

April 2021



# GHOST TIMES

NEWSLETTER FOR 'GHOST BRIGADE' SOLDIERS & FAMILIES

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

## Unbeatable Results: Brigade prepares Soldiers for rigors of Ranger School



Above: Five Ghost Soldiers and a Lancer Soldier earned their Ranger Tab April 1 at Ft. Benning, Ga., after weeks of rigorous training and testing at Ranger School. Right: Ghost Soldiers received extensive preparation for the elite school, attending tactical classes and other training during the Brigade's new Ghost Ranger Program.

The Ghost Brigade is focused on developing Soldiers and leaders into an unbeatable team. The recently established Ghost Ranger Program is the latest example of this.

1-2 SBCT conducts the Ghost Pre-Ranger Course (GPRC) to inspire, train, assess, and prepare volunteers to graduate the U.S. Army Ranger School. Established in October 2020, the program includes a two-week Brigade developmental training program, and the Ghost Ranger Fitness Program (an ongoing H2F developmental training for GPRC candidates).

Former Ranger Instructors teach classes, Ranger Tactical Tasks, Land Navigation, and lead PT.

The program has so far resulted in five Ghost Soldiers graduating Ranger School on April 1, 2021 — the most from one brigade in the Army in that graduating class. More Ghost Soldiers are currently in Ranger School working through countless tests and challenges to earn the coveted Ranger Tab.

Soldiers interested in attending Ranger School may work with their chain of command to enroll in the Ghost Ranger Program.

### Inside this issue...

COMMAND TEAM NOTES	2
"ATTACK COMPANY" BACK HOME AFTER KOREA MISSION	3
HEALTH & SAFETY	4
FAMILY NEWS & RESOURCES	6
APRIL HERO WOD	9
BATTALION HIGHLIGHTS	10
CHAPLAIN'S MESSAGE	15



### Follow the Ghost Brigade...

Facebook: @GhostSBCT  
Twitter: @1SBCT\_Ghost  
Insta: @ghoststrykerbrigade  
Flickr: @Ghost Brigade

### The Bottom Line...

Ghost Soldiers are playing an ongoing role in protecting the American people and supporting Indo-Pacific Allies and Partners.



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

Ghost Soldiers and Families,

We often talk about making ourselves unbeatable. After all, our mission as an Army is to fight and win our Nation’s wars. All that begins with our Soldiers and leaders training hard, mastering the fundamentals and challenging ourselves at the individual and small-unit level.

So I want to recognize our five Ghost teammates who graduated Ranger School this month: SPC Taylor, SPC Sparks, SPC Simmons, SPC Kelly and SPC Bradbury. To earn the Ranger Tab, these Soldiers demonstrated their grit and leader attributes to endure many grueling weeks of training and testing to join a very small portion of our Army. That took courage and an unbeatable spirit. It also required support from the unit, to include NCOs and officers who set those Soldiers up for success during our newly established Ghost Ranger Program.

Like our new Ranger School grads, I challenge each Ghost Soldier to push yourself and get better every day. Develop yourself as experts and professionals by taking on challenges like Ranger School or competing for the Expert Soldier Badge / Expert Infantryman’s Badge. This is how we make ourselves an unbeatable team, ready to fight and win our Nation’s wars.

We also want to recognize our Ghost Families for their continued support. April is the Month of the Military Child – a great time to reflect on the unique challenges, sacrifices and strengths of our children. So take every opportunity to spend time together as a family and demonstrate your appreciation for our Families’ sacrifices and service to our country.

Thank you Soldiers and Families for all you do.

-Ghost 6

*“I challenge each Ghost Soldier to push yourself and get better every day. Develop yourself as experts and professionals...”*

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

Ghost Team,

Thank you and your families for remaining flexible as we continue to answer our Nation's call. Leaders, continue to over-communicate with your Soldiers and families as the Brigade stands ready to support missions in the Indo-Pacific and pandemic response here at home. Soldiers, ask questions, be engaged, and strive to make yourselves unbeatable.

As it warms up, be sure to explore all the great things Washington state has to offer and enjoy the outdoors, but do it safely. If you ride, make sure you have all required motorcycle safety equipment, completed all mandatory training, and have a valid motorcycle endorsed license. If you get out on the water or go fishing, have the necessary training and endorsements. COVID remains a threat, so continue to take precautions, and observe the latest JBLM and WA state policies to protect yourself and others. We also encourage you to join us in getting vaccinated.

