



# GHOST TIMES

NEWSLETTER FOR 'GHOST BRIGADE' SOLDIERS & FAMILIES

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

## Unbeatable Experts: Ghost Soldiers training, striving to earn EIB & ESB



*Above: Soldiers of Comanche Company, 1st Bn., 23rd Inf. Regt. "Tomahawks" conduct field training at JBLM, in order to master the fundamentals and build confident, lethal squads that are ready to fight and win.*

The Ghost Brigade remains focused on building unbeatable teams and encouraging Soldiers to master the fundamentals. One way they are doing that is through the Brigade's upcoming train-up and testing for the Expert Infantryman Badge, or EIB, and Expert Soldier Badge, or ESB, through September.

Soldiers will train for the event from Sept. 7 to 19. Testing will occur immediately thereafter, from Sept. 20 to 24, in training areas here at Joint Base Lewis-McChord, Wash.

Soldiers earn their EIB and ESB by completing a series of tests that

measure their mastery of fundamental military skills through complex evaluations over five days.

The first day includes the Expert Physical Fitness Assessment, which included push-ups, sit-ups, and a four-mile run.

After completing the EPFA, Soldiers who are still eligible to earn the badge must then pass a day and night land navigation course.

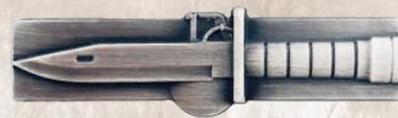
After getting through the EPFA and land nav, Soldiers are then tested on dozens of core "skill-level-one" warrior tasks and unit mission essential tasks.

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### *The Bottom Line...*

As units wrap up Indo-Pacific missions this summer, Soldiers are focusing again on mastering the fundamentals. Many will strive to earn the EIB and ESB (pictured above) in September.



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

Ghost Team,

When we raised our right hand to join the Army, we each came in with our own unique hopes and goals for what we could achieve, what kind of Soldier we could become. Whatever our MOS, we hope to do our best and be the best.

Here in the Ghost Brigade, we care about those goals, and we are committed to your success, because your success is our success.

Our Army’s mission – to fight and win – starts with you. You have to make yourself unbeatable, and make your team unbeatable.

Now is our chance to make that happen, with EIB/ESB train-up and testing in September. I challenge you to get out there with your teams and strive to earn that badge. Develop yourself and each other as experts and professionals. Your leadership will support you every step of the way.

Continue to focus on the fundamentals. That will set you up for success as we enter a rigorous training cycle with upcoming rotations at Yakima and NTC.

Also take advantage of the resources at JBLM and in the Brigade to improve yourself. This newsletter has more details about our excellent H2F programs, including our Brigade dietitians who are here to keep us healthy and fit to fight. Make the most of these resources. Encourage your teammates to do the same.

We want to recognize our Families for your continued support as we get after tough training in the coming months. You are our strength, and we are committed to keeping you informed every step of the way. Stay tied in with SFRG’s, stay tuned for upcoming Battalion Town Halls, and reach out to unit leaders with any questions you may have. Thank you all.

*“Our Army’s mission – to fight and win – starts with you.”*

*You have to make yourself unbeatable...”*

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

Ghost Soldiers and Families,

Thank you and your families for your dedication and hard work. The Ghost Brigade remains agile and ready as we train across various disciplines to master our skillsets here on JBLM, and across the Pacific.

As we ramp up with another training cycle at Yakima and NTC, we understand the strain that has on Families. Please ensure your families participate in the Battalion level Town Halls; these are important functions to keep Soldiers and Families informed and connected. Leaders across the Brigade are also determined to provide all Soldiers the opportunity to earn your EIB/ESB.

