



# From the JCU Commander

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From COL Adam Sannutti,

Greeting JCU and welcome to 2022. I hope everyone was able to spend some time with friends and family over the holidays. Last month, there were several opportunities to spend time with each other during the JCU Holiday Party at Cleland Ice Rink and JCU’s 40<sup>th</sup> Anniversary Ball which was sponsored and coordinated by Special Operations Communicators Association. The holiday party was a lot of fun with free skating for all and lots of food. We even had Santa handing out presents to all of the JCU children. The 40<sup>th</sup> Anniversary Ball finally made it to execution. Due to COVID, last year’s ball was cancelled and even this year, we were working through multiple factors to “find a way or make a way.” Kudos to Todd Spencer for putting together a spectacular set of events including the social at the Airborne and Special Operations Museum, the golf tournament and culminating with the ball. The guest speaker for the ball was Mr Snehal Antani who just completed his tenure as the Chief Technical Officer for JSOC. Snehal was appreciative of the opportunity to speak at the ball because of his high regard for JCU as the best technicians within the enterprise. I had a great time at the social and the ball talking to so many current and former JCU members. Lots of stories were told, some were probably even embellished (a little). I’m sure there were some new stories that were created from that evening and that’s why we have these events, to share time with each, reminiscence and bond together. I have to give a “shout out” to A Troop, not only did they win Jingle Stick this year, but they also turned heads during their entrance to the ball with their “Yellowstone” attire.

I’m excited for what 2022 holds for JCU. Both I and CSM Brandon Stefanowski will change out later this year. We also have talented individuals moving in Troop leadership positions. I know the personnel selected to fill these positions will continue to propel JCU forward and ensure we are DoD’s Finest Communicators!

COL Sannutti



# Promotions & Awards

## OCT—DEC 2021

### Promotions:

7x to MSG

7x to CPO

1x to SFC

3x to SSG

### Awards:

2x—BSM

18x—DMSM

1x—JCSAA

1x JSOC JSOY

1x JSOC SOY

1x CDR Coin

2x SOCOM COTY (1x Officer / 1x Enlisted)



# Command Sergeant Major

JCU,

Happy New Year! It was great seeing all of the Alumni and current unit members getting together during our 40<sup>th</sup> Anniversary Reunion events. I have to thank Todd Spencer and the SOCA team for following in the spirit of LT Rowan to make this event happen. There were a lot of hurdles and road blocks, but like LT Rowan, SOCA “delivered the message.” I think we finished out the year the best we could. Thank you!

Thanks to 1SG Derreck Martin and the FFG spouses for putting together a great holiday party for the kids. There were also some hurdles on this one due to COVID mitigations, but just like our service members, our families weren't going to let that stop us from having a great event. I'd like to especially thank JoAnne Sannutti, Kristie Holden, Susan Miller, and Chaplain Naffy Sugrim.

I'd like to take a moment to remind everyone of the POTFF resources that we have here in JCU. With our high OPTEMPO and demanding mission, pressure on the families can be just as high. The holidays can be an especially tough time for many. If you or someone you know is having a difficult time or just needs someone to talk to, our team is here for you. Please don't hesitate to reach out to our Chaplain or Behavior Health team if you or someone you know is in need of help. Please look out for each other. If you're unsure who to reach out to, you can call me. I will do all that I can to help. My email is [stefanowskib@socom.mil](mailto:stefanowskib@socom.mil) and my office number is 910-951-9189. It should also be in the list of contacts further down in this newsletter. I'm standing by...

In the months to come, 1SG Martin has a few great events planned that I am really looking forward to. Specifically, the JCU Highland Games in April. This is a great event for the families to come out and cheer on their Service Member's Troops/ Sections while they attempt to move heavy things faster than the other Troops/ Sections. There may or may not be a lot of hilarious uniforms and no shortage of shenanigans. I'm excited already!

As COL Sannutti mentioned in his News Letter comments, he and I will be rotating out of our positions later on this year. I'd like to congratulate CSM Jason Kubat for his selection as the next JCU CSM. He and his wife, Valery will be coming back to JCU in the fall. I'm excited for JCU and for the Kubat family. If you do not know CSM Kubat from his previous tour in JCU, he is a true servant leader. I know that he will do everything that he can to take care of the men and women of JCU and their families. His selection was talent management at its finest.

