



From the JCU Commander

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COL Adam Sannutti,

First off, thank you. Thank you to our service members and families. We have asked a lot of you and you continue to step up and perform the mission in an extraordinary manner. The stressors of deployments, training, alert, all of the early mornings and late nights do not go unnoticed. I can tell you JCU's credibility and reputation have never been higher. Many of us supported or executed the withdrawal of forces from Iraq and understand the challenges and difficulties associated with such an endeavor; the drawdown and Joint Tactical Exfil from Afghanistan was remarkable. As part of the Afghanistan departure, the Secretary of Defense approved the establishment of U.S. Forces Afghanistan Forward to be led by Navy Rear Adm. Peter Vasely, a one-star Navy SEAL officer. Prior to Rear Adm. Vasely taking over, he requested a JCU communicator, stating his role required him to be able to communicate day or night at any location and no other unit could meet the requirement! Kudos to all, past and present who continue to make us DoD's Finest Communicators.



Promotions & Awards

Apr—Jun 2021

Promotions: 1x TSgt -> MSgt

Awards:

1x—BSM

2x—DMSM, DMSM

3x—JCSAA

1x—MOVSM

1x—AFNCOA Honor Graduate

2x—2020 USAF Info Dominance award

1x—JCU Commanders Coin of Excellence



Command Sergeant Major

JCU Family,

Spring has come and gone and we're in the full swing of summer in the South. We've turned over missions and welcomed home another group of our Service Members that spent the past four months doing what we do best, "Delivering the Message". Since the last newsletter, COVID restrictions have eased and we've been able to get after some much needed team building. Additionally, I'm excited for the Family Picnic coming up in the next month or so, thanks to 1SG and our FFG team for putting everything together.

As I type this, the Delta variant of COVID-19 is becoming a concern for the country and DoD. Our medical staff on the compound now have the vaccine in-house. It's my hope that everyone interested, or on the fence about it, gets the vaccine to allow us to continue coming together as a family. Last year was a difficult time for all.

As most of you know by now, Afghanistan is nearly closed down as a military operation. For 20 years our force dedicated blood, sweat, and a few tears to make that place what it was. Thank you to all that gave a piece of themselves to improve the foxhole. We will never forget those that never made it back.

With the closure of Afghanistan, the DoD is relooking at its priorities. As I'm sure many of you have heard, there are concerns about manpower cuts for the SOF enterprise. There are still too many unknowns at this time of what will come out of the talks above our level. We are informing our leadership all the way up to the DoD through our higher headquarters of the impacts that any manpower cuts would have. We anticipate a decision by November 2021. COL Sannutti and I are doing everything we can to inform our leadership of the risks and protecting our people.

In June we graduated another class of JCU Communicators from our SOC-OTC. It's awesome to see them hit the ground running and getting after it in their respective Troops. Additionally, our new recruits have started SOC-OTC 2-21 and are already showing great potential. Welcome to you all and your families to the JCU team!

Lastly, I have to give a special acknowledgement to one of our civilian workforce members, Mr. Glenn Staples. Glenn retires at the end of July after serving our country as a uniformed service member and a DA Civilian for 45 years. The Commander and I had the opportunity to sit down with Glenn and pick his brain about his over four decades of service. It's humbling to know that these legends are still in our organization and continue to serve. Congratulations on your retirement, Glenn. Well Done. We have the watch, and "Thanks from DoD's Finest Communicators".

~CSM Brandon Stefanowski



Headquarters & Headquarters Troop

From 1SG

Hello all, this QTR has been busy and fast like all the others before it. With the COVID-19 restrictions loosening we are starting to get together again for events. Look for the JCU Summer Picnic event held at Ricks place on 4 SEPT 2021, and more event to come as we get back to a state of normal. We closed out the 3rd QTR SMOQ/CMOQ board with the following winning top honors: PO1 Cook, Joshua won both the Navy and JCU service member of the QTR. His distinct accomplishments bring great credit to MSS, the Navy and the Department of Defense. I am proud to be able to serve in their capacity and with these quiet professionals. Hope everyone has a great summer! Stay safe and drink WATER!!!

JCU Hero WOD #2

Randy L. Amsler Jr.

Randy Lee Amsler Jr., 33, entered into eternal life on Friday, Sept. 5, 2013 at Fayetteville, North Carolina after a long fight with Leukemia and Lymphoma. Randy was born June 12, 1980, in Albany, New York, the son of the late Randy Lee Amsler Sr. and Laurie Mallary Amsler.

Served in the U.S. Air Force as a Sensor Systems Apprentice on December 2, 1998. During his 15 years of service, Randy served in Operations IRAQI FREEDOM, NEW DAWN and ENDURING FREEDOM.

Survivors: wife, Melissa Cotton Amsler; children, Joshua and Alicia; mother, Laurie Amsler; brothers, Tom Rigney and Dan Rigney.