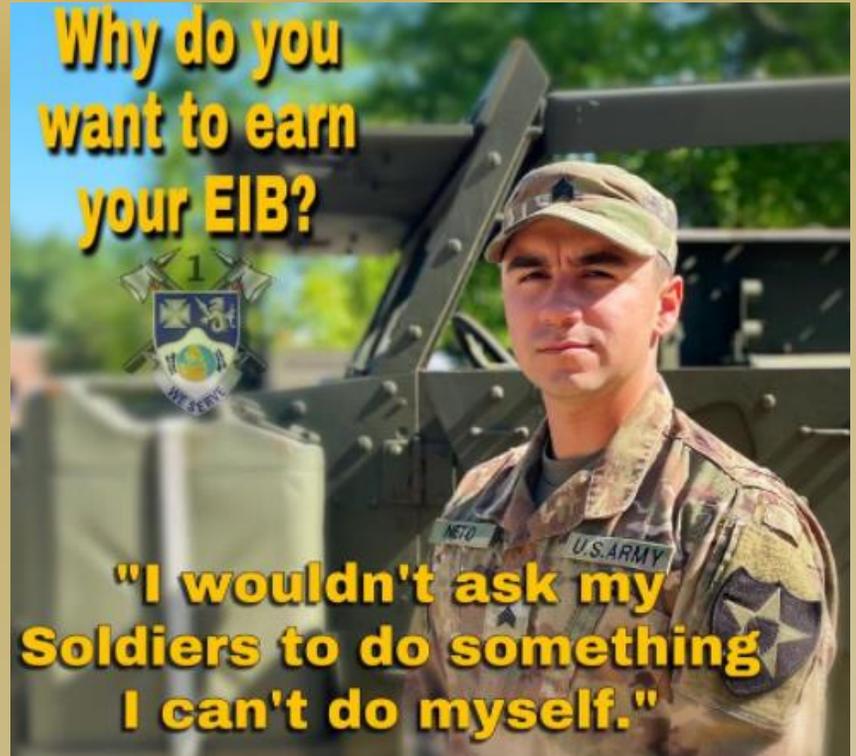
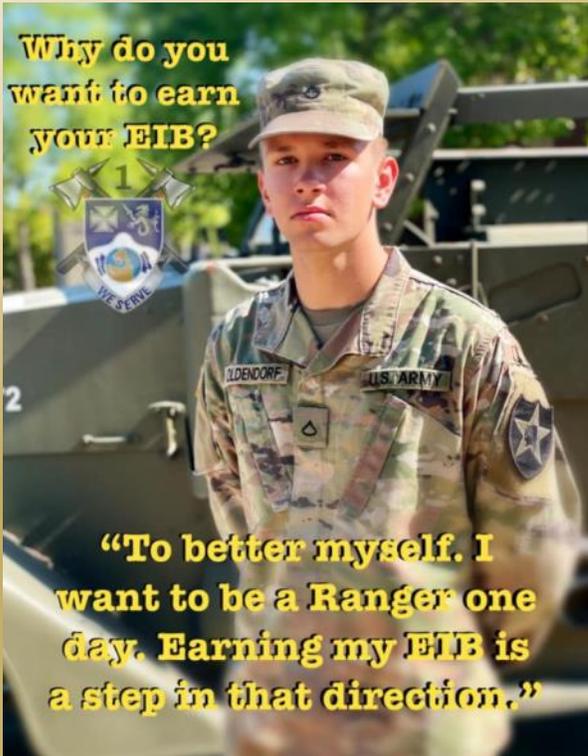
I appreciate the dedication everyone has shown to set conditions for successful collective skills training; use that same commitment to excellence in pursuit of the EIB/ESB. Go explore the outdoors here in Washington and do it safely. This is the best time of the year to live in the PNW continue to follow DOD, Corps, and local regulations concerning COVID-19 mitigations. Only through continued diligence and discipline can we keep each other safe and healthy. Thank you again for making the Ghost Brigade an unbeatable team ready to fight and win.

