Brigade heading to JRTC for month-long exercise: What Families & Soldiers need to know



What's this training all about?

It's a team effort — we will support the 5th Security Force Assistance Brigade (SFAB) as they test their readiness for advisory missions in the Indo-Pacific region. At the same time, Ghost Brigade units will train on their own mission-essential tasks and ensure we can fight and win across the full spectrum of combat.

What about COVID-19?

We're taking multiple precautions including testing and quarantines before departure, and continuing protective measures like face-

coverings. JRTC has infrastructure and expertise to adapt and support safety during a pandemic, while continuing top-quality training. Threats to our Nation don't slow down because of COVID-19, so neither can we. We'll maintain combat readiness, while protecting our Soldiers' health and welfare.

When can I reach my loved one?

Soldiers will not have cell phones from Nov. 9-26, during the intensive phase of this training exercise. See page 7 for emergency contacts and various resources for Families.

Inside this issue...

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Follow the Ghost Brigade...

Facebook: @GhostSBCT Twitter: @1SBCT_Ghost Insta: @ghoststrykerbrigade Flickr: @Ghost Brigade

+ Follow us through JRTC...

Facebook: @JRTCandFortPolk
@JRTCOperationsGrp

Twitter: @TheCOG_Oscar6



Message from the Commander Colonel Jared Bordwell, "Ghost 6"

Ghost Team,

Welcome to the first issue of our newsletter, Ghost Times. It is dedicated to our Ghost Brigade Families and Soldiers, and is intended to keep you informed and connected with the larger team. Each month, we'll update you on the Brigade's mission, unit activities, Soldiers' stories and Family resources.

As I write this, the bulk of our Brigade is headed down to the Joint Readiness Training Center at Fort Polk, Louisiana, to support and train alongside the 5th Security Force Assistance Brigade. This is an important opportunity for us – your Soldiers will be able to showcase all the readiness gained over the past four months of hard training both here and YTC. Truly a chance to demonstrate to the Army what the Ghost Brigade is capable of. I know our Soldiers will make us proud.

We want to thank every member of our team – Soldiers and Families – for your strength, support and commitment to each other. Stay connected. Stay Strong. And most of all, make yourselves unbeatable.

"This is an important opportunity for us – your Soldiers will be able to showcase all the readiness gained over the past four months of hard training..."

Arrive in Silence!
-Ghost 6

Command Sergeant Major's Note CSM Willie Langes, "Ghost 7"

Ghost Team,

Up front, the commander and I recognize there are added stressors in the home due to COVID-19, and JRTC may add to those challenges. So we've made a priority of keeping Families informed and connected with resources to help you overcome these challenges.

Our Brigade must be ready to answer the Nation's call and deploy, fight and win. So we need Soldiers to be completely focused on training once we hit the ground at JRTC. That's why Soldiers will be without their cell phones for about a two-week period, Nov. 9-26, while we are in "the box," being tested in a rigorous, simulated combat operation. But Families will continue to get support from our Rear Detachment, SFRG networks and JBLM agencies. Also, Red Cross messages can be sent to Soldiers in case of an emergency (see page 5).

It's hard being apart from your loved ones and out of reach for any span of time, especially around Thanksgiving, so please know we appreciate your sacrifices, admire your strength, and look forward to when we can all get back to our Families in a few weeks' time.

Arrive in Silence!
-Ghost 7

About Ghost Times

Ghost Times is the authorized newsletter of 1-2 SBCT. Contents are not necessarily endorsed by Dept. of the Army, DoD, or U.S. Government. Content is reviewed, edited, and approved by the Brigade Public Affairs Officer (PAO). For questions or submissions, contact the PAO at spencer.g.garrison.mil@mail.mil.

This newsletter belongs to every member of the Ghost Team — Soldiers and Families.

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



Brigade helping modernize Army drones by testing 'Future Tactical Unmanned Aerial System'



Spc. Andrew Wash 5th Mobile Public Affairs Detachment

In support of Army modernization efforts, Soldiers of 1-2 Stryker Brigade Combat Team, 7th Infantry Division, have been operating and assessing the Aerosonde Hybrid Quad as part of a Future Tactical Unmanned Aerial (FTUAS) **Systems** capabilities demonstration. The brigade is currently conducting training exercises with the Aerosonde HQ for six months, to provide feedback and help determine what the Army needs to eventually replace the RQ-7 Shadow drone.