“RAM”

w/ body armor

2 mile run

Then

5rds for time

15 burpees

33 Lunges

Then

2 mile run

J1

From the J1 team CPT Davis promoted to MAJ and MAJ Davis PCS'd to ILE in Fort Leavenworth, KS. We welcomed and hailed CPT Hastain as the new JCU J1 OIC, she is coming from Fort Bragg and was previously at JSOC/JCU. Our own TSgt Iseppi was selected to MSgt and was selected as JSOC AF NCO of QTR, 3rd QTR FY 21

J3

Following COVID-19 vaccinations, the JCU slowly is returning to normal. Social distancing and the wearing of face-mask are still paramount to mitigating the spread of the deadly pandemic. During this quarter, the POTUS issued a statement that fostered the end of operations in Afghanistan. Additionally, Lt. General Scott Howell (former [15th] JSOC Commanding General) retired and left Major General Richard Angle as the acting Commanding General until Lt. General Bryan Fenton arrives.

During the last quarter, the JCU-J3 said farewell to two Soldiers: SFC Jeremy Critchlow and SSG Vince Mankowski. SFC Jeremy Critchlow departed JCU and began serving in a special mission unit on Ft Bragg and SSG Vince Mankowski departed the JCU-J3 and now is a member of the Expeditionary Communications Squadron (ECS [A-Troop]) as the Training NCO. The JCU-J3 also welcomed two service members: CPO Eric Graves and SFC Brandon Hilliard. CPO Graves reported to the JCU-J3 from his previous assignment at Corry Station. SFC Hilliard reported to the JCU-J3 from ECS, A-Troop. Both are now part of the JCU-J3 Current Operations Section.

V/R,

SGM Sam Holden



A Troop

A-Troop Family,

Rob Luna is currently on leave and spending some much needed time with his family, so Josh Harris and I will be covering down on his responsibilities for a couple weeks. It has been another extremely busy couple months for our service members and their families. A-Troop has been conducting a very long series of exercises and training events in preparation to support our Nation's most challenging missions. Thank you to the families for your continued support and sacrifices.

As always, our team has a few achievements to highlight. Bobby Hawk and Tyler Haymond won Joint Service Member of the Quarter in their respective branches. Michael Lindsay and Oliver Chesney were selected for promotion to Master Sergeant, Tyler Haymond was selected for promotion to Technical Sergeant, and Shane Medeiros was selected for promotion to Gunnery Sergeant.

We welcome a few newcomers to our family, Tre Egerton, his wife Paola, and their son Noah, Creighton Price and his wife Jenevieve, David Dunford and his fiancé Adrianna, and Brendan Diniz. These members are coming freshly from the training program and ready to Rock and Roll. Additionally, we had an adorable little trooper report for duty recently... On 10 April 2021, Trevor Chichester and his wife Zakiya brought baby Yasmēn into the world. Congratulations to Mom and Dad!! I'll close with a farewell to Michael Lindsay, he's recently PCS'd to a new assignment at Charleston Air Base.

Respectfully,
Norm Lewis



B Troop

B Troop and Greater JCU Family,

As many of you are aware, B Troop wrapped up another prosperous and action-packed rotation. We were met with many unique challenges, operating in capacities and under circumstances that were truly uncharted. First and foremost I want to thank the immense amount of planning, coordination, and execution that each of you undertook which supported dynamic and significant missions around the world. We would not have been to accomplish so much, however, without the enormous support we receive from our families, loved ones, and mission enablers. Thank you to each and every one of you for helping make the rotation successful.

While forward, many B Troopers went above and beyond, bolstering B Troops notorious "Machine" moniker. SSG Zach Hopp promoted to Technical Sergeant and SSG Bryan McGuigan was selected for Warrant Officer Candidate School. PO2 Brian Allum was selected as JCU and JSOC Junior Sailor of the Quarter, PO1 Kyle Rogers earned JCU Service Member of the Quarter, and TSgt Jonathan Wright earned US Air Force Lance P. Sijan Leadership Award. We also had SFC Lee Wilson earning both CCNA and CCNP. To avoid being bested, SSG Josh Taylor also earned CCNP and CASP. PO1 Olivier St. Felix earned CASP, along with PO1 Brian Allum and Sgt John Guillory (finally) earning CCNA.

Lastly, SSG Bryan McGuigan and PO1 Kyle Rogers both earned CompTIA Project+ certification (CONGRATS AGAIN BRYAN!!!).

We also welcome to the Troop PO1 Kaily Gains, TSgt Andrew Tipton, Sgt Owen Vivanco, PO1 Alex Breen, and SFC Donald Ramirez. We sure hope they don't let us down.

Although we will take a knee and pull security for post-deployment leave, there is truly no rest for the wicked. B Troop will hit the ground running during our next mission training cycle, with many exciting and challenging opportunities to fine tune our craft and integrate with our mission partners.

Thank you again for all of the support,

Chase Blanton



C Troop

C Troop Family,

First, I'd like to thank all of the C Troop families for your untiring support during the past quarter. The schedule was highly dynamic and the challenges were plentiful.

But each of you handled them with exceptional grace and poise; and none of the deployed service members could achieve mission success without you as the foundation at home.