### 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*!



**ACFT MAX SCORE**  
*(600 POINTS)*  
*SPC TYLER STADING 1-14 CAV*  
*BATTALIONS 280+*

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1-14 CAV 6 Soldiers  
 1-37 FA: 6 Soldiers  
 1-23 IN: 4 Soldiers  
 296 BSB: 3 Soldiers  
 5-20 IN: 2 Soldiers  
 23 BEB: 2 Soldiers



## On the world stage: Ghost Soldiers prove ready to deploy, fight and win during Pacific Pathways '21

The Ghost Brigade continues representing the Army across the Joint Force and representing America on the world stage, with two more deployments this year in support of Pacific Pathways '21.

In July, "Warhorse" Troopers of 1st Sqdn., 14th Cav. Regt. deployed to Indo-Pacific islands including Guam, Palau and the Northern Mariana Islands, in support of Forager 21, a U.S. Army Pacific exercise designed to test and refine the Theater Army's ability to flow landpower forces into the theater, execute command and control of those forces, and effectively employ them in support of allies, partners, and national security objectives.

The variety of new terrain and training opportunities as part of a larger I Corps team enabled the Cav. Troopers to conduct iterative, realistic, joint training incorporating deployment of units whenever and



1-14 Cav. typhoon mitigation drill in Guam.



A/1-14 Cav. conducts dismounted maneuvers in Saipan.

wherever needed throughout the Indo-Pacific region.

In August, Soldiers of 5-20 Inf. Bn. headed to Thailand and joined with allies of the Royal Thai Army for Exercise Cobra Gold 21.

Cobra Gold is an annual theater security cooperation event in the Indo-Pacific and a visible symbol of the Thai-U.S. defense alliance, strengthening relationships among like minded allies and partners and advancing security cooperation in

the Indo-Pacific region.

Soldiers of 5-20 participated in a field training exercise in Krabi, southern Thailand, as well as a subject matter expert exchange, or SMEE, in Chonburi, central Thailand. The training covered various topics like small-unit maneuvers, direct and indirect fire, defensive operations, and jungle survival.

These training events followed Yudh Abhyas in February, a Pacific Pathways exercise led by 2-3 Inf. Bn.



A Soldier from 5-20 Inf. Bn. practices clearing rooms alongside Thai Soldiers.



Thai-U.S. mortar fire proficiency training.



Message from the H2F Program Director,  
Mitchell S Depner M.S., CSCS, USAW.