A huge thank-you to our Families. We are strong and agile because of your support. Thank you for the sacrifices you make daily to ensure your Soldiers are successful. Their success is Ghost’s success, and we thank you for being a crucial part in making us all ready to fight and win.

-Ghost 7

### 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*!



# Welcome Home: Soldiers of A Co., 5-20 Inf. complete security force mission in Korea

The Soldiers of "Attack Company," 5-20 Infantry Battalion, returned to JBLM April 14, following a successful, months-long rotation in the Republic of Korea, where they served as a security force (SECFOR) in support of U.S. Forces-Korea (USFK). The hosting unit recognized the Company as the best SECFOR Company in their tenure.

Well done, Attack Company, for supporting such a vital mission in the Indo-Pacific!



## SEXUAL HARRASSMENT/ASSAULT RESPONSE & PREVENTION



SFC POST, CHRISTOPHER  
BRIGADE SEXUAL ASSAULT  
RESPONSE COORDINATOR (SARC)

# SHARP

## THERE'S HELP WHEN YOU NEED IT

"DEDICATED TO SERVING YOU  
WITH THE DIGNITY AND RESPECT  
YOU DESERVE."

BLDG 3680 RM 214  
OFFICE # 253-967-0515 / 0516



MS. LATASHA MAYS  
BRIGADE VICTIM ADVOCATE (VA)

24 HOUR JBLM ON CALL VICTIM ADVOCATE  
(253) 389-8469



Message from the Brigade Surgeon,  
Maj. Kevin Maskell, M.D.

# HEALTH & SAFETY

## COVID Vaccine: Your Questions Answered

Q: Is the vaccine effective?

A: **Yes.** In a trial of 40,000 people, it was found to be **95% effective** after the second shot.

Q: Is the vaccine safe?

A: **Yes.** There are only mild side effects like fevers and soreness in some cases. These are most common with the second dose and generally last about a day.

Q: Is the vaccine mandatory?

A: **No,** it is strictly voluntary at this time, but it is **strongly** recommended by unit surgeons at all levels, especially for those deploying overseas. In fact, many nations request or require visiting U.S. personnel to be vaccinated, for everyone's safety.

Finally, be sure to **keep following all health guidelines**, including:

- ✓ Social Distance
- ✓ Facemask
- ✓ Hand-washing

### Questions about the COVID-19 vaccine?



Please call Madigan's dedicated

**COVID-19 Vaccine Hotline**

**253-968-4744**



Next Page: I Corps "Blue Hash" with the latest guidance about COVID precautions and policies, and current vaccination priorities.



Johnson & Johnson Vaccine has been paused nationwide... Should Madigan's patients be concerned?

- **NO:** Although the Johnson & Johnson Vaccine has been "paused" in an abundance of caution, we want to remind all our patients that Madigan does not supply or administer the Johnson & Johnson vaccine.
- Since mid-December 2020, Madigan has been exclusively administering the Pfizer-BioNTech COVID-19 mRNA Vaccine to patients & staff.
- The Pfizer-BioNTech vaccine has an excellent safety track record after 5 months and over 100 MILLION doses delivered to U.S citizens - More than any other COVID-19 vaccine.
- The majority of recipients of the Pfizer-BioNTech COVID-19 mRNA Vaccine have minimal to no side effects. The most common side effects with the Pfizer vaccine are sore arm and feeling tired/mildly ill for 24-48 hours after receiving the vaccine. In very rare occurrences, some people have experienced serious allergic reactions from the Pfizer vaccine.
- The serious blood clotting events reported from the Johnson & Johnson vaccine have **NOT** been reported with the Pfizer-BioNTech mRNA Vaccine, which is a different manufacturer and developed using different technology than the Johnson & Johnson vaccine.



Book your vaccine appointment today:

<https://go.usa.gov/xHc4t>



# JBLM COVID-19 Response Factsheet (BLUE HASH)

As of April 16, 2021



## **COVID-19 Vaccine (COVAX):**

- JBLM COVID-19 24/7 Help Hotline: 253-967-3831
- COVID-19 Vaccinations (COVAX) Process & Location located at: [Madigan "About the COVID Vaccine"](#)
- Non Active Duty beneficiary COVID-19 COVAX Appointment #s 253-968-4744 or 1-800-404-4506
- Current Vaccination Priorities: 1) OCONUS Deployers within 90 days of deployment and deploying Vaccination Support Team (VST) personnel; 2) Personnel who are due COVAX Shot #2; 3) Active Duty and Beneficiaries who are 40+ years old; and, 4) patients 16 years or older with underlying medical conditions considered high risk based on CDC guidance.