Thank you for all you do and continuing to “Deliver the Message”.

~CSM Stefanowski



# Headquarters & Headquarters Troop

## From 1SG

Hello everyone! What an amazing time to be in Joint Communications Unit. The men and women of this fine organization continue to “earn their pay” every day. Over the holiday season, we were able to gather for some very well-deserved comradery. The Unit hosted a pot-luck Thanksgiving dinner, celebrated the holiday season with ice-skating and a visit from St. Nick, as well as let our hair down for the 40th Anniversary Ball. Many thanks to all who put in their tireless efforts in making these events a huge success. We look forward to having our team members home who were unable to attend, and are thankful for the support received from DoD’s Finest spouses. I sincerely wish everyone a happy and healthy new year, and I look forward to the amazing things we will accomplish in 2022.

## 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

F2022 is upon us and that means that the holiday season has come and gone. As we come back from the well-needed break, the COVID-19 (omicron variant) attempts to stifle progress for the organization. Still, the JCU-Operations team is eager to get back to work by helping synchronize initiatives both internal and external to the JCU.

Notable changes to the JCU-Operations are as follows: SFC Shaun Mott and CPO Benjamin Wildes have both transitioned to their next assignments. Shaun stayed local to Fort Bragg while Ben is in the process of moving his family to Pensacola, Florida. Both made a significant impact to the JCU and will be missed! Additionally, we welcome SCPO Reggie Geter back to the unit. Reggie just completed a tour in Bahrain and is eager to bring a fresh perspective to the JCU.

Finally, I would be remiss if I did not mention our deployed team mates as they continued to carry the torch during this past holiday season. It never gets easier leaving home, thanks for your sacrifice (families and service members)!

Respectfully,  
Sam Holden



# A Troop

A-Troop,

We hope you all have enjoyed some well-deserved downtime after a hectic and historic cycle. Planning during and around the holidays is never easy, and now that the holidays have ended, it's back to the grind in preparation to deploy forward and be "What Our Nation Needs to Be."

Naturally, A-Troop has been doing what we do best, dominating on all fronts! Norm Lewis was announced as the SOCOM Communicator of the Year for Senior NCOs as well as won Outstanding Airman of the Year for Senior NCOs at the Squadron level. Tyler Haymond won Outstanding Airman of the year at the Squadron level for Junior NCO. Bobby Hawk and Trell Mitchell both decided to reenlist and continue their honored service to our great nation. Trell also decided to shed his dirty leg status and graduate from Airborne, as well as won JCU Sailor of the Quarter for FY 22 Q1. CPO Brendan Diniz made it through CPO Initiation (finally!). Additionally, the troop came together in support of the Airborne and Special Operations Museum by helping them fold the flags they had on display for Veterans Day and helping them to finish three weeks ahead of schedule. Last but most certainly not least, the Jinglestick has made its way home to A-Troop, where it belongs! We are incredibly proud of the team and their 30-minute Broadway production.

Finally, we would like to give a warm welcome to all our newcomers! Tre Egerton and his wife Paola have another adorable addition to their family, Isaac Casimbe Egerton, born 29 December at 9lbs 14oz and 22.5". We also welcome Dalton "Cheddar" Stubbs and his wife Sierra, as well as Avery "Birdman" Barnett and his wife Caitlyn to the troop from this most recent graduating class. I would like to end this by saying none of our accomplishments above would be possible without the steadfast support and sacrifice of our families and loved ones. Thank you!

Respectfully,  
John Tiger





# B Troop

B-Troop Family,

The “Machine” has seen a few changes from last newsletter. Not only has the troop had an internal organizational restructure, but we also hailed and farewelled a few members. We say goodbye to MSG Derreck Martin as he takes on the JCU 1SG position. TSgt Johnathan Wright made his periodic rotation out of the command, back to big Air Force in Korea. Newly minted Warrant Officer Bryan McGuigan moved on to Ft. Gordon, GA., and SFC Brian Cornwell left for Ft. Lewis, WA. The Troop welcomes its new Detachment Chief and B-Troop Alum, SFC Nishan Derbabian (Debo). We also welcome back PO1 St. Felix (prior B-Troop member) returning to us from the Edge Compute team. Lastly, we welcome SSgt Nicholas Godinez from SOC-OTC class 21-2.