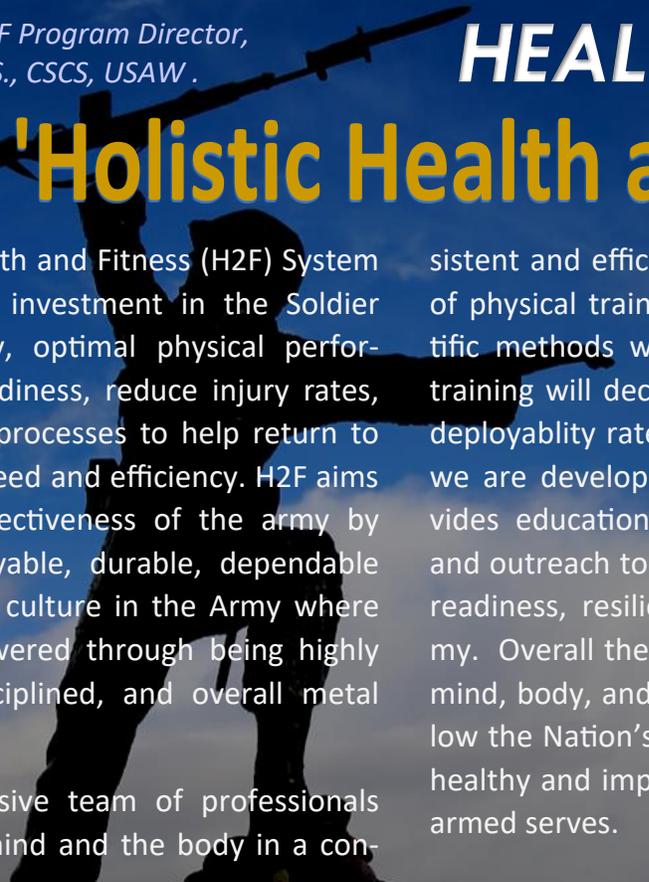
# HEALTH & SAFETY

## What is 'Holistic Health and Fitness'?

The Holistic Health and Fitness (H2F) System is the Army's primary investment in the Soldier readiness and lethality, optimal physical performance and mental readiness, reduce injury rates, improve rehabilitation processes to help return to duty at an increased speed and efficiency. H2F aims to increase overall effectiveness of the army by building robust, deployable, durable, dependable soldiers. Developing a culture in the Army where the Solders are empowered through being highly trained, educated, disciplined, and overall metal and physical capable.

Building a cohesive team of professionals that take care of the mind and the body in a con-

sistent and efficient manner. Changing the culture of physical training through updated proven scientific methods with real strength and conditioning training will decrease the injury rates and increase deployability rates. Working with command teams, we are developing a progressive system that provides education, coaching, mentoring, messaging, and outreach to improve, restore, and maintain the readiness, resilience, and performance of the Army. Overall the goal is to take care of the Soldiers' mind, body, and spirt through culture change to allow the Nation's heroes return home from combat, healthy and improve retention and longevity in the armed serves.



JOINT BASE LEWIS-McCHORD MORALE, WELFARE & RECREATION GUIDE

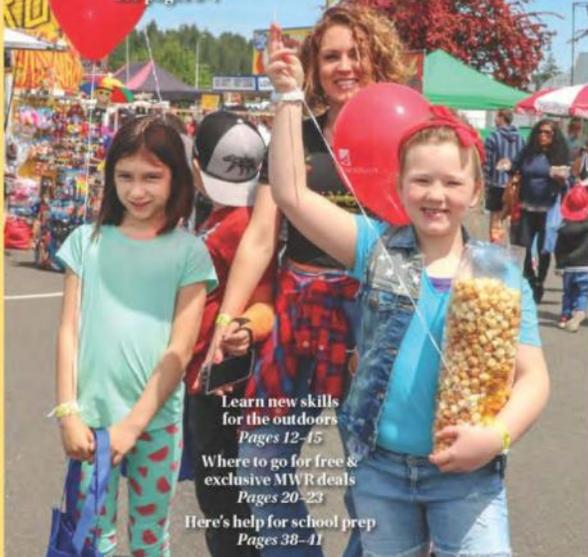
# FOCUS

Join us in celebrating

## JBLM REUNITED

See pages 6-7

AUGUST 2021



Learn new skills  
for the outdoors  
Pages 12-15

Where to go for free &  
exclusive MWR deals  
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## JBLM MWR's Official Guide to FUN, FOOD, TRAVEL & WELL-BEING!

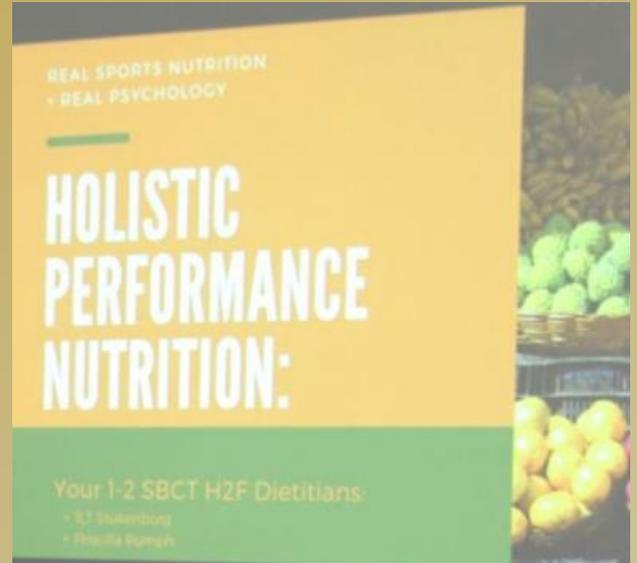


[JBLMmwr.com](http://JBLMmwr.com)