We can't thank you enough for your sacrifices and your support as we prepared to depart and headed out the door.

There have been some exciting changes since the last newsletter was published. Drew DeVries was promoted to Master Sergeant and Jared Hamilton was selected for Technical Sergeant. Talon Bigley was selected as Soldier of the Quarter and Ashley Nelson was selected as USAF SNCO of the quarter.

Congratulations to all of you for your outstanding accomplishments!

We also welcomed our newest troop members and their families. Rob Geyer and his wife Melissa joined us from A-Troop. While Cameron Helstowski, William Reid, and

Zachary and his wife Angel joined us from SOC-OTC. We're glad you're part of our team and our family, and we look forward to what the future holds now that you're here. Lastly, we bid farewell to Jeff Clark and Steve Mahon. Although you're both on to greater challenges and increased responsibility in your next assignments, you'll always have a home here with us.

As always, please don't hesitate to reach out if there's anything that Brenda or I can do to assist any of you.

V/R,
Grayson Killebrew

D Troop

D-Troop Family,

We have had a busy spring and beginning of summer, with exercises each month since February. We are now transitioning into our individual skills training, with a lot more time at home. We only have two weeks in August in which we will be away from home to conduct our survivability training in Moyock and Camp Butner, NC. As we progress into the summer, we have personnel departing JCU and the troop. Corey Kinsler and Ryan Clancey are departing JCU and moving on to new assignments; Justin Hughes and Rich Arnold are departing the troop, but still serving JCU, helping to spread some of our talents throughout the unit.

SOC-OTC Class 1-21 graduated recently, and we selected five personnel from this class. We are happy to add Danny Lorenc, Rene Delgado, Bryan Parsons, Darla Kost, and Eli Grenier. Darla and Eli are conducting Module 0 with class 2-21, and will be joining the troop in August. We are delighted to have the new fresh meat, I mean, additions to the troop, and happy to meet the new D-Troop families. If you are new and/or are not on the JCU Facebook page, please get ahold of Jess to get on that.

We are working closely with Xochi to plan and execute our next POTFF event on 16 September. We are planning a one-day catered event at a local company to reinforce previous POTFF training and introduce the new families to our RST and provide them with resources and opportunities. Basically, we are all going to bond and cuddle.

Thank you all for your patience, dedication, and support to your service members, and without a doubt, they would not be successful without that support. Jessica and I both acknowledge the strain this past cycle has taken, and we are intentionally leaving plenty of room for vacations and/or time away from work. As always, please let us know how we can help you navigate the JCU/Fort Bragg waters, and do not hesitate to contact us if you have any questions or concerns. We hope to see you at the next troop functions!

V/R
Geoff and Jessica Orwiler



Special Mission Troop

Special Missions Troop families,

I would like to recognize the hard work and significant accomplishments made over the past few months from within SMT. SMT continues to progress the Troop and develop new members for the future. In June we had the opportunity assess some of the best communicators within JCU for suitability to serve within SMT. Everyone gave a gallant effort and I am proud to welcome our newest members SSG Haffke, GySgt Schller, GySgt Spivey, SSG Dunford and P01 Price. Everyone is excited to see the contribution you will make within the organization. We are also looking forward to integrating your families into the troop. SMT organized and conducted a Troop family day in May at Smith Lake, catered by Nobles Meat, and did I mention there was a bounce house! It was a blast and I'm looking forward to getting

everyone together again this next quarter. I would be remiss if I didn't recognize the accomplishments of MSG Remmer (promoted on 1 Jul), SFC Williams (promoted 1 Aug), and SFC Gayadat (BSM).

I know Everyone in SMT is accustomed to the lifestyle and the flexibility that is required to do your difficult jobs. It is not lost on me the struggles that your loved ones face based off your chosen profession. Families, please reach out to Jill and I. No matter how small of an issue you may have. Look forward to seeing everyone and again!

-MSG Nate Bryant

ECS Headquarters

ECS Families,

We hope everyone has had a great start to the summer! We want to give a warm welcome to our new ECS families from the recent SOC-OTC graduation, and the many new births throughout the command.

The year is flying by, and we appreciate everyone's dedication to supporting our mission. Family is important, and your support is what enables our ECS service members to focus on their training and the mission. If you ever feel that you have any questions or need any type of support, please don't hesitate to reach out. All of our troops are willing to assist, and leadership will always make ourselves available to answer any questions. We hope to see you all at some upcoming events such as the JCU Picnic, JSOC Ball, or JCU Ball. From an operational standpoint, C Troop has been training hard over the last few months and has successfully deployed forward. With their departure, we welcome B Troop back home from their deployment. Their support overseas was outstanding, and we appreciate all their hard work

and dedication. Job well done! Training continues for A and D Troops, and they have transitioned recall status as of July. Lastly, SMT continues to support a diverse group of missions and continuously has members from the troop deployed or in training. We appreciate each one of you, and want to thank you again for all your sacrifices. Again, if you ever have any concerns, or need any support please do not hesitate to reach out to us. – SGM Dwayne Camacho (ECS SGM) and MAJ Nick Beck (ECS CDR)



MSS Headquarters

Greetings JCU Family,

The Mission Support Squadron has done an amazing job these last few months. From the exit of Afghanistan, to multiple exercises and work roles across the country our team continues to remain flexible while exceeding expectations. During this time we had the safe return of Andre Litvin and Jeremy Owings, standing the watch in their place are Rebecca Satterwhite and Kevin Pallares. Our thoughts go out to them for success and a safe return.