1-2 SBCT joins four other Army units that are testing non-developmental drones as part of the Army's efforts to modernize and maintain its edge.

Unit leaders view this assessment as an essential responsibility for the brigade combat team, according to 1-2 SBCT commander Col. Jared Bordwell.

"We have an opportunity here to help inform Army modernization and shape the future capabilities of BCT enablers," Bordwell said. "We're really leaning forward on it."

The Aerosonde HQ, developed by Textron Systems, boasts some increased capabilities and advantages over the Shadow, which has been in

service in brigade combat teams for more than a decade.

"The biggest thing this is going to provide the Army is flexibility," said Carlos Colon, chief Aerosonde test pilot. "The Aerosonde system does not require the same amount of infrastructure as the Shadow, but maintains the

same capability of a unit four times its size."

The Aerosonde Hybrid Quad weighs 105 pounds, is runway independent. In comparison, the RQ-7 weighs 467 pounds, requires a runway launcher for takeoff and arresting wire for landing.

Unlike the Shadow, which requires

a launcher to take off, the Aerosonde Hybrid Quad can be deployed in virtually any environment by taking off and touching down vertically.

Along with the vertical take-off and landing capability of the Aerosonde, a major attribute is the difference in loudness compared to the RQ-7.

"The Aerosonde (quieter than) the Shadow, which is important because with the Shadow, when it's 4,000, 6,000 feet in the air, you can hear it and it's not entirely tactical," said Sgt. Michael Edman, from 1-2 SCBT's UAS platoon.

The Army is utilizing what is known as "Soldier Touch Points" (STP) as a means to help evaluate the different drones. STPs allow Soldiers to touch (evaluate, examine, assess, try) new or modified equipment much earlier and more frequently prior to significant program investment.

the user wants, the Army is getting that first-hand information and pushing that into the future," said Colon. "Our Soldiers are in the field taking a hard look at how this platform performs in tactical environments, so we can get those real-world assessments up to decision-makers, with a

"Instead of guessing at what

goal of increasing the capabilities at the brigade level," Bordwell said. "It's about helping make our Army unbeatable, now and in the future."

1-2 SBCT will continue its FTUAS assessment through November, when it completes a Joint Readiness Training Center rotation at Ft. Polk, Louisiana.

"The brigade is conducting training exercises with the Aerosonde HQ for six months, to provide feedback and help determine the Army's needs..."



HEALTH & SAFETY

Weather
Safety:
NEED
TO
KNOW

Inclement weather may happen any day. JBLM is subject to freezing fog, black ice, or snow. If road conditions deteriorate, or if there is an early release or late arrival, the JBLM Watch Office and the JBLM Public Affairs Office will alert service members and Families via:

- JBLM Website https://home.army.mil/lewis-mcchord/
- Weather/Road Conditions https://www.lewis-mcchord.army.mil/roadconditions/roadcon.pdf
- JBLM Facebook page https://www.facebook.com/JBLewisMcChord/
- JBLM Twitter page https://twitter.com/JBLM_PAO
- JBLM Digital Garrison App "Push Notifications" Free on Apple App Store and Google Play
- Alert! Government text, phone & work computer notifications for Soldiers/Families. To sign up: https://alert.csd.disa.mil/SelfServiceDOD/SelfService/DoDNoticeAndConsent
- JBLM Alert (Everbridge) Text & phone notification for non-DOD persons. To sign up: https://home.army.mil/lewis-mcchord/index.php/my-Joint-Base-Lewis-Mcchord/all-services/jblm-alert
- Recorded weather message AM 1500
- Inclement Weather phone message (253) 967-1733





I Corps & JBLM COVID-19 Response & Force Protection Factsheet

As of Nov 5, 2020

The Primary Sources for Updated and Official Information

Facebook: https://www.facebook.com/JBLewisMcChord/

JBLM Official Website: https://home.army.mil/lewis-mcchord/

JBLM Health and Wellness Articles: https://www.facebook.com/JBLMDPFR Madigan Changes and re-openings: https://www.facebook.com/MadiganHealth/

MWR Updates: JBLM.armymwr.com or fb.com/JBLMmwr

School district links at: https://www.k12.wa.us/about-ospi/about-school-districts/websites-and-contact-info

JBLM COVID-19 24/7 Hotline: 253-967-3831

Next JBLM Town Hall on Facebook – Nov 17, Tuesday, 1500.