# HEALTH & SAFETY



## Ghost Nutrition Team helping fuel unbeatable Soldiers

**Priscilla Rumph, MS, RD, CSSD, LD, CEDRD**  
Brigade Holistic Health & Fitness Dietitian, 1-2 SBCT

The nutrition team has been making strides with the H2F goals to improve understanding and implementation of performance nutrition principles while also debunking often dangerous nutrition myths. Also, they have reported that it is has also been challenging to plan and prepare for upcoming field training. Soldiers are expressing appreciation for the additional nutrition support while preparing for EIB and ESB as they learn realistic and achievable strategies to improve hydration and fueling to optimize performance.

In addition, many soldiers have noted a significant improvement in their performance after improving the timing of their nutrition intake. Distributing meals and snacks throughout the day is essential for optimal fueling. H2F dietitians have been guiding soldiers in the realistic development of enjoyable meals and snacks. Soldiers have also been participating in education for appropriate hydration. Hydration is a major

*“Soldiers express appreciation for the nutrition support while preparing for EIB and ESB...”*

factor in performance and significant declines in endurance, strength and power can result from dehydration. Soldiers have been utilizing strategies to distribute their fluid intake throughout the day, minimize intake of non-functional beverages and recognize early warning signs of dehydration.

Unfortunately, many of our soldiers have stated that they were unaware of the comprehensive performance nutrition counseling that is offered here in the H2F. Your H2F dietitians are here to support you! We are offering both classes and individual sessions. We also have featured recipe suggestions posted weekly on the GHOST Facebook site. The nutrition team is also very excited to begin our Nutrition Leader Training where we will explain the “WHY” behind the GHOST nutrition approach. Our first Nutrition Leader Training class will be Tuesday, 17 August at 1400 in the H2F Readiness Center (Building P3741 next to Lefler Dental Clinic).

We can also be contacted through the GHOST Visibook site at: [Visibook.com/ghosth2f](http://Visibook.com/ghosth2f).



# HEALTH & SAFETY

## Cooking up healthy options with the Ghost Brigade Dietitian



### GHOST RECIPE OF THE WEEK ONE PAN MEXICAN QUINOA



(Check out the following pages for ingredients and directions)

A very colorful dish packed with nutrients:

For our plant-based people or if you are looking for a meat alternative, the cool thing about quinoa is that it is a complete protein, so you don't have to pair it with anything to get all of your essential amino acids. But for our meat lovers, feel free to add chicken or your favorite meat source to this dish!

Use this as a base for your bowl or throw this filling in a burrito or taco shell to mix it up a bit!



### INGREDIENTS (4 SERVINGS)

- 1 TABLESPOON OLIVE OIL
- 2 CLOVES GARLIC, MINCED
- 1 JALAPENO, MINCED
- 1 CUP QUINOA
- 1 CUP VEGETABLE BROTH
- 1 (15-OUNCE) CAN BLACK BEANS, DRAINED AND RINSED
- 1 (14.5 OZ) CAN FIRE-ROASTED DICED TOMATOES
- 1 CUP CORN KERNELS, FROZEN, CANNED OR ROASTED
- 1 TEASPOON CHILI POWDER
- 1/2 TEASPOON CUMIN
- KOSHER SALT AND FRESHLY GROUND BLACK PEPPER, TO TASTE
- 1 AVOCADO, HALVED, SEEDED, PEELED AND DICED
- JUICE OF 1 LIME
- 2 TABLESPOONS CHOPPED FRESH CILANTRO LEAVES

(SEE NEXT PAGE FOR DIRECTIONS)