## **Changes / Updates:**

- On 12 April, the Governor announced Pierce County's return to Phase II of the WA State Roadmap to Recovery effective 16 April. **However, current COVID metrics on JBLM do not warrant significant change to current guidance. When not on the installation, individuals must comply with local and state guidelines.**
- Mask Wear and Gatherings. Mask wear is required for all indoor and outdoor gatherings and activities on JBLM except for: (1) during moderate or intense exercise physically-distanced indoor physical fitness; (2) socially-distanced outdoor gatherings; (3) inside living quarters with household members or fully vaccinated non-household members; (4) indoor gatherings of fully vaccinated people; (5) indoor gatherings with unvaccinated people from one other household, unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19; and (6) when necessary to reasonably accommodate an individual with a disability.
- General Officers can grant exceptions to mask wearing rules consistent with SECARMY's 24FEB21 ETP memo.
- Outdoor Training / Competitions / Ceremonies authorized up to 400 people including spectators with masks
- Home / Barracks indoor social gatherings up to 10 people from outside their domicile and outdoor social gatherings to 50 people
- **All indoor dining, gym, MWR, worship, and retail facilities are authorized to operate at 50% capacity**
- PT now authorized for execution in formations up to company level --- **Combatives are not authorized until further notice**
- Warrior Restaurants are authorized indoor seating at 50% capacity
- Food courts and JBLM retail food establishments are authorized indoor seating at 50% capacity
- Warrior Zone are authorized indoor seating at 50% capacity
  - Gyms and Fitness Centers are open at 50% capacity: Active Duty/Guard/Reserve from 0500-0800 (McChord Fitness Center 0530- 0800) All Authorized Users from 0800-2000
- Faith-based indoor activities at 50% capacity, to include worship services, Strong Bonds, religious education, chapel auxiliaries, and fellowship activities
- Social activities, including food service are authorized consistent with food handling guidelines applied by Warrior Restaurants
- Indoor Change of Command / Responsibility Ceremonies are authorized 50% Capacity or 400 personnel whichever is less

## **JBLM Travel Procedures:**

- First GO in CoC approves ETP for leave outside of the United States and its territories.
- Chain of Command for all others on State/County COVID risk – use Encl 1 to counsel
- All travel within the United States and its territories is approved at BDE or below
- **DOMESTIC TRAVEL:** Subject to O-6 Commander / CG designated official ETP authority, for domestic travel outside of WA, OR, and ID: all non-COVAX Soldiers will undergo a minimum 7-day ROM. Non-COVAX DA Civilians will not return to on-post work locations for 7 days and are strongly encouraged to ROM. Non-COVAX Army dependents will not use CYS services for 7 days and are strongly encouraged to ROM.
- **INTERNATIONAL TRAVEL:** Non-COVAX Soldiers will ROM for 10 days without testing, or 7 days with a negative test NET ROM day 6 or 7. Non-COVAX DA Civilians will not return to on-post work locations for 10 days without testing or 7 days with a negative test and are strongly encouraged to ROM. Non-COVAX Army dependents will not use CYS services for 10 days without testing or 7 days with a negative test and are strongly encouraged to ROM.
- **INBOUND PCS:** Inbound PCS Soldiers from inside the United States are exempt from ROM requirements.
- **COVAX PERSONNEL:** COVAX personnel arriving at JBLM are not required to ROM.
- **OUTBOUND PCS to OCONUS:** COVID-19 Test is required for non-COVAX Soldiers. ROM requirements determined by PCS location. International leave in conjunction with PCS is not authorized

## **Other Links to Follow for Further Information:**

- Washington State School Status Updates at: [Washington School District Information](#)
- MWR CDC/CYS info located at: [JBLM School & Childcare Information](#)
- Madigan Army Medical Center and Dental Clinics Facebook Page: [Madigan and Dental Facebook Page](#)
- JBLM Official Website: [JBLM Homepage](#)

#JBLMSoundLiving



# Family News

## What a Treat! Families meet Easter Bunny & enjoy Easter Egg Hunts



Battalions treated their Families to various fun activities heading into springtime and Easter. Highlights included Easter Egg hunts, candy drive-thrus and visits from the Easter Bunny. All activities were done with safety in mind, by continuing to follow COVID-19 precautions.