Following a crowded and eventful mission training/validation cycle, our troop assumed On-call duties in November. It didn't take long for JCU's Best Troop to answer our Nation's call, taking almost half of our troop out the door for over a month. Our responsiveness and flexibility were on full display as our team pushed forward into an unknown environment. The Machine

crushed every task and requirement thrown in their way. As the team forward remained ready, focused, and postured for potential curveballs, the team back home refused to slow down their pace as they completed weekly Ops Checks, multiple exercises, and a few individual military courses, all during a packed Holiday schedule and with COVID still making its impact.

After a month on edge, our team forward made their way home. We are grateful everyone returned in good health and in time to celebrate the holiday season at home and with loved ones. As we come to turn the page on another year in our busy lives, we can't help but reflect on the outstanding support our JCU family has given us. Through our teammates here at work and our close ones back home, we are enabled to be whatever our Nation needs us to be. Without you all, there is no “Machine”. Thank you for everything, and we hope this year new year brings you all happiness, growth, and prosperity.

Thank you again,

Chase Blanton, MSG. B-Troop SGM





# C Troop

C Troop Family,

I'd like to introduce myself to the friends and families of C-TRP, it is truly my honor to take over as the newest TRP SGM and being an alumni of C-TRP makes it that much more special. I'd like to thank the spouses and families of each troop member for enduring this past JORTS, which has been nothing less than fast-paced and continues to do so. I look forward to meeting with you all at our upcoming family retreat at Blowing Rock at the end of February. In the meantime, our Troop Key Caller is Mary Phillips at 321-217-3719.

Cheers,

MSG Jesse Remmer

C-TRP SGM

# D Troop

As you read this newsletter, your loved one has been gone for three of the major holidays. Each and everyone of the members in this Troop have done amazing things thus far. I cannot thank you all enough for the dedication you show your service member and the unit. We would surely fail if it were not for what you do each day. This will be the last newsletter I deliver for D Troop. Norm Lewis will be taking over, along with his wife, as the troop leadership. This has been the most rewarding and amazing time during my military career. When I look back, this undoubtedly will be the best time I have had.

Both Bryan Parsons and Mike Silakoski were promoted to Staff Sergeant in their respective branches and Steve Simpson earned his CASP+ certification.

Thank you all for making the past two years amazing. Jessica and I will always be available to assist you and your families. Cheers!

Geoff and Jessica Orwiler  
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[Mlj1201@hotmail.com](mailto:Mlj1201@hotmail.com)



# 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 Schiller, GySgt Spivey, SSgt Dunford and PO1 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 had a great holiday season and a fantastic start to the new year! We want to give a warm welcome to our new ECS families from the December SOC-OTC graduation, and the many new births throughout the command. Additionally, we did want to welcome MSG Jesse Remmer as the new C Troop SGM and bid farewell to SCPO Grayson Killebrew and his wife Brenada as they transition to JCU HQ. They will both be missed in the ECS family!

The year is off to a busy start, and we appreciate everyone's dedication to supporting our mission. If you ever feel that you have any questions or need any type of support, please don't hesitate to reach out. COVID has remained a challenge and has impacted all of us in some form or fashion, and we are all more than willing to help out. Additionally, leadership will always make ourselves available to answer any questions about training, schedules, the unit, etc.

From an operational standpoint, A Troop has been training hard over the last few months and will deploy soon. With their departure, we look forward to welcoming D 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 B and C Troops, and they will transition recall status in March. 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 LTC Nick Beck (ECS CDR)





# MSS Headquarters

The Mission Support Squadron had a great holiday season, thanks largely to the squadron Family First Group Key Caller, Mrs. Susan Miller and the FFG spouse network. They put together an amazing Thanksgiving potluck and hosted family events throughout the season. M-Troop also did an amazing job at the annual Jingle Stick tradition. They put on an event that will be remembered by the men and women of M-Troop for years to come. This quarter, we also welcomed back our Senior Enlisted Leader, SCPO Tim Duncan who had been away on medical leave. He has made an amazing recovery and we are glad to have him back. I want to give a big shout out and recognition to SCPO Mike Ignoffo for filling in for Tim while he was away. The strength of the JCU and MSS is our incredible people. SCPO Ignoffo epitomized what it means to be a leader during this period.