### DIRECTIONS

1. HEAT OLIVE OIL IN A LARGE SKILLET OVER MEDIUM HIGH HEAT. ADD GARLIC AND JALAPENO, AND COOK, STIRRING FREQUENTLY, UNTIL FRAGRANT, ABOUT 1 MINUTE.
2. STIR IN QUINOA, VEGETABLE BROTH, BEANS, TOMATOES, CORN, CHILI POWDER AND CUMIN; SEASON WITH SALT AND PEPPER, TO TASTE. BRING TO A BOIL; COVER, REDUCE HEAT AND SIMMER UNTIL QUINOA IS COOKED THROUGH, ABOUT 20 MINUTES. STIR IN AVOCADO, LIME JUICE AND CILANTRO.
3. SERVE IMMEDIATELY.

## 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.*



# Family Events

**25  
AUG**

## Retiree Appreciation Day

Waller Hall | 9AM-3PM | Registration: 8AM

This occasion is a way to thank and honor military retirees and family members for their selfless and dedicated service to our nation.

All branches of service are welcome!



## Brigade Sports Day

Lewis-North Athletic Complex

Brigade Sports Day allows the brigade and its subordinate units to compete against each other in a relaxed environment while improving morale and strengthening unit cohesion. Contact your unit CSM for details.

**26  
AUG**

**27  
AUG**

## Single Service Member Day

Warrior Zone | 10AM-4PM

- Entertainment • Esports • Painting
  - Pool Tournament • Carnival Games
- Open to single Service Members

## Light Up The Night 5K

Jensen Fitness Center | 8:30PM

- DJ • Glow in the dark items
- Light Show at 9:30PM!

Register at [JBLMraces.com](http://JBLMraces.com)

Open to DOD ID card holders



## The Main Event!

Cowan & Memorial Stadium | 11AM-8PM

- Live Music • Car Show • Carnival Games
- Military Displays • Petting Zoo • Water Slide
- Pump Track • Seahawks Drawing

Open to DOD ID card holders

**28  
AUG**

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Photo: [unreadable]



# GHOST SIGHTINGS

Images from around the Ghost Brigade

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



Troopers of the Warhorse Squadron recently completed a vital operation and exercise in support of U.S. Indo-Pacific Command. Through July, they operated throughout Guam as part of Forager, which tested and demonstrated U.S. Army capabilities and the ability of U.S. forces to deploy wherever and whenever needed.



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



**Mastering the Fundamentals:** ‘Blackhorse’ Company Soldiers conduct gunnery at Yakima Training Center (above) and navigate during platoon training for offensive and defensive operations in JBLM training areas in July.





# GHOST SIGHTINGS

Images from around the Ghost Brigade

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



**Regular Heroes** — While participating in the Ragnar relay race, CPT Andrew Cook and his team aided a civilian fellow runner who had fainted. PFC Kyle Burkett evaluated them and helped cool them down. Once an ambulance arrived, Burkett went on to complete his leg of the race — 10.5 miles and 644 feet of elevation. The civilian was treated for heat stroke and transported to the hospital.



Capt. Joseph Valenzuela of HHC leads a class on company-level defensive operations with Thai Army counterparts at Exercise Cobra Gold 21 in Thailand.

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



**Training is the cornerstone of Tomahawk readiness.** Soldiers have recently focused on the fundamentals, with situational training exercises designed to build unbeatable teams. Training included mounted/dismounted movements, a deliberate attack, patrol base ops, a movement to contact, and tactical foot-march back to base.





# GHOST SIGHTINGS

Images from around the Ghost Brigade

## 23rd Brigade Engineer Battalion — “Spearhead”



(Above) Spearhead Soldiers support ROTC Cadet Summer Training by serving as simulated opposing forces (OPFOR). (Left) Spearhead NCOs conduct a 4-mile run early on a JBLM misty morning in May.

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



**No Stopping & No Slowing Down** — 1-37 FA welcomed 17 leaders into the Corps of the Noncommissioned Officer during an NCO Induction Ceremony in July. Words of wisdom during the keynote address: "Lead by example," said Command Sgt. Maj. Hassan Carter, CSM of 1-94th FA, "your actions will speak louder than your words."