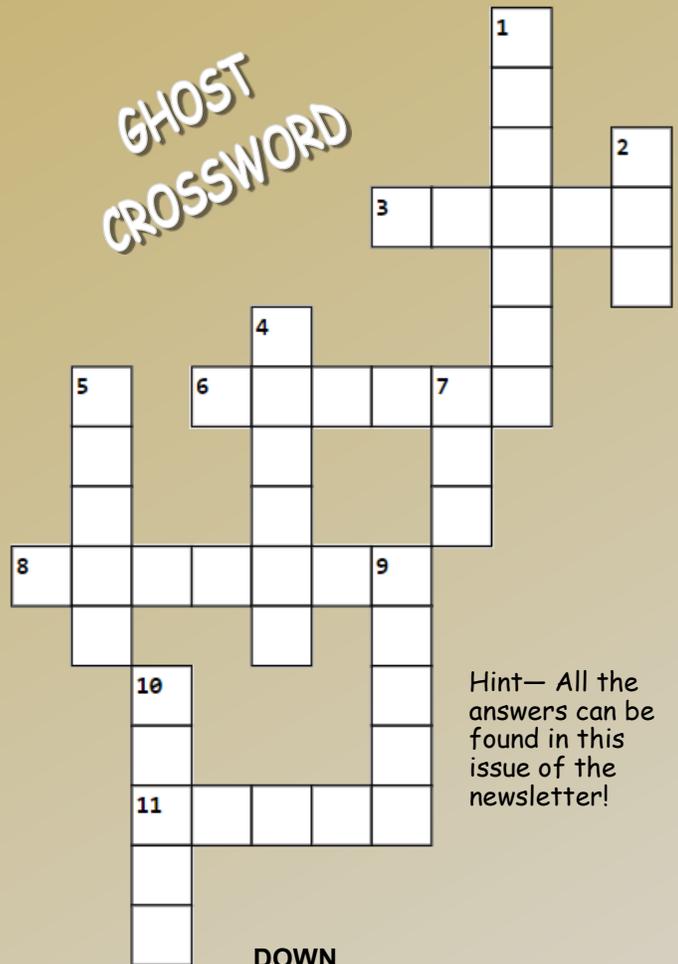
## JBLM Sound Summit offers wealth of advice for Families

Experts from JBLM and beyond share tips, resources and activities for the whole Family.

Watch this month's JBLM Sound Summit on the JBLM [Facebook \(click here\)](#).

For more info and previous Summits, visit: <https://jblm.armymwr.com/programs/Sound-Summit>

## GHOST CROSSWORD



Hint— All the answers can be found in this issue of the newsletter!

### ACROSS

- 3. A/5-20 Inf. just returned from security mission in \_\_\_\_
- 6. A lieutenant in 23 BEB just earned her \_\_\_\_ Tab
- 8. H2F stands for 'Holistic Health and \_\_\_\_'
- 11. Month of the Military \_\_\_\_

### DOWN

- 1. Ghost Brigade participated in 7th Inf. Div.'s Best \_\_\_\_ Competition
- 2. WOD means 'Workout of the \_\_\_\_'
- 4. Five Ghost Brigade Soldiers just earned their \_\_\_\_ Tab at Ft. Benning
- 5. Getting vaccinated can help protect you and others from \_\_\_\_
- 7. Easter \_\_\_\_ Hunt
- 9. Monthly JBLM \_\_\_\_ Summit offers helpful info/resources for Families
- 10. Name of JBLM's MWR Magazine, available online



## 1-2 SBCT Ghost Cookbook

Arrowhead Soldier & Family Foundation



Purchase Online at: [www.arrowheadfoundation.weebly.com](http://www.arrowheadfoundation.weebly.com) or contact your SFRG





# Family Resources

**There's more going on than you think... Read MWR's Magazine!**

Soldiers and Families can stay informed about the latest recreational programs and events around JBLM and the surrounding area. Check it out, and make the most of life in the Pacific Northwest!

