup> quarter with IT1 Jeremy Erickson earning Sailor of the Quarter & SGT Jacob Gauger taking home both Soldier of the Quarter and overall

Service Member of the Quarter. Great job guys!

Congratulations to our newest Jumpmaster SSG Evan Spruill & Army Basic Airborne Course graduate IT1 Jeremy Erickson. SSG Sean Connors also successfully completed the Jumpmaster course and will be pushing jumpers out of an aircraft soon pending PWAC. Both SSG Justin Melendez and SSG Evan Spruill re-enlisted answering the call to continue to serve this great country.

Currently SSgt Kyle Cotham is attending his NCO Academy and no doubt is setting the standard. Upon Kyle's return, he will transition over to D Troop as one of their Detachment Chiefs. We will miss you Kyle but know you will be a great addition to D Troop's leadership. We also have to say good bye this month to SSG Christo-

pher Gonzalez and SSG Christopher Williams. Both of them were selected to be a part of SMT after going through a very arduous assessment. They will be missed but we look forward to the amazing things they are going to accomplish in SMT.

To our families & friends thank you for your continued support over the last couple of months.

What you do directly impacts the success of A Troop and JCU as a whole. We are only able to be what the nation needs us to be because you enable us to do so. On behalf of the leadership in A Troop thanks for everything and we pray the remainder of your summer is a blessed one!

~SCPO Josh Espersen



Several A Troopers enjoying a fire during Viking Night.

## *B Troop*

Hello B Troop Family,

First off, It's good to be back home and spending much needed time with those that mean the most to us all. It's been a good while since the last newsletter and there's about six months to catch up on. Fortunately for us all, there's not a lot to talk about for at least four of those months. While we were gone, our very own Samuel Tumblin was promoted to Master Sergeant on the 1<sup>st</sup> of April. Sur-

prisingly, this wasn't a joke and was a very real event. All kidding aside, Sam's promotion is one that is very well-deserved and the Machine couldn't be more proud to see the Army promote this talented leader. Additionally, Adam Hawn was promoted to Sergeant First Class. This is a significant and large step, especially for a guy who has short legs...in his Army career. It is no doubt that Adam will continue to positively impact this organization, and

the service abroad, for years to come. Congratulations to both of these phenomenal Soldiers!

It was recently announced that Chuck Fletcher, Charlie Hulse, and Greg Roberts were selected for promotion to Technical Sergeant. Congratulations to you all and very well-deserved! The US Air Force will benefit from each of your promotions and we all look forward to seeing you wearing that new stripe.

Before I wrap this up, I just want to say again how we truly appreciate all the support from our families and friends while we were away on our most recent trip.

~SGM Sean Mitcham

# C Troop

Greetings, C Troop families and friends. We are another month closer to the goal line and turning the corner on the half way point of our rotation. We have had an extremely busy and productive summer and I am humbled by the caliber of work and professionalism this team exudes on a daily basis. That being said, we could not do what we do without the valiant efforts of the entire JCU team. We had a great turnover with B Troop back in June, and were able to hit the ground in full stride as a result of their tireless efforts. Over the next month and a half, we will be preparing to do the same for the D Troop and team.

Looking back, I would like to welcome the newest mem-

bers and families to the C troop and ECS family. Welcome Jason Besash, Will Amarillo, Derek Ridenour, Stephanie Burton, Josh Lundquist, and Brandon Thompson. Congrats on completing SOROC and we thank you for stepping up for an immediate deployment. There is no better way to get indoctrinated than immediately applying what you have learned to practical work.

C Troop has a few more congratulations to pass on. We would like to congratulate Eric Saalman for his graduation from the Army Basic Leader's Course as the Distinguished Honor Graduate and his promotion to Sergeant on August 1. We would also like to congratulate Will Amarillo for winning Airman of the Quarter for 3rd

Quarter. We would like to congratulate Josh Lundquist for his graduation from Airman Leader's School and subsequent promotion to Staff Sergeant. Jason Besash has completed CCNA certification which is no small feat. Congrats to Jason for a job well done and putting forth the time and effort to get ahead despite the work hours and rigors of being out here. We would like to congratulate Stephanie Burton on her graduation from the Army Senior Leader's Course with recognition on the Commandant's List. Again, job well done by all. Lastly we would like to congratulate Army Staff Ser-

geants Jason Loy and Suren Gayadat on their selection to Sergeant First Class.

