

Autumn 2021



# GHOST TIMES

NEWSLETTER FOR 'GHOST BRIGADE' SOLDIERS & FAMILIES

1-2 STRYKER BRIGADE COMBAT TEAM | JBLM, WA | 'ARRIVE IN SILENCE'

## Where we are headed in 2022: Ghost Brigade focused on Army's top priorities of People, Readiness and Modernization



Soldiers of 1-37 Field Artillery Battalion fire the M777 Howitzer at Yakima Training Center in October, during a month of brigade field exercises.

1-2 Stryker Brigade heads into the holidays with various accomplishments to look back on, along with major training events and missions that still lay ahead in 2022.

Highlights of the past three months include a rigorous brigade training cycle at Yakima Training Center, where Soldiers lived, slept and trained in an expeditionary environment designed to simulate the challenges of combat operations.

Soldiers put their skills to the test and gained confidence in their abilities as individuals and teams. Their proficiency, resilience and laser-focus on mastering the fundamentals will be vital during the Brigade's next exercise in January, designed to test their readiness for major combat operations.

Another recent highlight came in Sept., as 200 Soldiers of 23rd Brigade Engineer Bn. and 2-3 Infantry Bn. deployed for 30 days to fight California wildfires, helping authorities contain the massive Dixie Fire.

The Brigade continues focusing on people first, with several recent initiatives to support Soldiers and Families: an AUSA-supported event at the Children's Hands-on Museum in Olympia, a Brigade trunk-or-treat, and donations of turkeys and holiday meals for Ghost Families.

In addition to an ongoing focus on supporting Soldiers and Families and maintaining combat readiness, 2022 will also see the Brigade focused on modernizing equipment to ensure our Soldiers remain trained and equipped to fight and win.

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### *Follow the Ghost Brigade...*

Facebook: @GhostSBCT  
Twitter: @1SBCT\_Ghost  
Insta: @ghoststrykerbrigade



### *The Bottom Line...*

Ghost Brigade's calendar has been packed with tough training exercises at JBLM and Yakima. Soldiers are looking forward to well-deserved time off over the holidays, then more fast-paced training throughout January.





## Message from the Commander Colonel Jared D. Bordwell, “Ghost 6”

Ghost Soldiers and Families,  
Thank you, truly, for all you continue to do.

This has been a busy time for our team, between multiple missions and our recent and upcoming training exercises. We have asked a lot of you, and you have continued to step up, rise to the challenge, and get the job done.

Over the past months, you have developed yourselves as individuals and teams. You challenged yourselves and supported your teammates during tough field training exercises at JBLM and Yakima. Without missing a beat, you have also worked overtime to get ready for a tough, realistic combat exercise in January, which will demonstrate how you have mastered the fundamentals and built up your combat readiness over the past few months.

This has not gone unnoticed—leaders at every echelon see your hard work and resilience and appreciate it more than you realize. You matter. Your efforts make a difference, and you make us proud.

As we head into the holiday season, I challenge you to make the most of your time with family and friends. Be sure to reset and recharge, but do look for opportunities to build special memories together. The Pacific Northwest has many enjoyable year-round activities, so take advantage of it—safely.

I look forward to seeing every one of you back safe after the holidays, as we gear up to take on our next challenge at NTC and show the Army that the Ghost Brigade is *always* ready to fight and win when the Nation calls.

Stay safe and strong. Thank you all.

*“We have asked a lot of you, and you have continued to step up, rise to the challenge, and get the job done.”*

## Command Sergeant Major’s Note CSM Willie L. Langes, “Ghost 7”

Ghost Team,

Well done across the board. You have continued to set an example of what right looks like, at the individual and unit levels, and I am proud to serve with you in the Army’s first and finest Stryker Brigade.

We appreciate your continued hard work and sacrifices as we push ahead toward another culminating brigade training exercise. Stay tied in with your Battalion leadership as they hold Town Halls to keep Soldiers and Families informed. Reach out through your unit and SFRG leaders if you have any questions or concerns. We are here for you.