COVID-19 IMPACTS ON JBLM

I Corps CG Emphasis:

- JBLM: Face Masks required indoors and outdoors when 6 ft social distancing cannot be maintained.
- Unit and private gatherings for the holidays are now authorized, but units and individuals must make well informed and deliberate COVID-19 risk mitigation decisions utilizing tools such as using outdoor spaces, wearing masks, socially distancing, ventilating spaces, sanitizing, etc.
- Chapels are now authorized to seat (indoor/outdoor) up to 25% Capacity or up to 200 PAX (whichever is less)
- Families should check their School's links for options and plans to re-open schools. School District Links is located above.
- McVeigh Fitness Center and Wilson Gym, both facilities are open on weekends for active duty & family members. Jensen: 253-967-5975; McChord: 253-982-6707; Wilson: 253-967-7471; McVeigh: 253-967-5869. https://jblm.armymwr.com/categories/sfa

JBLM relaxed measures/OPEN: Barber Shops for ID Card holders & dependents, Library at 50% capacity, Warrior Restaurants inside seating at 50% capacity with physical distancing, Warrior Zone open for limited computer use and outdoor & indoor seating at 50% capacity, Soldiers Field House Pool open for unit training, lap swim and swim lessons by reservation. Leisure Travel Services open, Adventure Center equipment rental, Arts & Crafts for pick-up, Fishing, Shotgun Shooting Complex and Range 15 open, Whispering Firs/Eagle's Pride Golf course, Bowl Arena Lanes open with lane limitations, Ed Center testing, Solo Point are all open. NCO Beach open without lifeguards – pack out what you pack in; Shoreline Park closed.

Madigan Prevention Minute: https://www.facebook.com/watch/MadiganHealth/512190729674524/

♥ <u>DOD STILL Needs Blood Donations</u> – Please Call 253-968-1850 to donate

PCS, TDY, Leave, and Travel:

- ✓ Restriction of Movement and Test Requirements when PCSing to a Foreign Country
- Only One ROM is required, either before travel or after arrival & COIVD-19 Test is required prior to departure regardless of ROM requirements
- ✓ I Corps Units PCS procedures: Only SMs who are PCSing to and from any Red or Travel Restricted installations require an ETP Approved by First GO in CoC. Find installation statuses and travel restrictions at: https://army.deps.mil/army/cmds/imcom_G3/CAT/Corona_Virus/SitePages/NewHome.aspx
- All tenant units: DOD Stop Move replaced by ALARACT 054-2020; Lists travel categories as Exempt, Waived, Unrestricted and Restricted based on current, enroute and destination installation status. First GO in CoC approves exceptions for restricted locations, JBLM is unrestricted
- ✓ JBLM leave procedures: Corps CG approves OCONUS leave and ROM. Chain of Command for all others with counseling based on State/County COVID risk. BDE CDR approves epidemic level, BN CDR approves spreading level, CO CDR all others at link below: https://www.arcgis.com/apps/MapSeries/index.html?appid=ad46e587a9134fcdb43ff54c16f8c39b
- Leave in conjunction with PCS to an international location will not be authorized Soldier may take leave prior to departure from the losing station BUT MUST return to current duty location prior to start of ROM (if required) and COVID Test

Health Protection Condition (HPCON) Measures:

- ✓ In-bound Soldiers on TDY to JBLM for training or exercises (Warfighters, Schools, etc.) will be subject to COVID-19 mitigation measures.
- ✓ PT as a Fire team or Crew.
- All dental clinics are open for DCR4 and DRC3 treatment (but not cleanings). Contact assigned dental clinic to schedule appointments.
- Madigan provides virtual appointments and will conduct face to face if required after virtual appt. Call the appointment line at 1-800-404-4505 to make a virtual appointment. Masks required inside of Madigan Hospital.
- ✓ WA state implemented mask policy inside public places effective 26 June, being Respectful means wearing your mask.
- Pharmacy Options: Madigan drive thru, Express Scripts, Network. Refill: 968-2999, Questions: 968-2586
- MAMC provided flu shots available the 1st week of December at McChord Airfield; otherwise flu shots are generally cost-free at off-post pharmacies

Facility and Service Changes:

- ✓ Paintball is open for 5 on 5 matches only
- Find school and childcare resources and FAQs on schools and school-age childcare at: https://jblm.armymwr.com/happenings/school-information

Election Week Activity:

- ✓ There are numerous protests and public gatherings as elections continue. Please stay safe and remember that if you see something, say something
- ✓ Protests and public gatherings are anticipated to continue well after election results are announced.