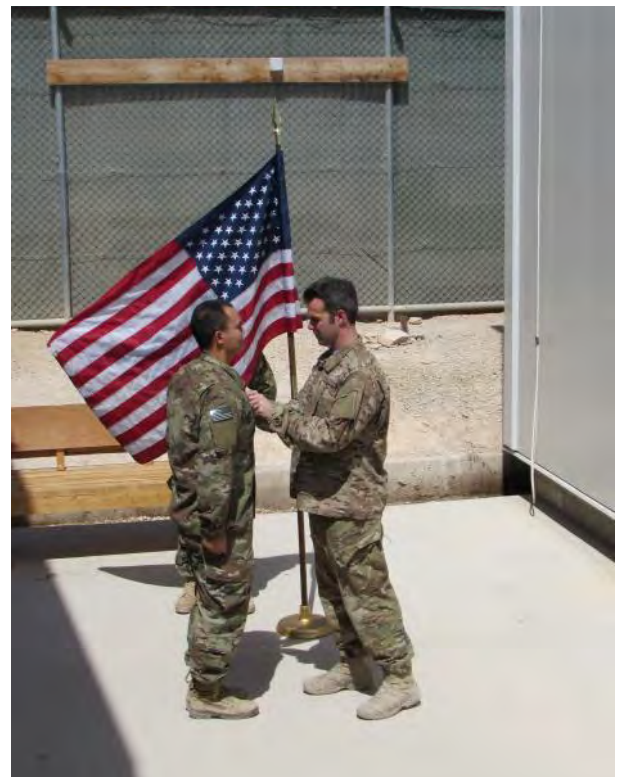
In closing, we look forward to the lower temperatures of Fall, and want to thank everyone back home for the tireless support to us and our families as we round out this deployment rotation.

Cheers!

~ MSG Barrett Overton



One of Army's newest Sergeants, Eric Saalman. Look at that smile!



SGT Eric Saalman...well deserved!

# D Troop

Hello D Troop family and welcome to the heat of summer!

First and foremost, I want to welcome the new spouses and children to the group. We recently welcomed 6 new members after their successful completion of the most rigorous, challenging, and well respected communications course in the Department of Defense. From personal experience, I am 100% confident

that without a strong support system at home, SOROC would be even more challenging. I thank you for helping us get them ready for the future.

The past few weeks consisted of setting up and tearing down several multifaceted communications packages to ensure we, as a troop, are prepared to be whatever our nation needs us to be. As we transition into the next phase of our training cycle, the troop will spend hundreds of

hours training on network and system administration.

In addition, nearly 100 hours on weapons proficiency and qualifications as well as tactical skillsets. These rigorous training cycles are necessary to ensure we are as prepared as possible for the trials that await us as we leave town for a few months later in the year. I have the utmost confidence in the men and women of the troop; you should be exceptionally proud of them.

As I'm sure you are aware, the command is focusing more attention to



The Troop after a "Command Sergeant Major" sponsored PT event. It was a sweaty morning...



our Family First Group. I encourage all of you to take advantage of it as much as you feel comfortable. Additionally, you can expect some communication from me (via email) as we get closer to deployment to make sure you are as prepared for us to leave as much as we will be. As always, if you need anything, have questions, or even just need a phone number, please reach

out to us. The JCU families are our greatest asset and we are here to support you. Thanks for all the support you give us.

Regards,

~SCPO Chris Ingles, C: 912-322-8379

ABOVE: We took Mike Radley out for his 42nd Birthday, he was not impressed with his candles, nor is he really 42. The staff at IHOP was impressed with how good he looked for his age though.

BELOW: D Troop's newest SOROC grads on day 1 in the troop: One of these things is not like the other...