As I wrap up my 2+ years as your brigade command sergeant major, more than anything I want to say thank you.

Thank you to every Soldier for raising your right hand to serve the people of the United States, and for always giving your best. As Ghost 6 said, you matter. Your efforts keep our Brigade ready to fight and win.

Special thanks to our NCOs for your passionate leadership—for always taking care of your Soldiers and getting the mission done.

Finally, thank you to every Family in the Ghost Brigade. You bravely endure the challenges of military life and stand by your Soldier with love, support and resilience. Thank you for being there—for being our strength.

### About Ghost Times

Ghost Times is the authorized newsletter of 1-2 SBCT. Content is reviewed, edited, and approved by the Brigade Public Affairs Officer. Questions/comments/submissions? Contact Maj. Spencer Garrison at [spencer.g.garrison.mil@mail.mil](mailto:spencer.g.garrison.mil@mail.mil).

This newsletter belongs to all members of the Ghost Team — Soldiers, Civilians, Families.

Send us your photos and stories to be featured in future editions of *Ghost Times*!



# What Are You Thankful For?



“I’m grateful for the time that I will be spending with my family.”

- Spc. Daniel Aguilar



“I am grateful for my NCO’s.”

- 1st Lt. Meghan Anderson



“I’m grateful for the huge amount of love and support that I get from my wife and the opportunity to do my best every day.”

- Spc. Anthony Sue



“I’m grateful for my unit – 23rd Brigade Engineer Battalion has become my family away from home.”

- Pfc. Spencer Hall

**To All Soldiers and Families across Ghost Brigade, we are thankful for YOU.**

**Thank you for all you do to support each other and the mission.**





# What Readiness Looks Like: Ghost Soldiers rise to the challenge during rigorous training at Yakima



Ghost Soldiers made great strides throughout October as they focused on mastering the fundamentals during field training at JBLM and Yakima Training Center (YTC) in central Washington.

The training featured a series of tough, fast-paced field exercises designed to test Soldiers and units in their individual and collective warfighting tasks.

The vast training areas of YTC enabled the brigade to maneuver, train and fight over far distances

and employ more firepower and explosives during live-fire exercises. Much of the training included “combined arms,” efforts, where various kinds of Army units worked together to defeat simulated enemy forces and accomplish the mission.

For example, UH-60 Blackhawk helicopters from 16th Combat Aviation Brigade helped move Ghost Soldiers across the battlefield during air assault operations.

The Brigade practiced using 1-37 Field Artillery’s 155m Howitzers

(photo, front page) as well as battalion mortars and additional close-air support from the Air Force and 16th CAB — carefully synchronized to defeat simulated enemy forces.

While it was a month of tough training, with Soldiers living and sleeping in the field in an expeditionary combat environment, it provided units with vital experience and confidence to operate in any environment—ready to deploy, fight and win whenever and wherever the nation calls.





# CAFFEINE & PERFORMANCE

If needed, you can use caffeine to boost your mental & physical performance in certain situations. If you're going to use it, here's how.

## USE UP TO **200 MG** AS FOLLOWS:



### ENDURANCE PERFORMANCE

*more than 60 minutes of continuous activity 30-60 minutes before activity.*



### MENTAL PERFORMANCE

*15-30 minutes before task.*



### RESTRICTED SLEEP

*less than 6 hours of sleep in 24 hours*

*1 dose on awaking.*

*Re-dose every 3-4 hours only as needed.*



### NIGHT SHIFTS WITH DAYTIME SLEEP

*30-60 minutes before start of shift.*

*Re-dose every 3-4 hours only if needed.*



### SUSTAINED OPERATIONS

*no sleep in 24 hours*

*1st dose at midnight Re-dose every 3-4 hours only as needed.*

*Use during daytime hours only if needed.*

## CAFFEINE TIPS:

- Avoid consuming caffeine 4-6 hours before bedtime.
- Do not exceed 600 mg caffeine per 24 hours (800 mg for sustained operations).
- Consider ALL sources of caffeine in your diet, including foods, beverages, and dietary supplements (not limited to the items listed above).
- Caffeine can temporarily improve performance. It is not a substitute for sleep.