We had numerous promotions, awards, and reenlistments during the last quarter. MSgt Sean Walters was selected for commissioning and will attend Air Force Officer Training School in the spring. SFC Patrick Bessasparis and MSG Tom Lucas were selected for Warrant Officer Programs and will attend Warrant Officer School this spring. ET1 David Miller and CTN Steve O'neal were selected for promotion to Chief Petty Officer and successfully completed CPO Initiation. ET1 Peter Romines was selected for JCU Sailor of the Year. ET1 Josh Cook was selected for JCU Service Member of the Year. ET2 Rebecca Satterwhite was selected as JSOC Junior Sailor of the Year. We had three Civilians of the Month: October-- Mrs. Tamara Battle, November—Mr. John Mast, December—Mr. Andy Miller. Mr. John Mast was also selected as the MSS Civilian of the Quarter. CPO David Miller, CPO Jeff Law, PO1 Tyler Carper, PO1 Al Estrada, and SGT Morgan Carlson reenlisted. These individuals represent and are indicative of the outstanding performers we have in the Mission Support Squadron.

We would also like to congratulate CPO Connolly's family, PO1 Pallare's family, and Mr. Johnson's family on the births of their new babies. "Family" is one of our squadron values and we love to the family grow.

The Mission Support Squadron has a busy quarter planned, full of training and exercises. We thank each of you and your families for your tireless efforts and commitment. YOU make us successful every day!



# Cyber Troop

Greetings from Cyber Troop!

2021 is finally in the books. We would like to introduce four new members to the troop: SrA Joshua Pontes, ITC Mike Connolly, GySgt Antonio Banks, and Mr. Walter Anderson.

Once again, IT1 Francine Rankin had an excellent quarter! She earned her Project Management Professional certification, was selected for an assignment to the Joint Cyber Operations Group, and was selected to cross-rate to Cryptologic Technician.

We had a couple promotions in the troop. Tom Lucas was selected for promotion to Master Sergeant and was

also selected to become a Warrant Officer. We would also like to congratulate Steve O'Neal for pinning on Chief.

Cyber Troop also had to say goodbye to several outstanding Cyber Operators. We would like to thank Mr. Gama Rodriguez for his 20 years of service to JSOC, and wish him the best of luck in his retirement from government service! We also want to recognize IT1 Fran Rankin for her hard work and unapparelled contributions as a leader in the troop.

V/R MSGT Sean Walters, JCU Cyber Troop

# J4 Logistics

The J4 family has added SGT Marlene Gonzalez to our team. SSgt Edwin Villanueva is currently going through Mod 0 of SOC-OTC, we wish him the best of luck!

We would like to welcome Erik England back from his deployment, where he did an outstanding job and represented the JCU well at a high level.

Mrs. Tamara Battle was awarded the MSS civilian of the month for the month of October, congratulations! SSgt Edwin Villanueva earned his Level 1 Professional Supply Management Certification.

On a sad note, we had to say goodbye to SMSgt Edwin Lopez. Your contributions will not be forgotten, we wish you the best of luck in your next assignment.



# Maintenance Troop

Greetings M Troop family!

We're rounding out another great quarter and finishing the year on a heck of a high note! M Troop has kept very busy and has been crushing everything thrown our way. The dedication of this troop does not go unnoticed or unrewarded, and it wouldn't have been possible without the amazing support from our families. Special thanks to Susan Miller for coordinating the first MSS FRG dinner this quarter! It was a great success and a wonderful chance for all the MSS families to get together!

We've had some incredible professional successes this quarter, notably: Dave Miller was promoted to Chief Petty Officer; Tyler Sturgeon was promoted to Petty Officer First Class; Andrew Romines was selected as the JCU Sailor of the Year; Rebecca Satterwhite was selected as the JCU and JSOC Junior Sailor of the Year; and finally, Josh Cook was selected as the JCU Service Member of the Year. Congratulations to everyone! These honors and promotions were well deserved!!!

We've had some turnover this quarter welcoming some new teammates and saying good bye to others. We welcomed home Rebecca Satterwhite and Kevin Pallares from another great rotation; Juan Serra PCS'd back to JCU from his 9 month PME course, Matt Visocky joined the team, and we welcome Oliver Chesney over to M Troop coming over from A Troop. Great to see everyone here and welcome to the troop!