Pick up a copy on post or read it right here:  <https://jblm.armymwr.com/happenings/focus-magazine>



## Fitness for the whole Family



**WEEKEND WORKOUT**  
**FAMILY STYLE**  
 Go for a hike on your favorite trail

**Round 1**  
 Choose an animal or Plant  
 First one to spot it coaches the group through 10 push ups

**Round 2**  
 Choose a new animal or Plant  
 First one to spot it coaches the group through 10 Crunches

**Round 3**  
 Choose a new animal or Plant  
 First one to spot it coaches the group through 10 Reverse Lunges

Repeat Rounds Until Hike is completed 

Check our Facebook and Instagram page every #FitnessFriday for suggested weekend workouts (both solo and family versions), courtesy of our strength coaches in the Brigade Health and Holistic Fitness (H2F) Team!

Join your DPFR Financial Readiness Team this April for

# National Financial Literacy Month

Take a virtual class (or five!) and learn to set meaningful goals for your personal & household finances, as well as for retirement

Visit [www.jblmdpfr.com](http://www.jblmdpfr.com) for more information





# Family Resources

## Cooking up healthy options with the Ghost Brigade Dietitian



### GHOST RECIPE OF THE WEEK GREEK CHICKEN PASTA



(Check out the following pages for ingredients and directions)



### INGREDIENTS (SERVES 8-10)

- 5 CUPS ROTINI PASTA, UNCOOKED
- 1 TBSP. OLIVE OIL
- 2 LBS CHICKEN BREAST OR TENDERS, SKINLESS, BONELESS
- 1 TOMATO, CHOPPED
- 2 TBSP PARSLEY, CHOPPED
- 2 TSP. DRIED OREGANO
- 1/2 CUP RED ONION, CHOPPED
- 2 MINCED GARLIC CLOVES
- 1 (14 OZ) CAN ARTICHOKE HEARTS, DRAINED
- 1 CUP FETA CHEESE, CRUMBLLED
- 1 TBSP. LEMON JUICE
- SALT AND PEPPER

(SEE NEXT PAGE FOR DIRECTIONS)



### DIRECTIONS

1. COOK PASTA PER PACKAGE DIRECTIONS
2. HEAT OIL IN LARGE SKILLET OVER MEDIUM-HIGH HEAT. ADD ONION AND GARLIC TO SKILLET AND SAUTE FOR 1-2 MINUTES
3. STIR IN CHICKEN, AND COOK UNTIL IT IS NO LONGER PINK IN THE CENTER AND THE JUICES RUN CLEAR
4. REMOVE CHICKEN FROM SKILLET AND SET ASIDE FOR SEPARATE PORTIONING
5. REDUCE HEAT TO MEDIUM-LOW AND ADD CHOPPED ARTICHOKE HEARTS, TOMATO, FETA CHEESE, PARSLEY, LEMON JUICE, OREGANO, AND COOKED PASTA
6. COOK MIXTURE UNTIL HEATED THROUGH, ABOUT 3-6 MINUTES; SERVE IMMEDIATELY

(SEE NEXT PAGE FOR TIPS)



### TIP

- **SIDE SUGGESTION: GRILLED ASPARAGUS WITH FRESH-SQUEEZED LEMON JUICE**
- **VEGETARIAN: SUBSTITUTE 1 CUP TOFU, DICED AND SAUTEED**
- **YOU CAN HALF THE RECIPE TO MAKE 4-5 SERVINGS IF YOU DON'T WANT AS MANY LEFTOVERS OR AREN'T FEEDING A LARGE GROUP OF PEOPLE**

## 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](mailto:maria.j.stukenborg.mil@mail.mil)

*And for other healthy recipes, tune into the Ghost Brigade's Facebook and Instagram for #WellnessWednesday recipes of the week.*



*Join us in honoring our brigade's Fallen Heroes who gave their lives for our Nation.*

# APRIL HERO WOD

Execute circuit style

Repeat circuit 10 times

- 10 Squats
- 10 Kettle Bell Swings
- 10 Overhead Press
- 10 Pull-ups
- 10 Yard Bear Crawl
- 10 Walking Lunges
- 10 Single Leg Glute Bridges
- 10 Push-ups
- 10 Renegade Rows
- 10 Cross-body Crunches

Our April “Hero WOD” (workout of the day) pays tribute to ten of our brigade's own service members who paid the ultimate sacrifice during the month of April in support of combat operations in Iraq and Afghanistan.