# HOW MUCH IS 200 MG OF CAFFEINE?

(SERVING SIZE • AVERAGE AMOUNT OF CAFFEINE IN ONE SERVING)




**BREWED COFFEE**  
(8 fl oz/1 cup • 95 mg) 

**INSTANT COFFEE**  
(1 tsp • 31 mg) 

**ESPRESSO**  
(1 fl oz/one “shot” • 63 mg) 

**BREWED GREEN TEA**  
(8 fl oz/1 cup • 28 mg) 

**BREWED BLACK TEA**  
(8 fl oz/1 cup • 47 mg) 


**COLA**  
(12 fl oz/1 can • 33 mg) 

**CITRUS-FLAVORED SODA**  
(12 fl oz/1 can • 53 mg) 

**ENERGY DRINKS**  
(16 fl oz/1 can • 160 mg) 

## RATIONS

**COFFEE (FREEZE DRIED)**  
(1 package • 80-100 mg) 

**MOCHA FIRST STRIKE BAR (MINI)**  
(1 bar • 110 mg) 

**CAFFEINATED CHOCOLATE PUDDING**  
(1 container • 200 mg) 

**CAFFEINATED GUM**  
(1 piece • 100 mg) 

**CAFFEINATED MINTS**  
(1 piece • 100 mg) 

## DIETARY SUPPLEMENTS

Caffeine content varies. Check the product label for the amount of caffeine in each serving, *if available*. Also look for other sources/ names of caffeine, such as yerba maté, green tea, cacao, kola nut, guarana, caffeine anhydrous, and trimethylxanthine.

**Consult our H2F Dietitian!**

Soldiers may schedule an individual consultation with the Brigade Dietitian at <https://visibook.com/ghosth2f> or to book a unit class, email maria.j.stukenborg.mil@mail.mil





# HEALTH & SAFETY



## READY JBLM

# Are You Ready?

GET A KIT - MAKE A PLAN - BE INFORMED - GET INVOLVED



### Be Informed on Winter Mountain Pass Driving

Protect yourself and your passengers. Allow extra time to reach your destination during inclement weather. It takes only one unprepared or careless driver to slow or stop traffic.

- **Drive For Conditions**
- **Get a vehicle winter maintenance check-up.** Don't wait to check your battery, belts, hoses, radiator, lights, brakes, heater/defroster and wipers.
- **Know what the traction advisories mean**
- **Studded tires are only legal Nov. 1 to March 31**
- **Keep a basic winter vehicle survival kit**
- **Keep your fuel tank full**
- **For traffic reports and emergency messages (for WSDOT radio: 530 and 1610 AM)**



State highway traffic and Weather information is available by calling

Prepared by  
JBLM Directorate of Emergency Services  
Emergency Management Division,  
253-966-PLAN or 253-982-PREP



Remember If you don't chain-up when required, you will have to pay. Ignoring the chain requirements could cost you \$500. It's a stiff penalty, but this is really important.

# FOCUS

DECEMBER 2021



## Pick up a free copy or read it online at [JBLMmwr.com](http://JBLMmwr.com)

## JBLM MWR's Official Guide to FUN, FOOD, TRAVEL & WELL-BEING!

See our special section on **MWR's winter festivities**  
Pages 14-17

Explore what new outdoor adventures winter brings  
Pages 8-11

Winterproof your family  
Pages 14-15

Find unique holiday gifts with MWR  
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Cozy up with the winter reading program  
Pages 28-31

The power of listening  
Pages 38-40



[JBLMmwr.com](http://JBLMmwr.com)







# RESILIENT JBLM

## SUPPORT FOR OUR MILITARY COMMUNITY



### DIRECTORATE OF PERSONNEL & FAMILY READINESS (DPFR)

#### FAMILY ADVOCACY PROGRAM

253-967-5901

2140 Liggett Ave. (Waller Hall) - JBLM Main

*Provides prevention & education classes, including workshops to strengthen family relationships using education, information & referral.*