Further Information Sources:

- ✓ Current General Orders on I Corps Portal located at (Requires CAC):
 - https://army.deps.mil/army/cmds/ICORPS/command/per_staff/sgs/SitePages/Home.aspx
- Current JBLM Protection Update (Requires CAC) (contains information on public gatherings, demonstrations, etc.) located at: https://army.deps.mil/army/cmds/imcom_usag6/JBLM-w/dptms/POM/Protection%20Division/SitePages/Home.aspx

R	E	Α	D	Υ
RESPECTFUL	EXPERT	ATHLETE	DISCIPLINED	YOU
This is my squad, this	Use this time to improve	Continue to find ways	Handwashing/distancing	Take initiative, make a
is our base. Your	knowledge in your craft,	to exercise and stay fit	Follow medical protocol if sick.	difference. Be ready if
protection and our	study, become a better	during this unique	Be prepared to support	called to support our
readiness are #1	Solder/Airman/Leader	situation	directed missions	nation

JBLM 24 Hour SHARP Hotline 253-389-8469 and DoD SAFE Helpline 1-877-995-5247



Family News

"TRICK OR TREAT!"

Great turnout at the Ghost Giveaway candy drive-thru. Hundreds of Ghost Brigade Families and kids came through, enjoyed a haunting good time, and left with all the safe and sealed treats they could carry! Thanks to all who participated, donated so much time and candy, and set up those scary-good trunks and displays! Special thanks to our motivated #SFRG leaders and wonderful friends at AUSA-Lacey!







Honoring Selfless Service:

Congratulations and huge thanks to our Ghost Soldiers and Family Members selected as Division Volunteers of the Quarter!

Ms. Tyler Ann, CW2 Kyle Strey, SPC Faith Boyce, PFC Wyatt Kinkade, SGT Michael Fisher, SPC Hunter Vickery, and CPL Rushay Newland.

"Off-Duty

Winter Plans?

The Northwest is full of Winter recreational opportunities! To learn more, watch the Nov.

JBLM Sound Summit! Visit:

https://jblm.armymwr.com/programs/Sound-Summit

Thanksgiving at JBLM

Ghost Bistro will be closed over Thanksgiving, but Soldiers at JBLM for Thanksgiving can visit these Warrior Restaurants for a holiday meal:

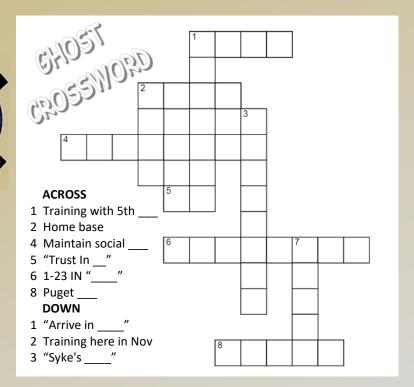
◆ Courage Inn: 1100-1400 (25NOV)

• 1SFG: 1100-1500 (25NOV)

◆ Lancer Bistro: 1100-1400 (25NOV)

McChord Olympic Warrior Restaurant:

1100-1700 (26NOV)





FAMILY ASSISTANCE DURING JRTC

There are various resources to help Ghost Families during JRTC. Contact Rear Detachment with questions or concerns during JRTC.... or reach out any time to the offices below for other assistance:

 1-2 SBCT Military & Family Life Counselor – Ms. Nancy Nolda MFLCs provide non-medical short-term, situational problem-solving counseling to Soldiers and Families, and help them understand the impact of stress, deployments, and the challenges of military life Available by phone at 253-317-1242 and email at mflc3rd@gmail.com.