## Cyber Troop

Family and Friends,

Cyber Troop has had an eventful last few months! We've been experiencing a lot of growth recently, with two new members arriving to the troop, putting us at almost double our size compared to last year! 2LT Katie McKinney arrived from Keesler AFB, MS and is already doing great things in the short time she's

been with us. TSgt Adam Maynard arrived on station as well with his wife, Shannon Maynard, and their son Samuel. TSgt Maynard is hailing from MacDill AFB, FL, was hired out of JCSE, and is hitting the ground running. We also had the addition of a family member this last quarter. Brian and Kayte Cochran had their son, Theodore Catesby

Liam this last February. With all these additions, we also said goodbye to SCPO Cliff Varnadoe and his family. Cliff was promoted to SCPO just prior to his departure, a huge career achievement for his rate. After thirteen years of service to the Joint Communications Unit, he has PCS'd to the DC region and plans to retire next year. Big thank you to Cliff for everything he's done for the unit and we wish him the best of luck.

TSgt Katy Benton and 1LT also won at the unit level the Air Force Lance P. Sijan Leadership award for this past year. A big shout out of Katy for all the effort she's been putting in to get our troop members the recognition they're getting. We've been getting after a lot of training recently and are proud that we now have five new CISSPs in the troop! TSgt Benton was able to attend the 1SG course and GySgt Nate Van Kummer is out at Camp Lejeune, NC knocking out his professional military education.

In other news, we just had two members graduate the Cyber Operations course: PO1 Benjamin Maxfield and PO1 Bryce Donaldson. A big congratulations to the both of them! We have also had a few other recognitions with SrA Alexander Dodd and 1LT Zachary Hanley winning the JSOC Air Force quarter award.

Thank you to all the family members out there for your continued support of your service members. You and your support are an integral piece to keeping the machine moving.

~1LT Zach Hanley



Cyber Troop's MSgt Benavidez received the DMSM for outstanding work!

## M Troop

Summer is here in force and the kids are out of school! Enjoy vacation season with the family. There are tons of things to do within driving distance. Jordan Lake and Shearon Harris are close by, just saying. As a side note if you do go and are wake boarding or skiing, stay away from my boat please. I will be the one yelling at you.

We will soon be getting Dan, Marcus, and Horace back home. Kellie, Anthony, and Erika are in the batter's box getting ready to drive in the winning run.

Congratulations to Caitlin and Jeff on the birth of their child. Hopefully, he will grow up to be

a better hunter than Jeff.

Against all odds Pat made it through SLC. He finally knows the proper way to cut grass and paint rocks. Seriously, congratulations on getting that career milestone out of the way.

Livi has stepped up and taken over the motorpool. I am sure you will do a great job. Justin will be moving up to take over for me soon. To which, this will likely be my last newsletter. It has been a genuine pleasure working with each and every one of you. My hats off to you as you continue the good fight. Fair winds and following seas.

~SCPO Shane Simpson



MSgt Michael Lee joined by his wife on his promotion.

# SOSIT

The SOSIT team is as busy as ever. Our second class of the year is in full swing with a total of 29 students tackling the SATCOM phase of school. All seems well and they seem to be getting along...at the moment. More than likely they are in the "honeymoon phase" of the getting to know each other cycle. We'll keep a close eye to ensure the class and squad leaders don't eat their young. Additionally, we will try to control the SOROC TAC, GySgt Chris Allison, but no promises on that one. If nothing else comes out of this, know your loved ones (the Students) will get in shape, round not being one of them. Also, GySgt Allison is always mad because all he eats is chicken, broccoli, and rice eve-

ry day, day in and day out, no joke. Lastly, thanks to SSG Nishan Derbabian for in-processing the new students and preparing them for what is to come.

On to our elusive Network Administration and Systems Administration Instructors. Joe "Did you really just ask that question?" Silvernail continues to provide superb mentorship to Justin "my beard is more awesome than yours" Day. The young Justin is coming around and will soon be able to stand on his own, per Joe "I taught Justin everything he knows" Silvernail. We must not forget Mr. Tim "Cheesehead" Gibson. Although his intelligence was somewhat questioned due to his choice of football team, he continues to provide top-

notch instruction to our communicators. Go Bears! Good luck to the current Network Administrator students.