We did have to say good bye to Seth Spivey as he moved onto to a newer JCU endeavor, and Nate Weber and family PCS'd to Nebraska in December. Good luck everyone, thank you for everything you've given to M Troop and JCU!

Last, but absolutely not least, a big congratulations to Kevin and Melanie Pallares who welcomed baby Amelia to the world on 04Nov2021!!

From myself, Dana and our family, to the entire M Troop family: Thank you for everything, Happy Holidays, and Happy New Year!!

Cheers, Mike Ignoffo "Iggy" JCU M Troop

# Motor Maintenance Shop

Greetings from the Motor Maintenance Support Troop,

MMS has conquered and made it through another quarter with some outstanding accomplishments. We continue to work with all who come to our motor pool and need something fabricated, last-minute need it now projects and line haul requests to help and support the troops for their training, so the soldiers continue to sharpen their knowledge and skills for the missions to come. MMS has also trained over 50 SOC-OTC students in drivers training with vehicles, trailers, forklifts, generators, and MRZRS. In addition, the motor pool is working with CMD partner units for ROHVA training next week. We recently hired a new generator mechanic, James Crouse, to join our team, and we look forward to him coming to JCU in May, boots running, and helping him overcome all obstacles that pop up throughout his time with us. MMS will continue to adapt to the changing landscape, providing the specialized knowledge and skills that everyone has learned and sharpening our skills to support the enterprise. V/R SFC Cabel McKinley



# NOSS

Dear NOSS Friends and Families the Director and I hope you all had a well-deserved Thanksgiving and Christmas holiday. Before looking onto the next year, lets look at the last quarter and how was extremely busing and rewarding their efforts were. Beginning with C-Team returning and D-Team deploying early November led by CPO Reyes, and SSG Martinez respectively. The remaining NOSS and its subordinate sections have worked tirelessly to advise and assist in all manners of networking that ensure world class communication.

Our fearless deputy returned form her stint as interim JCU Chief of Staff, and SGM Brandt departed for a broadening position as an LNO to the command. The Tobias family welcomed another addition to their growing troop, and we said farewell to some of DoD's Finest as they moved on: SSG Johnson, Keith and CPO Lundgren, Brandon; CPO Bird, Nicole; PO1 Smith, Mackenzie. We hired alumni CPO Oshiro, Justin to come back.

As always if anyone out there needs help support or anything from or on behalf of the unit please reach out. -MSG Siegel

# SOSIT

Greetings from Team SOSIT,

We are excited to report the graduation of SOC-OTC Class 2-21, with six Unit hires and one guest student. What they lacked in numbers they definitely made up in spirit. Accolades for the class included Richard Linder Academic Excellence Award winner SGT Dalton Stubbs (GPA of 99.22), CSM Ronald Desjardins Leadership Award winner PO2 Bryan Heather (selected by his peers), and Ironman Award Winner SGT Colby Howard (new record 579 out of 500 points for PT test). The graduates now embark on what will certainly be their most rewarding job in their career. We also congratulate SFC Brandon Hanks on completing his first cycle as TAC—who performed well above standard. The new year presents amazing opportunities to adapt our training to our mission and continue to lead from the front. We look forward to rinse-repeat of starting our next class of 19 students. Our Distance Learning program continues to provide industry recognition of skills to our team, with 21 certificates earned ranging from A+/Sec+ to CASP and CCNP. Looking forward to this new year and wish you all the best—Team SOSIT.



# CMD Psych

## Becoming More Resilient

Dr. Michelle Ambrose

JCU Command Psychologist

No one is immune to life stressors and challenges whether they are significant traumas to daily life irritations. What differentiates individuals is one's response to these stressors and one's ability to bounce back when life gives lemons. Being resilient during times of stress is attributed in part to one's personality – some naturally respond to stress more effortlessly than others. However, even if we have historically been more prone to handle stress less than optimally, this doesn't mean this has to continue as our normal pattern. Below are 8 tips to learn to become more stress resilient.

**Strive for realistic optimism.** Pay attention to negative information but don't dwell and focus all your attention and energy towards it. Focus on a plan to tackle what you can control and move on from being upset about things you can't.

**View challenges as learning opportunities.** The fact that you are reading this article suggests that you have successfully overcome challenges so far in your life. What have you learned from previous stressors that you can apply to the current one? What new things can you learn to tackle this new and unique situation you are coping with now?