In honor of these ten Heroes, this rigorous workout includes ten repetitions of ten tough exercises. Be sure to time yourself and post your completion time in the comments section on our [Brigade Facebook post \(Click Here\)](#). *(Courtesy of Brigade Health of Holistic Fitness Team)*



# GHOST SIGHTINGS

Images from around the Ghost Brigade

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



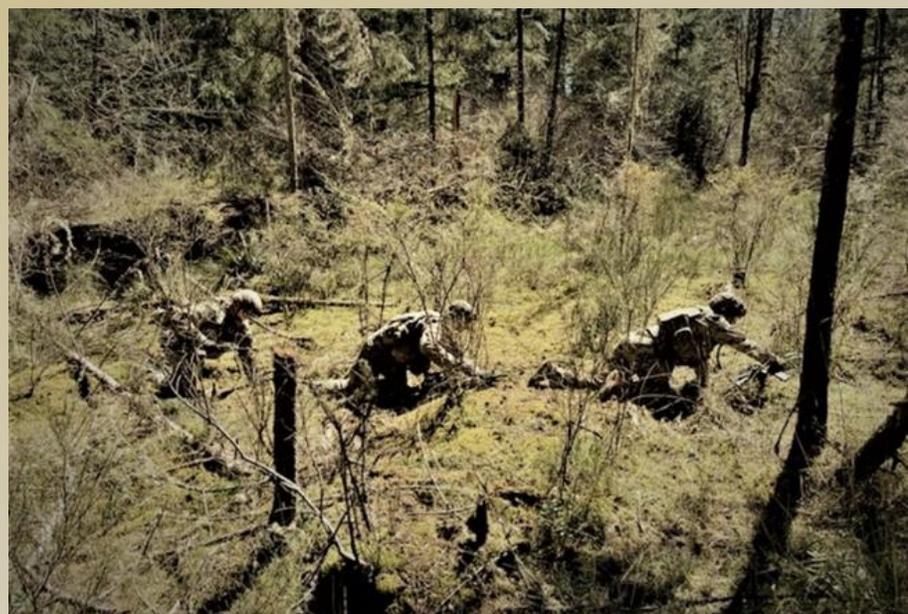
(Above) Leaders of Bronco Troop, 1-14 Cav. developing plans and orders, to provide direction to their platoons during recent training exercises at JBLM. (Right) Crazyhorse Troop’s Mortars Section competing in Squad competition.



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



(Above) SSG Garcia, a C Company squad leader, represented Patriot Battalion and Ghost Brigade in the 7ID Best Warrior Competition this month. (Right) B Company Soldiers conduct dismounted maneuvers during a squad-level training exercise.





# GHOST SIGHTINGS

Images from around the Ghost Brigade

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



(Left) Soldiers train on the Mk-19 as part of Gunnery Skills Testing. (Above) Soldiers conduct mortar gunnery, culminating in combined use of illumination and high-explosive rounds for devastating effects.

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



1-23 Inf. conducted a squad competition to encourage and recognize excellence in the ranks. Challenges included a timed obstacle course, stress shoots, weapon assembly/disassembly in the CBRN chamber, fitness tests, a tomahawk throw, and more. SSG Whitney's scouts of the Recon PLT earned the honor of top squad. Well done!





# GHOST SIGHTINGS

Images from around the Ghost Brigade

## 23rd Brigade Engineer Battalion — “Spearhead”



(Above) 1st Lt. Meghan Anderson earns her Sapper Tab after completing Sapper School, a tough, elite training course focused on combat engineer tactics and leadership. (Left) Hosted by the UAS Platoon, an ROTC cadet learns about the RQ-7 Shadow drone.

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



1-37 FA participated in a Readiness Day Competition to build cohesion and esprit de corps. The timed competition consisted of a Confidence Course, SKEDCO and Water Jug Carry, and Howitzer drills. Congrats to HHB with the winning time of 19:54!





# GHOST SIGHTINGS

Images from around the Ghost Brigade

## 296th Brigade Support Battalion — “Frontline”



(Left) Soldiers practice small-arms marksmanship at the JBLM Engagement Skills Trainer (EST). (Above) CSM Richardson, SPC Rodriguez and PVT Porras fill bags of candy in preparation for Easter Egg drive-thru event for Families.

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



(Left) Staff sections meet to discuss Readiness Day topics related to eliminating harmful behaviors. (Above) CSM Will Langes leads a rigorous PT session together with senior NCOs from across the Brigade.

# CHARACTER TRUST RESILIENCE

## Protecting Our People Protects Our Mission



**SAAPM**  
Sexual Assault Awareness and Prevention Month

### What is a Culture of Support?

Developing a culture that supports survivors of sexual assault starts at the top with our leaders. Support can come in the form of tools and resources, but it also comes in what is said and how one behaves. When leaders, teammates, and Families come together to form a Culture of Support, survivors feel safe reporting sexual assault and can begin the road to recovery.