#### NEW PARENT SUPPORT PROGRAM

253-967-5890 / 5950

2140 Liggett Ave. (Waller Hall) - JBLM Main

*Community based parenting support and education program which assists both expectant parents and Families with children under the age of 4 years old.*

#### EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

253-966-7166

9059 Gardner Loop (SFAC) - JBLM Main

*Systems navigation, assisting with individual education plan (IEP), 504 plans, respite care & non-clinical case management.*

#### FINANCIAL READINESS PROGRAM

253-967-1453

2140 Liggett Ave. (Waller Hall) - JBLM Main

*Prevention education, one-on-one counseling sessions & support services. For Army Emergency Relief, contact 253-967-9852, for Air Force Aid Society, call 253-982-2695.*

#### EMPLOYEE ASSISTANCE PROGRAM

253-732-2214

Bldg. 2008-B, North 3rd St.- JBLM Main

*Free, confidential information, referral and counseling services for DACS, Retirees and Family members.*

#### RISK REDUCTION PROGRAM

253-967-4530 / 9837

2140 Liggett Ave. (Waller Hall) - JBLM Main

*Suicide prevention & intervention training, unit briefings, unit consultations & resources, alcohol & drug prevention classes and outreach.*

#### VICTIM ADVOCATE PROGRAM

JBLM SAFELINE (24/7) : 253-966-SAFE (7233)

Services Offered Throughout JBLM

*Assists with crisis intervention, legal advocacy referrals, medical advocacy, and information & referral.*

#### SEXUAL HARASSMENT/ASSAULT RESPONSE AND PREVENTION (SHARP)

253-327-3872- SHARP HOTLINE (24/7): 253-389-8469

2140 Liggett Ave. (Waller Hall) - JBLM Main

*Support for victims for sexual abuse and harassment. For Air Force personnel, contact SAPR in Bldg. 100 (Ste. 3024) at 253-982-7272.*

### ADDITIONAL RESOURCES

#### MILITARY & FAMILY LIFE COUNSELORS (MFLC)

253-293-2223 OR 253-293-2266

Services Offered Throughout JBLM

*Short term, solution focused behavioral health for adults. If a female MFLC is preferred, please call 253-293-6214.*

#### CHAPLAIN FAMILY LIFE CENTER

253-967-1723

Bldg. 9120, Jackson Ave. (4CMC) - JBLM Main

*Individual & marriage counseling deployment counseling, parenting, divorce & spiritual issues.*

#### FAMILIES OVERCOMING UNDER STRESS (FOCUS)

253-966-6390

Bldg. 2013-B, North 3rd St. - JBLM Main

*Family communication skill building. Resiliency training for Families, children & couples. Skill building groups, workshops, and consultations.*

#### MILITARY ONE SOURCE

800-342-9647

Phone, Virtual & Face-to-Face Services

*Confidential Service to Military Personnel. Non-medical counseling & specialty consultations. Services include Family & relationships, financial, legal, health & wellness, deployment & transition counseling.*





# GHOST SIGHTINGS

Images from around the Ghost Brigade

## 1st Squadron, 14th Cavalry Regiment — “Warhorse”



(Above) Warhorse Squadron fires the Anti-Tank Guided Missile Stryker at Yakima Training Center in October. The ATGM is a key weapon that enables Ghost Brigade to overcome any adversary. (Left) Troopers participate in a toy drive for JBLM's Santa's Castle, which provides toys and gifts for military Families during the holidays.

## 2nd Battalion, 3rd Infantry Regiment — “Patriot”



‘Blackhorse’ Company Soldiers conduct mounted and dismounted maneuvers at Yakima Training Center (above). In the month of Sept., Soldiers of ‘Charger’ Company along with 23rd BEB provided support to civil authorities working to contain California’s massive Dixie Fire (right).