**Look to role models.** Are there people in your life (or outside of your immediate world) who seem to successfully tackle challenges head on? Consider friends, family members, coworkers, spiritual mentors but also people you may have never met. For example, FDR became president despite suffering from polio and successfully led from a wheelchair. Role models can inspire us and provide ideas we might be able to implement.

**Focus on your moral compass.** Asking yourself the question "what is the right thing to do" can often lead us in a direction towards resiliency.

**Find your purpose.** What is important to us tends to drive our behavior. Passion and purpose in life strongly impact our levels of resilience.

**Laugh.** Finding humor during times of stress helps to alleviate the pain and anxiety associated with the situation. Laughing triggers a release of endorphins—the hormones that can relieve pain and trigger feelings of pleasure. Even when things are bleak, we can often find some glimmer of comicalness. Consider Vietnam POWs who endured the most horrific conditions, yet they nicknamed their prison the "Hanoi Hilton". This nickname was meant to try to bring some rays of light to the darkness they suffered.

**Lean on your support network.** Even amongst the most introverted of us, we are inherently social creatures. Our social network can provide comfort, as well as physical and emotional support when we feel overwhelmed. They may also help provide us some perspective to our problem that we may not have considered.

**Be flexible.** Just as we can build physical resilience to our muscles by stretching, we can develop psychological flexibility to our brains. Having a growth or flexible mindset allows us to see our problems in different ways and visualize new solutions for coping. Plus, if we try and still find ourselves failing, having a flexible mindset allows us to try again.

Content for this article comes from the research of Dr Steven Southwick and Dr Dennis Charney from their book [Resilience: The Science of Mastering Life's Greatest Challenges](#) (2012) from Cambridge University Press.



# JCU BH Team

As we are in the midst of another wave of Covid-19 infections, we want to remind parents and kids alike that feeling frustrated, anxious, or sad about some of the changes that have accompanied this surge are normal. Talking with your family members and kids about feelings can be helpful in lowering levels of distress even if you can't change the situation. Shine the light on all the ways in which your children have shown strength and resilience as well as what they have done well in coping with this pandemic.

- Have they grown used to wearing a mask without complaint?
- Have they developed Zoom skills you didn't know existed?
- Are they engaging in new hobbies and interests (baking, board games, art, etc.)?
- Do they manage their anxiety around having to take ANOTHER Covid test?

Don't forget to give yourself a pat on the back as well! In what ways have YOU adapted to these challenges?

One thing most kids excel at is engaging with their imaginations! Take the time to talk to your kids about the hopes and fantasies they have for after the pandemic is over. What are they most excited for? See if you can find ways to help them begin preparing now by reading about the activity, planning an itinerary, developing some of the skills, or compiling necessary equipment for their future plans.

Remember in all of this that you are your child's best teacher, and we are here to support you in that! If you find yourself struggling with your child's emotions or behavior or they are having difficulty sleeping or complaining regularly about stomachaches and headaches, they may benefit from talking to someone. Please remember our child-specific MFLC Monica Hinkle is available to provide non-clinical counseling to ages 5 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 period.

Monica Hinkle

Behavioral Health

910-882-3982

910-243-7506

[HinkleM@MagellanFederal.com](mailto:HinkleM@MagellanFederal.com)

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# FFG Key Callers

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

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

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

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# Chaplain's Corner

Dear JCU Family,

Happy New Year! I hope you all had an amazing holiday season. For those of you who spent the holiday season doing all that the nation needed you to- Thank you! To those families that endured not having their loved ones near- Thank You for holding down the fort at home. There is no way our Service Members could do what they do without your support.

As we start 2022, I want to encourage you all to find opportunities to build your family this year. Some of you are probably thinking "Chaps...I have enough kiddos..." however, I am not just talking about expanding your biological family, I'm talking about expanding your family circle in various ways. One of the most powerful aspects of living life with others is experiencing community. Family is not just your biological family, but it is the people that you share your time and joys with. Think about it this way, your family could be your work family, your church family, your gym family, your friends... Studies have shown that people who feel a part of a community tend to be more resilient, suffer less from depression, and ultimately are happier. As we navigate this year, I want to encourage you all to build your family, find your team, find ways to connect with others and remember that relationships matter. I also want to encourage you all to explore faith. What ever faith tradition you practice now is good time to get in tune by joining your faith community. Science out of Columbia University has found that spirituality is an 80% protective factor against depression and suicide. Community matters.