• DPFR Family Advocacy – Ms. Darlene Pacheco Directorate of Personnel & Family Readiness helps ensure Soldiers and Families have the tools to successfully navigate military life. Contact Ms. Darlene Pacheco, 1-2 SBCT Family Advocacy Specialist, at 253-967-1167 for assistance. Follow on Facebook @JBLMDPFR or online at https://jblm.armymwr.com/programs/jblm-dpfr.

 Family Life Chaplain – CH (MAJ) Brian Osborn Family Life Center @ Four Chaplains Memorial Chapel Confidential, short and long-term therapeutic counseling for Families. Phone #: 253.967.1723 / Email: roger.b.osborn2.mil@mail.mil

Brigade Staff Duty: (Manned 24/7) 1-2 SBCT HQ, Bldg. 3733 Stryker Ave.

Phone: 253-966-3565

Brigade Rear Det. Officer in Charge

CPT James Trollan Phone: 253-967-6405

Email: james.t.trollan.mil@mail.mil

Rear Det. Commander LTC Jon Fursman (2-3 IN) Phone: (253) 966-5367

jonathan.m.fursman.mil@mail.mil

Rear Det. Command Sergeant Major

CSM Nathan Hepfer (2-3 IN) Phone: 253-966-5368

nathan.r.hepfer.mil@mail.mil



Family Emergency Contact Protocol



- This process will serve at the standard for all Family Emergencies for 1-2 SBCT Service Members during training events that force a Soldier to be out of immediate contact of their Family.
- The only change that will occur to this protocol is the individual and their corresponding contact information serving as the 'Rear-Detachment Commander'. All other contact information will remain unchanged.
- The process is beneficial for the Family and the Service Member:
 - Following protocol ensures that all affected parties receive the appropriate support and care throughout the emergency.
 - Following the protocol lessens any burdens or frustrations the Family may otherwise experience in attempting to contact their Service Member and places it on the unit.

EMERGENCY EVENT

An 'Emergency Event' is considered any event that occurs that alters a Family or Service Member's lifestyle or emotional wellbeing either temporarily or permanently.

Some examples of events are listed below, but is not inclusive of all events that may result in the need to alert a Service Member.

- ☐ INJURY
- ☐ DEATH OF FAMILY
- ☐ HOSPITALIZATION ☐ FINANCIAL CRISIS
- ☐ HOUSING ISSUES
- LEGAL ISSUES

CONTACT THE RIGHT PEOPLE

After an event, the first step is to contact the right people to assist both the Family and the Service Member in the timely manner. Call the numbers listed below in the order listed.

Rear-Detachment OIC:

- **CPT James Trollan**
- ☐ Office: 253-967-6405 (Duty Hours) ☐ Building 3733, Stryker Avenue, JBLM, WA 98433

- ☐ 253-966-3565 (Manned 24-Hours)
- ☐ Building 3733, Stryker Avenue, JBLM, WA 98433

Red Cross Hotline

- □ 1-877-272-7337 (24-Hours)
- Be prepared to give them the following information:

☐ FULL NAME & RANK

- ☐ UNIT 1ST Stryker Brigade Combat Team (SBCT), 2nd Infantry Division, Joint Base Lewis-McChord, WA
 - Providing Red Cross with the Brigade-Level unit information listed above is sufficient as all their calls are routed to the Brigade-Level. Battalion or Company-Level information is not helpful for the routing of the message
- DETAILS OF THE EMERGENCY EVENT

CONTACT

SUPPORT

Commander, located at JBLM, will then ensure the Service Member and their leadership at the training location are aware of the event as quickly as possible. The Leadership at the training will provide direct support to the Service Member and provide a way to contact Family quickly.

The Rear-Detachment Commander will maintain contact and work with the Family of the Service Member to help coordinate any services or further support to alleviate any burdens.



JBLM FAMILY RESOURCES

November is National Veterans & Military Families Month!



Thinking of Homeschooling?
Washington Homeschool
Organization-https://washhomeschool.org
HSLDA- Https://hslda.org ; Coalition for Responsible
Home Educationhttps://responsiblehomeschooling.org

from MILITARY
ONESOURCE

November Virtual Events:

Join us on <u>Facebook Live</u> for fun, family-friendly events all month long!

Family Fact-Finding: Explore Ancestry.com »

Tuesday, Nov. 10 at noon EST Check out this resource from the MWR Digital Library and trace the roots of your family tree.