Rounding out the SOSIT team are the SOROC instructors who claim to be the reason we have a schoolhouse. This team of instructors provide stellar training and education to our future communicators. In doing this, by the end of the course, students are fully prepared to support this nation in whatever it needs, communication-wise. The MOD 1 instructors claim that this class is "switched-on". We shall see in the future modules. Either way, good luck and the rest of the unit looks forward to graduating 29 students. By the way, welcome to the team, John Mosley.

Lastly, Thanks to Joe Gaskin for testing and ensuring our communicators have the necessary certifications to test, operate, and evaluate networks and systems infrastructures. We will soon welcome MSG Larry Dennison to the SOSIT team, as we say good-bye to MSG (P) Brandon Stefanowski. Brandon will attend school in Florida and then head up to our Operations shop. If you've ever worked with Brandon you know he is an asset to SOSIT but is needed elsewhere in the unit.

SOSIT POCs Brandon Stefanowski (253-370-6839), Chris Allison (910-916-2777), and Vanessa Moak (910-988-4473).

Take care!  
~SGM Vanessa Moak

# Out and About



On May 31st, JCU conducted our quarterly Adopt-a-Highway program. It is a strip of highway on Gillis Rd by Raeford Walmart. Special thanks to Eric Graves and Anthony Miller for putting this together. It was nice to see our bosses join in on the fun. It's like seeing a unicorn...really!

## *Family First Group*

Well 2017 has been a busy year with the new ramp up of our FFG (Family First Group – aka spouses group). We hosted a big Mardi Gras party in February to celebrate and provide an opportunity for spouses to meet. The event was complete with New Orleans flair, a photo booth, gumbo and our own homemade king cakes, which had hidden plastic babies inside them of course. We said farewell to Hannah Clifford in June after three years as the FFG Leader with a lovely brunch at Ironwood Café in Pinehurst. We also welcomed our new commander's wife, Adriana Chastain, in July with a welcome social and paint party. We had an instructor teach us to paint a patriotic beach theme. All the ladies had a fun time with that while enjoying lots of food and fellowship.

During this time, the Command also took care of many administrative tasks to help welcome and communicate with our spouses more effectively. A 100% command-initiated call through was conducted to all of our spouses by their newly assigned key callers to make sure our phone tree is in order and they have working numbers in case the command needs to push out important information. They also created an updated email database of our spouses so they can utilize that outlet to share important info as well. Rest assured that this roster is maintained for official communications. For less important or urgent communications, the FFG has continued to push the closed Facebook group as the primary means of communication about upcoming JCU events or news, and as a forum for

spouses to openly communicate to each other with any questions, suggestions, or resource info. Another new initiative from the command that you will soon see is a quarterly FFG Calendar. This should be a big help in planning your own schedules around the unit's training cycles and special events.

If you have any changes to your contact info, please have your spouse communicate that to his section leadership or the 1SG/J1. If you would like to stay abreast of resources and events that are provided by higher headquarters (JSOC) Family First Group, we can add you to their separate email distro and facebook page. Just email [jcufamilyfirst@gmail.com](mailto:jcufamilyfirst@gmail.com) with your request and we will get you added if you are not already.

We have lots of events planned for this fall and the holidays. We hope to see you there! It's a great opportunity for you to fellowship with other spouses that you have a lot in common with and more often than not are experiencing the same things as you are. So remember, you are not alone. You are a part of the JCU family. We can support each other through the challenges of supporting your service member and have some fun along the way. We are always stronger together!

~Tammy Usie, spouse of CSM Clay Usie

253-212-7270, [jcufamilyfirst@gmail.com](mailto:jcufamilyfirst@gmail.com)



FFG spouses bid farewell to Hannah Clifford at the Ironwood Café.