Some of the barriers a leader may face when providing support include:

**Implicit Bias** – Implicit bias refers to attitudes or stereotypes that affect our understanding, actions, and decisions in an unconscious manner. One example, a sexual assault survivor files a report, but you have a preconceived idea of who a victim is or how they should look so you may not believe them or take their report seriously.

**Misreading behavioral changes** – Someone who experiences a sexual assault may exhibit a change in their demeanor and actions, which can be misunderstood. Instead of noticing the change and seeking to understand what caused the change, the Soldier may be reprimanded or face disciplinary action.

**Fear** – According to Sexual Assault Response Coordinators, fear is an unspoken emotion that becomes a barrier for some leaders to take action. Fear can stem from concerns about the incident reflecting poorly on their leadership abilities and affecting their career.

### How Leaders Can Help Build a Culture of Support

**Be Engaged:** Every Soldier has a teammate, a Family, and a leader in their life. Stay engaged with the individual Soldier, as well as the people in their “golden triangle,” who can let you know if a Soldier is struggling. Leaders who are in tune with their team’s needs can help them succeed.

**Be Aware:** Realize that your preconceived notion of what a “victim” looks like or how they “should” act may lead you to not believe a survivor. Be aware of this bias and take all sexual assault reports seriously. Be willing to participate in continuous training so you are ready to respond and appropriately support sexual assault survivors.

**Be Supportive:** Sexual assault survivors may exhibit negative behavior changes after an assault. Instead of initiating disciplinary action, ensure they receive appropriate behavioral health support to cope with the trauma. This helps demonstrate to Soldiers that “People First” is leaders’ number one priority.

**“Leaders, from team leader to Command Sergeant Major, bear the responsibility to care for and protect our Soldiers and Families...Responsibility without accountability corrodes the trust necessary to build cohesive teams...You have the power to influence the culture of your unit, your squad and your Soldiers. Now is the time to put people first.”**

**- Sergeant Major of the Army Michael Grinston**



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DoD Safe Helpline: 877-995-5247



# Chaplain's Message

## “Opportunities”

Chaplain (Maj.) Nathan Whitham  
Brigade Chaplain, 1-2 SBCT

Make the most of every opportunity.

Every challenge, every test, every obstacle in your path represents an opportunity. Opportunities are all around us—occasions to learn, chances to change and improve, times to drive our lives forward according to those values we hold most dear.

Each of us is given a limited amount of time on this earth to make our lives count. But it's easy to become distracted, to allow time-wasters to crowd out what's most important. Today might be a good day to think about what you want your life to stand for. Where do you want to be five, ten, twenty years from now? What would you like said about you on your 80th birthday? There are a lot of years, many steps, and countless opportunities between now and then. What is one thing you could be working on right now to get where you want to go next? Is there something you could be doing to earn that next stripe, to further your career in or out of the Army? Make a plan! Work the plan! Live the plan!

**JBLM Religious Support**  
*Building Spiritual Readiness and Strengthening Souls*

Visit us at [jblm.army/ReligiousSupport](http://jblm.army/ReligiousSupport) and  
LIKE us on Facebook @JBLMReligiousSupport

**“Opportunity follows struggle. It follows hard work. It doesn't come before.”**  
– *Shelby Steele (Author of The Content of Our Character)*

**“You can't make footprints in the sands of time if you're sitting on your butt. And who wants to make buttprints in the sands of time?”**  
– *Bob Moawad (Founder of Edge Learning Institute)*

### Unit Ministry Team Highlight

1-23 Inf. UMT (Chaplain (Capt.) Scott Chambers and Pfc. Tori Nelson) and Capt. Cassandra Garza (1-2 SBCT Embedded Behavioral Health Clinic) led Soldiers in a resiliency/leadership event that focused on building readiness through instruction in empathy, leadership and coaching with fun activities through the Warrior Adventure Quest program at the JBLM Skeet Shooting Range. WAQ offers units various outdoor activities to help Soldiers live healthy, active lives.



# 1-2 Stryker Brigade Combat Team



## *At A Glance...*

- ◆ 1ST STRYKER BRIGADE COMBAT TEAM, 2ND INFANTRY DIVISION
- ◆ NICKNAME: "GHOST BRIGADE," FOR THE UNIT'S 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**