We would like to recognize our members for their astounding achievements, PO1 Steven O'Neal on his selection for JSOC SOQ, PO2 Rebecca Satterwhite as JSOC JSOQ, PO2 Tyler Carpers Promotion to PO1, TSGT Craig Kortan's promotion to MSGT, and MSGT Sean Walters to SMSGT. Congratulations to all of you! We also want to take the time to welcome one of the newest members to the JCU family, Hank Owings! Congratulations Jeremy and Ashley Owings!

Finally, everyone time here at JCU comes to a close and we would like to take the time to say goodbye to those departing. Thank you for all you have done for your Troop, the Squadron, and the Unit. You have be an integral part of the team and its continued success! We wish you the best on your next assignments as we know you will have continued success where ever you maybe!

V/R

Capt Bill Moore

SCPO Tim Duncan



Cyber Troop

Greetings from Cyber Troop!

We would like to begin by introducing three new members of the troop, MSgt Brandon Shirley, TSgt Adam Dolensky, and SSgt Quinn Larkin. Welcome, we look forward to what you will bring to Cyber troop and JCU!

We also want to recognize IT1 Francine Rankin has an excellent quarter! She earned her Certified Information Systems Security Professional certification and Navy Expeditionary Warfare pin. MSgt Sean Walters earned his Project Management Professional certification.

We had a promotion in the troop, and we would like to recognize CTN2 Tyler Carper for his promotion to Petty Officer First Class!

Cyber Troop also had to say goodbye to five outstanding Cyber Operators. We would like to thank MSG Barry Hall for his time as our

Senior Enlisted Leader, MSgt Adam Maynard for his service as the Operational Support and Testing Detachment Chief, and GySgt Nicholas Troyer and GySgt Nathaniel Van Kummer for their outstanding work as team leads. Lastly, we would like to congratulate MSgt Brian Zebrowski on his retirement. Their contributions to Cyber Troop and JCU will be missed.

V/R MSGT Sean Walters, JCU Cyber Troop

J4 Logistics

The J4 family is growing! Congratulations to TSGT Erik and Taylor Deason on the birth of their baby girl, Billie Rose. We are also welcoming Trujillo onto our team, and wish him the best of luck in Mod 0 of SOC-OTC.

We would like to welcome Morgan back from her deployment, where she did outstanding work and represented JCU well at a high level.

Max was picked up for the highly selective Enlisted Medical degree preparatory program, and we wish him the best of luck as he transitions into the medical corps!

On a sad note, we had to say goodbye to Bernard, Bryant, and Erik this quarter. Your contributions will not be forgotten and you are missed every day. Thank you for everything you sacrificed for JCU. V/R MSGT Sean Walters, JCU Cyber Troop



Maintenance Troop

Hello M Troop family!

First I'd like to introduce myself, I am Chief Mike Ignoffo, and as of February I have been granted the privilege of being the next Senior Enlisted Leader of JCU M Troop. I cannot thank Bessy enough for his hard work, leadership, and guidance of M Troop over the past two years. Bessy had the helm during what can only be described as one of the most challenging times for any leader in any capacity, and he kept the troop moving forward and successful every step of the way. Congrats and thank you Bessy!

This has been a very eventful 3 months. The troop has taken on new responsibilities, welcomed some new faces and said goodbye to others. We bid farewell to Sarai Phillips and Leon Hamilton as they moved on to continue their stellar careers. We welcomed home Jeremy Owings, Andrey Litvin, and Dave Miller after another successful rotation. Justin Hughes transferred to us from D Troop and we welcome our newest SOC-OTC 1-21 graduates: Nathan Loomis, Tyler Sturgeon, and Drake Sierra and his wife Jordan to the M Troop

family.

A lot of good news all around for the troop: Craig Kortan was selected to E-7, Greg Nahalewski took the seat as one of the troops newest Detachment Chiefs, Juan Serra will be returning to us in the next 30 days after completing his Professional Military Education, and best of all Jeremy and Ashley Owings welcomed baby Hank to the world!

Throughout this busy quarter, M Troop has continued to advance JCU's mission as only M Troop can. There has been a lot of travel, a lot of late nights, and some frustrations as we all continue to work through the new problems and challenges of the ever evolving world around us. The support our services members have received from within the command and from the spouses at home has been nothing short of extraordinary, so thank you all very much. I look forward to the future success of our troop, of our service members, and our family members. V/r

CPO Mike Ignoffo

JCU M Troop

Motor Maintenance Shop

Greetings from the Motor Maintenance Support Troop,

This quarter has had MMS on our toes, from fabrication projects, to line hauling equipment, to helping the Troops to enhance their capabilities through training.