## FFG Unit Advisors

Dear JCU Members and Families, Jim and I and the boys are excited to be back in the Ft. Bragg area! Like many of you, we've been at Bragg before and it feels like coming home. Thank you to all the ladies who gathered at Tammy Usie's home for the painting party. I feel very welcome and gratefully blessed to be part of a unit where the spouses have strong camaraderie! Jim and I are truly impressed at how well the lines of communication from the command and troop levels to the spouses is open and working. We look forward to meeting many of you at our upcoming events.

A little about me... I was born and raised in Los Angeles and went to college in Oregon, graduating from Oregon State with a degree in Math in 1999. Jim and

I've been married almost 16 years now. We met when I was an active duty Army officer from 1999-2005. We have two amazing, energetic, brilliant and silly wrecks of boys -- Nate is 12 and Matt is 10. I'm a licensed massage therapist and yoga instructor, but cutting back from that a bit to go back to school this fall and finish my prerequisites for physical therapy school (gotta use that GI Bill before it expires!!). Life keeps me pretty busy so I often hang out in the background, but always know you can reach out and contact me with any questions!

Sincerely,  
Adriana Chastain



FFG spouses welcomed Adriana to the JCU family.

## FFG Key Callers

JCU—Adriana Chastain, spouse of JCU Commander, LTC Jim Chastain; 910-488-7460; chastainadriana@gmail.com

JCU—Tammy Usie, spouse of JCU CSM, CSM Clay Usie; 253-212-7270; tammyusie@gmail.com

HHT – Anne Camacho, spouse of 1SG Dwayne Camacho; 915-996-3807; cecile.anne2677@gmail.com

A Troop – Niki Locke, spouse of A Troop SGM, MSG(P) Bryant Locke; 704-293-8747; synciere28@yahoo.com

B Troop – Katie Mitcham, spouse of B Troop SGM, SGM Sean Mitcham; 706-294-5492; katie.mitcham@gmail.com

C Troop – Jessica Orwiler, spouse of C Troop DET Chief, SFC(P) Geoffrey Orwiler; 813-924-3429; mlj1201@hotmail.com

D Troop – Jennifer Dewitt, spouse of D Troop Team Member, SSG Brian Dewitt; 520-220-6760; strodedw2001@gmail.com

M Troop – Holly White, spouse of M Troop SGM, SFC Justin White; 910-644-6018; hollybeary76@gmail.com

Cyber – Lisa Dover, spouse of Cyber Civilian Lead, Jerry Dover; 910-308-7876; jlsadover@hotmail.com

NOSC- Dannielle Woosley, spouse of NOSC SGM, SGM Jon Woosley; 910-964-0531; dannielle.woosley@hotmail.com

SOSIT – Elishia Stefanowski, spouse of SOSIT Commandant, MSG(P) Brandon Stefanowski; 206-295-3897; elishia.ski@live.com

SMT – Caramy Taylor, spouse of SMT SRT DET Chief, SFC Zachary Taylor; 910-253-8818; caramytaylor@gmail.com

## Chaplain's Corner

**“You do not have a soul. You ARE a soul. You HAVE a body.”**

Not long ago, I ran across this quote that is often attributed to C.S. Lewis. When I bring this quote up to people I get a



variety of responses, questions and strange looks. Perhaps you don't fully agree with this statement. Nevertheless, most people would agree that there is something more to humans than just flesh, blood and bones.

It was during a deployment to Afghanistan that I first heard about and later got the chance to apply for a position with our unit. Originally, it was the JSOC Chaplain's office that received my packet, interviewed me and later hired me. During the process, my now dear friend SFC Andy Wicks asked me about my APFT score. At the time it was just over 210. He encouraged me to get that score up considerably if I wanted a shot at the job. This unit, said Andy, prides itself on members being in good shape.

Since coming to JCU, I am amazed at the physical strength and endurance of this unit. In a moment of weakness or stupidity – I'm not sure which, I was talked into signing up for the JFK 50. For many in our unit that will not and should

not be an issue. But for a Chaplain who just joined the “50yr Old Club” it is hanging over my head like a cloud. And yet – I often wonder – with all the time, energy, supplements and attention we spend on our bodies, how much time do we give our spirits?