# GHOST SIGHTINGS

Images from around the Ghost Brigade

## 296th Brigade Support Battalion — “Frontline”



Frontline Soldiers of all specialties have been training to increase their mission readiness. Recent training included a headquarters company field training exercise (left) and staff exercise (above), where they took the time to learn from each other and share capabilities.

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



(Left) Leaders take part in a diagnostic ACFT as units work to prepare Soldiers for the new test. (Above) Col. Jared Bordwell speaks with Army Secretary Christine Wormuth during a visit to JBLM.



# Chaplain's Message

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

Hello Ghost Family. I am Chaplain Tony Luxem and I hail from all the way up in Seattle. I grew up here in western Washington and have been married to Christine (also from Washington) since 1993. We have six children-4 daughters and 2 sons, ages 29 to 9 and 3 grandsons. As Christine starts her 26th year as an educator (now with our youngest), she is also embarking on her master's degree with Seattle School of Psychology and Theology to work with children and Families impacted by trauma and adoption.

Professionally, I started out enlisted in the Air Force active duty in 1990 and had assignments as a F-16 fighter mechanic in Japan, Germany, Turkey, and stateside in Utah. When I commissioned in the Air Force Reserve as a chaplain candidate and then as a chaplain in 2007, I spent time at Whiteman Air Force Base in Missouri. I transferred to the Army active duty in 2009 and have had an amazing time serving Soldiers, their Families, and DA civilians across the world from Colorado to Iraq, here at JBLM and my last assignment at Fort Riley, Kansas.

Lastly, I am a minister ordained by the Assemblies of God, a Pentecostal Christian denomination. I believe in and have experienced the full power of God to do the miraculous here and now, just as written in the Bible. That being said, I didn't grow up in church, nor was my family religious at all. I was actually very antagonistic towards religious people. Yet, I started my journey with Jesus Christ while stationed in Japan. I was looking at a difficult cross roads of destructive behaviors with relationships and alcohol which threatened my life and future with the military. Getting serious with God and marriage has led me to healing from my own family of origin issues, my tendency to take care of matters on my own, and freedom from life controlling issues like drinking, anger and unforgiveness.

*"Remember that you are not alone, you were made for and with a GOOD purpose..."*

My focus as the Brigade Chaplain for Ghost BDE is to sharpen the capabilities and ministries of our front-line BN Unit Ministry Teams through thoughtful and compassionate mentoring and training. I will ensure we are known, trusted, and responsive to meeting the needs and crises facing our Soldiers and Family members. In reflection of my faith, I pray God will empower me to be present with each Soldier and Family member in the ministry teams and Brigade, celebrating the mountain-top experiences and challenges we've overcome, as well as caring for one another in the hardest of valleys.

As a Brigade, we carry with us the emotional impacts from enduring years in combat, COVID and the turmoil of our times here in America. Undoubtedly, each member will experience hardship and loss in the battles on foreign soil, as well as on the home front. Thankfully, the faith of most people and groups is reflective of what the Apostle Paul said to the fledgling church in Phillipi, *"...think on what is true, honorable, just, pure, lovely, commendable- anything excellent and praiseworthy- think on these things... and the God of peace will be with you."* (Philippians 4:8-9 paraphrased). Remember that you are not alone, you were made for and with a GOOD purpose and plan that starts with hope and relationship no matter where you've come from and what you may have experienced.

This month, the Chaplain Corps celebrates its 246th anniversary in the Army. In the Ghost BDE, Unit Ministry Teams carry on the time-honored traditions of living life and faith alongside the Soldiers and their Families, enabling the free exercise of religion to Soldiers of all faiths. We continue the walk beside command teams, advising them on all matters of faith, beliefs and the mission. We will continue caring for the soul of the Soldier and the Army.

***For God and Country- Until we meet.  
- Chaplain Tony Luxem***

# 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**