We have stood up a program on training for the new JLTV platform and have successfully conducted our first iteration, worked with M-Troop to modify the new comms vehicle, and Ryan Nifong and I

have been certified in TIG welding. We have said goodbye to Ryan Rente as he moves along to his new assignment and while he cannot be fully replaced, we are looking for someone who can take his place.

As equipment is coming back from its duties overseas, Roger and Andy have been inspecting and repairing the HVAC and power generation units that have long supported our unit's mission, prepping

them for use in the next missions to come. Roger is also preparing for his first iteration of proctoring exams for EPA 608.

MMS will continue to adapt to the changing landscape, providing our own specialized and ever increasing capabilities to the enterprise.

V/R

Brian Moyer



NOSS

Greetings and Salutations from the NOSS! The team is getting after it one zero at a time. Fighting fires and keeping COMMS happy. We would like to take this opportunity to wish CW2 Greg Fennell and our fearless leader LTC Mike Denison a very somberly farewell as they depart the unit. Your contributions to the unit will be everlasting and we wish you the best in the future. We would like to also welcome our newest member to the team, Maj Ice T (Brian Tobias). Can't wait to welcome you to the most successful and fast paced team known as the Network Operations Support Squadron.

NOSS friends and families this is the last time Steve gets to send updates about AIS, so good-bye horrible puns and please welcome Ryan as we begin our turn over. I want to personally thank all the family members for supporting their service member during this challenging year. I would also like to thank A- Team and B-Team for knocking it out of the park during their last trip overseas. The organization is better off from all of your efforts. C-Team we know you are ready for the challenge, Johnny I am sorry for sending you out with two Chiefs that randomly disappear stating something like "We have chief things to do". D-Team is currently working extra hard traveling to every exercise validating the newest and greatest communication methods; I know the other AIS teams are excited to pick up from where they leave off. Finally, to the families, military, civilians, and contractors that have supported AIS over the last two years thank you! - Steve

The Automation Assassins of the A&I team have been hard at work developing the next generation of expeditionary kits and the automated processes that create them. As a result of the team's success within JCU, the team has been sought out by other units within the DoD that wish to automate. Team members recently attended a major exercise to better gauge the use of their expeditionary kits, and receive feedback from JCU communicators who use the kits daily. They have welcomed the highly motivated and talented contractors Jeremy King, Justin Bailey, and Jacob Schmit to the team over the past few months. You'll recognize the team sporting their freshly printed team shirts with the label "Automate Everything" across the back. The team is continuing to take on the toughest challenges of the network, and their passion for development is showing no signs of slowing!- John

Hello all from your friendly Infrastructure team. First and foremost

we welcome back our fearless leader Vic Scott from his forward rotation! We have been "enthusiastically" working hard to complete JCU's first "Mobile" Data Center. Much thanks to the A&I/ AIS teams for their help with it. Special shout out to Dan Catts, Keith Johnson, Mike Pichette, and Jordan Heiser for all their contributions to the project!! We have a couple upgrade projects that we have been planning for on the horizon, but for now... back the boring LCR process for us. -Brandon

From the Edge - we would like to say Farewell to Mike Pichette as he moves on to the ISP team. You will be missed and wish you the best of luck on your next chapter! We also want to give a shout out to Glenn Purvis and Mark Pullar for the outstanding job during the exercise testing out our Asteroids kit proof of concept. We welcome John Cosgrove to the team and look forward to him turning all the nerd knobs!

We are already working on lessons learned from the exercise to improve Asteroids and provide more capabilities. Currently, the Edge Compute team has been working hard on testing and developing the next generation of the Concord called the Phoenix with GAP developers. The team has been crushing it!-Josh

The one and only ISP team would like to say farewell to CW4 Mike Garner as he retires from the Army and begins the next chapter in his life. CPO Kyle Marshall will be transitioning soon to become a real Chief and we also wish him the best in all future endeavors. The team is actively engaged in a few projects, but our current focus is ensuring the easy installation of Edge Compute's new Phoenix package.

We also provide backside support during troop exercises, training and guidance when possible, and continue to foster a positive relationship with our J-6 counterparts. Always looking forward to what's next folks...stay tuned- Mike P

SOSIT

Greetings from Team SOSIT,

It has been a very challenging year with everything. The COVID-19 pandemic forced the school house to run two consecutive courses. A huge shout out to the cadre that made it possible. The last 2 years has been a blessing as I get to work with these quiet professionals and some of the hardest working un-sung hero's in the unit. Things are beginning to get back to normal as we had our first in person spouse FFG meeting to start class 2-21. The students are well on their way to training as we close the book on 1-21. We also welcomed a few new cadre to the team. Mr. Bruton, Mr. Davidson, and SFC Hanks who will be replacing SFC Derbabian an NCO who leads by example and is the standard each student should check themselves against, he will be missed but Brandon has hit the ground running and will serve as a great addition to the school house. We are also set to lose CPO Mahaney to PCS. Liz has served as the reception and sponsorship lead petty officer in charge since she came to use from A-Trp. We all wish her luck on her journey. -Sam



CMD Psych

13 WAYS TO DEVELOP A GROWTH MINDSET

Michelle Ambrose, PsyD, PCC
JCU Command Psychologist

A growth mindset, per Stanford psychologist Carol Dweck and colleagues, is the belief that a person's capacities and talents can be improved over time. Having a growth mindset allows one to see and believe in the ability for people to learn, improve and change. This type of mindset helps to prevent getting stuck in thoughts which are often negative and which may prevent us from moving forward and being successful.