In my professional opinion and experience, it is often the health of our spirit... our soul... our emotions that affect the relationships that play such an important part of our lives. It takes some time and energy to learn how to communicate in a healthy way. It takes an internal struggle to figure how the best way to parent our kids. It is the issues of our hearts that can lift us high... or sideline us for weeks. During my years doing countless marriage counseling sessions with couples, I have never heard a wife say, “Well, he doesn't listen to me ... but he scored a 324 on the APFT!”



The quote at the top is something I not only believe.... but on which I base my whole career. There is more to us than body. In fact, one day this body will break down. When it does, there WILL be soul left. How healthy we are then, depends on how much attention we give our spirits now.

~Chaplain William Allen

919-728-9477

allenw@jdi.socom.mil

## JCU Social Worker

I'm Ross Whitmore the new Preservation of the Force and Family (PoTFF) Provider. I'm a single father of two wonderful adult daughters and a retired USAF Social Worker. As a PoTFF provider, I focus on the mental and social wellbeing of the service members and families and can assist with couples communications, stress management, and sleep problems among other topics.

I have a lot of flexibility with my job and can meet on compound or in the community. I'm excited to be attached to JCU and support our families.

**Ross K. Whitmore**  
**Licensed Independent Social Worker**  
**JSOC Cmd Social Work Section**  
  
**whitmorero.ctr@jdi.socom.mil**  
**910-243-0377**



# *April Awards and Promotions*



# May Awards and Promotions



# June Awards and Promotions



*June Awards and Promotions (cont'd)*



# July Awards and Promotions



# August Awards and Promotions





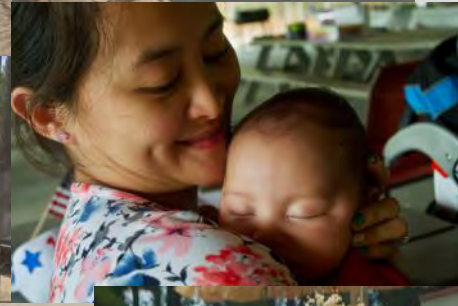
*"21 Gun Salute" PT Event  
JCV Memorial Dedication*



# Ultimate Frisbee Challenge



# Summer Picnic 2017



**SOCA**

It's that time of the year again...the much awaited Joint Special Operations 10K sponsored by the Special Operations Communicators Association is right around the corner. Race day is on Saturday, November 11, 2017. Check out [www.thesoca.org](http://www.thesoca.org) for registration information. You can also register through [www.itsyourrace.com](http://www.itsyourrace.com) using keyword Bragg in the search bar.





**21st Annual**  
**JOINT SPECIAL OPERATIONS 10K**

**McKellar's Lodge - Fort Bragg, NC**  
 Sponsored by  
**The Special Operations Communicators Association (SOCA)**  
**Saturday November 11, 2017 at 8:00 am**  
**Rain or Shine (except range closure)**

Challenging, One of a kind, Cross - Country Route / USA Track & Field certified Course # NC10117PH  
**Price: Pre-registration: \$30 (through November 3, 2017) - \$35 from 4-11 NOV**

**JCU Leadership**

Position	Name	Work #	Cell or Home #	Email
JCU Commander	LTC James Chastain	243-9190	910-584-9878	chastainj@jdi.socom.mil
CSM	CSM Clay Usie	243-9193	253-229-1970	usiecc@jdi.socom.mil
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First Sergeant	1SG Dwayne Camacho	243-9134	915-9965007	camachod@jdi.socom.mil
Chaplain	CH William Allen	243-1321	919-728-9477	allenw@jdi.socom.mil
OPS Officer	MAJ Randall Linnemann	243-9151	315-286-9807	linnemannr@jdi.socom.mil
OPS SGM	SGM Stan Sweeney	243-9152	910-574-7316	sweeneys@jdi.socom.mil
ECS CDR	MAJ Oscar Tiglao	243-4556	931-338-1566	tiglao@jdi.socom.mil
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Cyber SGM	MSgt John Bass	243-0462	903-343-7451	bassj@jdi.socom.mil
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