# GHOST SIGHTINGS

Images from around the Ghost Brigade

## 5th Battalion, 20th Infantry Regiment — “Syke’s Regulars”



(Left) After explosively breaching enemy obstacles, Soldiers at YTC maneuver forward to seize key terrain during a live-fire exercise. (Above) Happy birthday Soldier! With MRE matches for candles, Soldiers help PFC Cooper celebrate his 20th birthday in the field.

## 1st Battalion, 23rd Infantry Regiment — “Tomahawks”



(Above) Soldiers lay down suppressive fire and prepare to advance toward the enemy during a live-fire exercise at YTC. (Right) A Tomahawk Soldier conducts maintenance on the engine of a Stryker Infantry Carrier Vehicle. Maintenance, repair and other sustainment tasks are essential to a unit’s ability to maneuver, fight and win.





# GHOST SIGHTINGS

Images from around the Ghost Brigade

## 23rd Brigade Engineer Battalion — “Spearhead”



(Above) A Soldier from ‘Cipher’ Company checks radios at a retransmission (“retrans”) site at YTC. (Left) Soldiers prepare an M58 MICLIC to blast a pathway through a simulated minefield at YTC.

## 1st Battalion, 37th Field Artillery Regiment — “Red Lion”



Howitzer crews from 1-37 FA conduct fire missions throughout the month of October at Yakima Training Center. Precision long-range artillery is an essential element of a brigade combat team, providing friendly forces the ability to target the enemy with lethal fires from long distances—making Ghost Brigade an unbeatable team.







# GHOST SIGHTINGS

Images from around the Ghost Brigade

## 296th Brigade Support Battalion — “Frontline”



Frontline Soldiers conduct Convoy Protection Exercises (left) and practice medical evacuation procedures during their time at Yakima Training Center. Soldiers of every MOS must be ready to fight and protect one another.

## Brigade Headquarters & Headquarters Company (HHC) — “Huron”



The annual Turkey Bowl ultimate football game featured a fierce competition between the officers and NCOs of Brigade HHC.





# Chaplain's Message

## “Giving Thanks”

**Chaplain (Maj.) Tony Luxem**  
Brigade Chaplain, 1-2 SBCT

More than a state of mind, giving thanks takes time and effort. In showing our gratitude to others and God, we recognize that we have been given resources, care, consideration, even the time of others, despite our attitudes and actions that maybe didn't warrant such goodness. Perhaps our actions have not produced much more than negative words, actions, and repercussions that have divided us from others relationally. Yet, we have the next moments in time to remember the very basis of those real and caring relationships and, with humility, realize we have been gifted the grace and care from others. In their best way, they have shown us grace- unearned favor, by sharing life and relationship with us.

As you share a meal, a game, and time with others this holiday season, remember to be gracious and to receive grace with thanksgiving. Doing this with God and one another will impact your relationships now and for eternity.



**“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”**  
– John F. Kennedy

**“When eating fruit, remember the one who planted the tree.”**  
– Vietnamese Proverb

### ***Unit Ministry Team Highlight***

Soldiers train with the 1-14 CAV Unit Ministry Team and mentors to reach higher heights, overcome obstacles, and achieve their goals at Black Diamond Camp.



**Chaplain (Maj.) Luxem's Duty Phone: 253-344-0491**



# 1-2 Stryker Brigade Combat Team



## *At A Glance...*

- ◆ 1ST STRYKER BRIGADE COMBAT TEAM, 2ND INFANTRY DIVISION
- ◆ NICKNAME: "GHOST BRIGADE," NAMED FOR 1-2 SBCT'S PROVEN ABILITY TO SILENTLY APPROACH AND STRIKE THE ENEMY
- ◆ ASSIGNED TO 7TH INFANTRY DIV., I CORPS, AT JOINT BASE LEWIS-McCHORD, WA, WITH A FOCUS ON THE INDO-PACIFIC REGION
- ◆ MORE THAN 4,000 SOLDIERS FROM VARIOUS SPECIALTIES AND COMBINED ARMS CAPABILITIES

Ghost Brigade  
**Arrive In Silence**