Here are 13 ways to develop a growth mindset:

- Accept opportunities that push you out of your comfort zone—challenges are chances
- You don't know what you don't know—ask questions
- Appreciate obstacles—growth comes from struggle
- Mistakes are an important part of the process
- Skills are built, not born—they're yours if you work for them
- Choose learning well over learning fast
- Reward efforts and actions, not traits—praise perseverance, effort and improvement
- Don't be threatened by feedback and criticism—use it to support you in your learning instead
- Think of learning as “brain training”
- Always reflect on what you've learned
- Actively seek out new things—the more you do, the more you learn
- Just because you haven't seen change doesn't mean you won't—stick to it
- Your brain has the ability to change throughout your life—never stop

I challenge you to incorporate these methods into your daily life. A slight shift in thinking can have a wide reaching and significant impact—small changes matter!



JCU BH Team

JSOC Behavioral Health Team,

It's that time of year where summer is winding down and kids (and their parents!) anticipate the back-to-school season. This time might come with excitement for the return of normalcy following the pandemic or be met with worry of the unknown; both reactions can be expected! Ask what your child may be nervous about but instead of telling them "it's going to be fine!" try reminding them that it is normal to feel unsure and brainstorm ways as a family to address their concern. It's also important to discuss the transition with your child ahead of time. Go over what they should expect for their age group, like mask or distancing requirements, how to use a combination lock, teacher names, etc. This is also a good time to organize school supplies and prepare study spaces. Start building a routine one week out with school bedtime and wake-up time and familiarize where the bus stop will be. It can also be helpful to begin adjusting mealtimes. Some classes may not allow snacks and hunger can cause classroom behavior problems early on (such as acting out or lethargy) until they adjust to the lunch schedule.

Kids aren't the only ones who may feel nervous about returning to school post-pandemic. It can be helpful for parents to familiarize themselves with the school resources in place to support your child's needs. Counselors, MFLCs, nurses, teachers are all in place to support your child throughout the day; don't hesitate to reach out and ask what you can do to help build your child's resiliency. If you find your child is repeatedly asking about specific scenarios, having issues sleeping, or starts to complain of physical ailments like stomachache/headache and

you feel they would benefit from talking to someone, please remember our child-specific MFLC Monica Hinkle is available to provide non-clinical counseling to ages 4 and up. Additionally, the JSOC Behavioral Health team has many resources and books available in the JCU and Special Staff Annex as well. Please feel free to stop by at any time to discuss how we can support you and your children) during this transition period.

Monica Hinkle
910-882-3982
JSOCMFLC@jdi.socom.mil

Behavioral Health
910-951-7506
JSOCBH1@jdi.socom.mil

FFG Key Callers

JCU - Joanne Sannutti, spouse of JCU Commander, COL Adam Sannutti; (813) 955-0880; jsannutti@gmail.com

HHT - Elishia Stefanowski, spouse of JCU CSM, CSM Brandon Stefanowski; (206) 295-3897; elishia.ski@live.com

ECS HQ - Christine Beck, spouse of ECS CDR, MAJ Nicolas Beck (910) 551-8818; ECSFamilyFirstGroup@gmail.com

A Troop - Rocio Luna, spouse of A Troop SGM, SFC Rob Luna; rocio_pinales_luna@yahoo.com

B Troop - Leigh Blanton, spouse of B Troop SGM, MSG Chase Blanton; (910) 585-1087; chaseandleigh@gmail.com

C Troop - Brenda Killebrew, spouse of C Troop C Troop SGM SCPO Grayson Killebrew; (910-445-3081) (brendak918@gmail.com)

D Troop - Jessica Orwiler, spouse of D Troop SGM MSG Geoff Orwiler; (813) 924-3429; mlj1201@hotmail.com

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MMS - Susan Miller, spouse of MMS member, Andy Miller, (910) 308-9607; snmiller05@gmail.com

EMS - Dana Ignoffo, Spouse of EMS member, CPO Michael Ignoffo; (619) 471 5884; ignoffomj@live.com

Cyber - Ashley Walters, Spouse of Cyber member, TSgt Sean Walters; (813) 361-7715; a.carpe08@gmail.com

NOSS - Amber Brandt, spouse of NOSS SGM, SGM Joshua Brandt; (804) 920-1706; foureleven2004@yahoo.com

SOSIT - Kerry Siegel, spouse of SOSIT Commandant/1SG Samuel Siegel, (910) 309-1322; siegelk1108@gmail.com

SMT - Jillian Bryant, spouse of SMT SGM, MSG Nate Bryant (281) 881-2910 jillian.bryant86@gmail.com



Chaplain's Corner

Greetings JCU Tribe!