One of my favorite passages is taken from 1 Peter 4:8 and it reminds us in this passage that above all, we are called to "love one another deeply, because love covers a multitude of sin." Another great verse is 1 Corinthians 13:13 "And now these three remain: faith, hope, and love. But the greatest of these is love." As we journey through this year may we have faith, hope and love. May we remember the power of cultivating community and being there for one another.

As always, my thoughts and prayers are with you all. Please know that I look forward to walking alongside you and providing support. Support that our office can provide include, pastoral counseling, pre-marital counseling, marriage assessments, religious and ceremonial support. My hope is that soon we will be able to execute our POTFF programs this fiscal year once funding is approved.

-Chaplain Sugrim



# MEMORABLE EVENTS





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# Memorable Events







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# SOCA

The Special Operations Communicators Association is proud to serve our communicators and their families. 2021 was a lot better year for us and we were able to pull off some of our regular events and initiatives. We started out with our 21<sup>st</sup> Annual Golf Tournament that was full with 28 teams. We were able to host a Single Service Member Fishing Charter for six folks and then pulled off an actual in-person JSO 10K with the 25<sup>th</sup> Annual Joint Special Operations 10K. Next up was the long-awaited 40<sup>th</sup> Anniversary & Reunion, which was a blast for all that attended. We finished up the year by sending out our deployed

care packages to those that could not be home for the holidays.

All in all, we made adjustments, switched schedules, remained flexible and pulled off a pretty amazing year despite the roadblocks. We look so forward to what 2022 will hold and what we can do for you.

~Dookie

Major Events calendar:

22<sup>nd</sup> Annual SOCA Golf Tournament; (Tentatively 3 JUN 22)

26<sup>th</sup> Annual Joint Special Operations 10K; (Tentatively 12 NOV 22)







# JCU Leadership

Position	Name	Work #	Cell or Home #	Email
JCU Commander	COL Adam Sannutti	951-9190	813-955-0871	sannuttia@socom.mil
CSM	CSM Brandon Stefanowski	951-9193	253-370-6839	stefanowskib@socom.mil
COS	Mr. Rob Flaker	951-9187	910-584-1239	flaker@socom.mil
First Sergeant	1SG Derreck Martin	951-9134	478-251-1643	martindl@socom.mil
Chaplain	CH Naffey Sugrim	951-1321	917-553-8716	sugrimn@socom.mil
OPS Officer	MAJ Mark Saurer	951-9151	248-444-2079	saurerm@socom.mil
OPS SGM	SGM Samuel Holden	951-9152	910-603-5225	holdensl@socom.mil
ECS CDR	LTC Nicholas Beck	951-4556	845-239-1135	beckn@socom.mil
ECS SGM	SGM Dwayne Camacho	951-1447	915-996-5007	camachod@socom.mil
A Troop SGM	SFC Robert Luna	951-9136	910-797-3464	lunar@socom.mil
B Troop SGM	MSG Chase Blanton	951-9142	910-286-5517	blantonc@socom.mil
C Troop SGM	MSG Jesse Remmer	951-0115	910-964-7419	remmerj@socom.mil
D Troop SGM	MSG Geoff Orwiler	951-4148	813-299-2913	orwilerg@socom.mil
SMT SGM	MSG Nathaniel Bryant	951-0472	281-881-2910	bryantn@socom.mil
NOSS CDR	MAJ Brian Tobias	951-2720	828-551-2710	brian.w.tobias.mil@socom.mil
NOSS SGM	MSG Samuel Siegel	951-0991	910-309-0756	siegels@socom.mil
MSS CDR	Capt William Moore	951-9149	405-425-9809	moorew@socom.mil
MSS SGM	SCPO Timothy Duncan	951-0439	530-798-1522	duncant@socom.mil
Cyber Troop SGM	MSgt Sean Walters	951-0462	910--580-4339	walterss@socom.mil
SOSIT Commandant	1SG Derreck Martin	951-9134	478-251-1643	martindl@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 Katie Connelly	910-951-7502 910-951-7506		Shepardsm.ctr@jdi.socom.mil connellyk.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 &amp; 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.