We pray this reaches you and your loved ones safe and healthy in mind, body and soul. Be sure to stop by the RST offices to Welcome Home Chaplain Naffey Sugrim from her adventures throughout the Holy Land. We also now have a newly stocked library with varied Religious Materials and other interesting reads suggested by some of your Airmen-Buddy Shipmates like "Make Your Bed", by US Navy Retired William McKraven about the little things that can change your life and the world and "Identity: Our Youth in Crisis" where Erik Erickson delves deeply into individual struggles and social order.

In the coming weeks as we take time to Welcome Home B-Troop then Send off D-Troop we encourage you all to take special care of your selves and check-in on one another. Seriously! Send a text, make a call, or just take a walk around the compound. A little community and connection goes a long way in getting us through big life changes. On the home front things are beginning to shift back to what normal resembles. Some of you may be experiencing the changing seasons of an emptier) nest or beginning a new chapter or the birth of a new spirit ☺ One thing is certain dear friends - change is inevitable.

On that front my thoughts turn to the US Troops leaving Bagram signifying the end of our troops and partner forces enduring presence there. We encourage you to take some time to honor the end of this era if you are inspired to do so. This will help you process any sticky stuff you picked up from your time in Afghanistan. The end of a 20 year war is a BIG DEAL! Honor your contributions to the war effort, and of course it can be used to honor your buddies and family that's suffered and/or sacrificed. Take off for a weekend in the woods, play some memorable songs, or look through old pictures to process some emotions for a healthy way to symbolically cross the bridge to the new.

In Romans 6 (and on Col 3:9) Paul refers to the putting off of an old man as an accomplishment as we take off our old self. When Christ dies on the cross, we died with Him. When He was raised from the dead, we were raised with Him. In "What It's Like To Come Home" Karl Marlantes writes about the importance of ceremonies that intentionally take the time to process the aspects of the military experience and the tides of change. In the Navajo tradition we have specific ceremonies and protocol for returning Warriors where we pray in cleansing rituals for the cleansing of residuals we may have picked up along the journey. We have ceremonies for all kinds of events in our lives, graduations, baptisms, weddings and funerals. Take time to celebrate and to intentionally honor our moments, challenges, setbacks, successes, lifelong friends made and importantly endless opportunities of the newly opening doors to the Way Forward.

Please don't hesitate to stop by and share your experience of how you are doing, we would love to see you. We are with you, we honor you, and we are here for you.

SSG Risco, JCU RST

Xochi Risco
SSG, USA
Religious Support NCO



MEMORABLE EVENTS



MEMORABLE EVENTS





Memorable Events





Memorable Events





SOCA

The Special Operations Communicators Association is proud to serve our communicators and their families. We have been basically shut down like everything else for 2020, but hope that 2021 will allow us to get back to business as usual. We may still have to tweak certain events to abide by the North Carolina regulations, but fully expect to be able to do more for you this year. Our first thing up will be the annual Scholarship and Young Patriot contests that will announce in April. The big test is going to be the annual SOCA Golf Tournament in June, we'll see how that goes to judge how the rest of our year will be. We have been having plenty of raffles and appreciate the tremendous support that we receive. One thing is for sure, JCU loves guns and contrary to popular opinion, we are not running a gun ring. We look forward to doing another single service member outing or two again as well, the last one was a fishing trip at the coast. We have

lots in store for you and we'll hopefully cap off the year in December with the 40th Anniversary & Reunion that we had to delay last year. Stay tuned, be safe and watch out for one another. ~Dookie Major
Events calendar:

- 25th Annual Joint Special Operations 10K; 13 November 2021
- Children's Christmas party; December TBD
- 40th Anniversary & Reunion; 10-11 December 2021
- Ship Deployed Care Packages

Packing up the deployed care packages----->

SOCA Education Awards:

2021 Young Patriot

- **Natalie Blanton**
- **Lena Davis**
- **Jessica Becherini**
- **Logan Shaw**





JCU Leadership

Position	Name	Work #	Cell or Home #	Email
JCU Commander	COL Adam Sannutti	951-9190	813-955-0871	sannuttia@jdi.socom.mil
CSM	CSM Brandon Stefanowski	951-9193	253-370-6839	stefanowskib@jdi.socom.mil
COS	VACANT	951-9187		
First Sergeant	1SG Samuel Siegel	951-9134	910-309-0756	siegels@jdi.socom.mil
Chaplain	CH Naffey Sugrim	951-1321	917-553-8716	sugrimn@jdi.socom.mil
OPS Officer	MAJ Mark Saurer	951-9151	248-444-2079	saurerm@jdi.socom.mil
OPS SGM	SGM Samuel Holden	951-9152	910-603-5225	holdensl@jdi.socom.mil
ECS CDR	LTC Nicholas Beck	951-4556	845-239-1135	beckn@jdi.socom.mil
ECS SGM	SGM Dwayne Camacho	951-1447	915-996-5007	camachod@jdi.socom.mil
A Troop SGM	SFC Robert Luna	951-9136	910-797-3464	lunar@jdi.socom.mil
B Troop SGM	MSG Chase Blanton	951-9142	910-286-5517	blantonc@jdi.socom.mil
C Troop SGM	SCPO John Killebrew	951-0115	910-445-3081	browncj@jdi.socom.mil
D Troop SGM	MSG Geoff Orwiler	951-4148	813-299-2913	orwilerg@jdi.socom.mil
SMT SGM	MSG Nathaniel Bryant	951-0472	281-881-2910	bryantn@jdi.socom.mil
NOSS Director	MAJ Brian Tobias	951-2720		Brian.w.tobias.mil@jdi.socom.mil
NOSS SGM	SGM Joshua Brandt	951-0991	910-709-3164	brandtj@jdi.socom.mil
MSS CDR	Capt William Moore	951-9149	405-425-9809	moorew@jdi.socom.mil
MSS SGM	SCPO Timothy Duncan	951-0439	530-798-1522	duncant@jdi.socom.mil
Cyber Troop SGM	MSgt Sean Walters	951-0462	910--580-4339	walterss@jdi.socom.mil
SOSIT Commandant	1SG Samuel Siegel	951-9117	910-309-0756	siegels@jdi.socom.mil

Important Contacts

Position	Name	Work #	Cell or Home #	Email
JSOC FPO	Frank Eng	(910) 951-7500	(910) 853-3255	
Family Programs Coordinator	Mrs. Stephanie Plover	(910) 951-7501		plovers.ctr@jdi.socom.mil
Team Courage Health System Specialist	Bee Sinor	(910) 951-4393		
Tricare Advice Nurse		1-800-TRICARE ; option 1		MHSNurseAdviceLine.com for web chat and video chat
Suicide Hotline		1-800-273-8255		
JSOC Behavioral Health	Sarah Shepard	910-951-7502		Shepardsm.ctr@jdi.socom.mil
	Katie Connelly	910-951-7506		connelyk.ctr@jdi.socom.mil
ID Card Office		(910) 951-0556		
JSOC SHARP		910-951-7272/ 7273		
Legal		910-951-1384		
CYS		910-396-8110		



Annual Events

Frequency	Events
Recurring	<p><u>Monthly</u> 1st Friday—Awards and Promotions Ceremony (if CDR & CSM not travelling) 2nd Thursday– FFG steering committee meeting</p> <p><u>Cyclic</u> Key Caller Commo-check Pre-Deployment Briefings Re-Deployment Follow-ups (POTFF event) SOC-OTC Spouses Brief</p>
	<p><u>Monthly Events/Special Interest Groups</u> JSOC 101 (Active Duty) JSOC Spouses Orientation (1/2-day briefing) Book Club JSOC Toddler Playgroup Spouse Lunch Bunch Spouse Evening Social Spouse Bible Study JSOC HHBN Steering Committee Meeting. Event planning meetings Security and/or Active Shooter Briefings</p>

JCU and JSOC FFG social events and special interest groups are optional. JCU requires that all members and spouses attend JSOC 101 (for active duty) and JSOC Spouse Orientation and Security Briefings (for spouses). For more information on any JSOC events, please contact the JCU FFG Advisors or your Key Caller (see current JCU phone roster). For more information on any JSOC events, which fall under JSOC HHBN, please contact JSOC Family Programs at 951-7501. JSOC is JCU’s higher “umbrella organization” and hence their Family Programs office and HHBN’s FFG offers more activities than JCU’s FFG does (and there’s no need to duplicate efforts when JCU Families, along with all JSOC subordinate unit Families, are invited to participate in all of them). However, JCU still maintains its own FFG to distribute JCU-centric information to all JCU Troops and Families and to encourage camaraderie among them.



Civilian Recognition

Team JCU,

Please congratulate Mr. Benjamin Cramer JCU/NOSS Edge Compute, Platform Architect Mr. Cramer joined the USMC in 2009. His experience in expeditionary IT infrastructure and innovative use of emerging technology made him an invaluable asset to the Joint Communications Unit. Mr. Cramer began working for the NOSS in 2019 as a Sr. Network Engineer for the MFS team, he was a contributing member of the Infrastructure team and the Automation and Integration team. In December 2020 he was hired into a GS position with the Edge Compute team. Since joining Edge Compute the team has delivered on all three of their primary lines of effort in multiple form factors. Edge Compute continues to integrate the latest in cutting-edge software and deliver it to the tactical limits of the expeditionary communications operating environment. Mr. Cramer would like to thank the entire Edge Compute team for their relentless ambition and drive to pursue our extraordinary goal: become the SOCOM enterprise standard for all tactical compute platforms