Family Picture Day »

Thursday, Nov. 19 at noon EST Get expert advice on how to take the best photos of your fam in time for the holidays.

Easy and Nutritious Meals for Your MilFam »

Friday, Nov. 20 at noon EST

Get kid-friendly recipes that are easy to make and pack a nutritious punch.

Storytime with Bella (ages 3-6) »

Tuesday, Nov. 17 at noon EST Settle in with your little ones to enjoy storytime with Bella Mollison.

Storytime with Ryan (ages 7-10) »

Thursday, Nov. 19, 5 p.m. EST Corral your older kiddos for an exciting story with Ryan Walker.

MilSpouse Secrets »

Thursday, Nov. 19 at noon EST Real MilSpouses share real advice on PCSing, military relationships, parenting, and more.



JBLM FAMILY RESOURCES

CONNECT

WITH YOUR COMMUNITY

Get your installation services and post information on the NEW Digital Garrison app on your smartphone or tablet





HEALTHCARE

Madigan Army Medical Center



回成接通 Discover services available and find out how to connect to Medical & Healthcare services on JBLM. More on MAMC at https://www.mamc.health.mil/

-MOVING HOUSING

Resources For Both On & Off Base Living

Services include on-base housing and off-base referral resources. View neighborhoods on-base at https://lincolnmilitary.com



-SCHOOLS -

School Support Services (JBLM MWR)



Provides school aged youth with opportunities, resources, and information for academic success. iblm.armymwr.com/programs/school-support-services

CHILDCARE -

Child and Youth Services (JBLM MWR)

Parent Central Locations 2295 12th St. · JBLM Main





JBLM childcare registration & for ages 6 weeks to 18 years, Visit JBLMCYS.com for information, or call 253-966-2977. For full-day childcare, you must have an active family account on www.militarychildcare.com

EMPLOYMENT -

Employment Readiness Program (JBLM DPFR)



Hawk Career Center 11577 41st Division Dr.. · JBLM North **一篇文字** 253-477-WORK (9675)

Classes and one-on-one appointments available for resume review, job search & more. Register at jblmdpfr.timetap.com

Jobs on JBLM

Visit www.usajobs.gov for current listings & information on Military Spouse hiring paths



JBLM ALERT SYSTEM

Sign up to receive notifications

Get critical information quickly in situations such as severe weather, unexpected road closures, and evacuations of buildings / neighborhoods on JBLM.



STAY INFORMED -

JBLM Online home.army.mil/lewis-mcchord







fb.com/JBLewisMcChord @jblm_pao



@JBLMSoundLiving

JBLM MWR jblm.armymwr.com (7) > (0) @jblmmwr





JBLM DPFR jblmdpfr.com



JBLM DPFR Marketing - Updated June 26, 2020



Images from around the Ghost Brigade

1st Squadron, 14th Cavalry Regiment — "Warhorse"



(Above) 1-14 CAV's SSG Henry and crew zero their main gun ammunition on their Mobile Gun System prior to shooting gunnery at YTC. (Right) Sniper teams from 1-14 CAV train at Yakima Training Center.



2nd Battalion, 3rd Infantry Regiment — "Patriot"



Patriot Soldiers conduct MEDEVAC training (above) and fire the AT-4 (right) during training at Yakima Training Center.





Images from around the Ghost Brigade

5th Battalion, 20th Infantry Regiment — "Syke's Regulars"





(Left) 1st Platoon, Rock Company conducts field training at JBLM. (Above) Soldiers conduct Javelin training on a computer simulator.

1st Battalion, 23rd Infantry Regiment — "Tomahawks"



(Above) Soldiers and leaders from 1-23 IN supervise rail-yard operations at JBLM in preparation for JRTC. (Right) Iroquois FSC said farewell to commander Capt. Weidner and welcomed their new commander, Capt. Renn.





Images from around the Ghost Brigade

23rd Brigade Engineer Battalion — "Spearhead"





(Above) Soldiers await sunset as they prepare for refresher NVG training. (Left) A Soldier from UAS platoon and a Textron contractor observe the takeoff of the Aerosonde HQ aerial drone.

1st Battalion, 37th Field Artillery Regiment — "Red Lion"



1-37 FA artillerymen FA Tables 13 and 14 in September, running through "dry fire" battle drills on their 155mm Howitzers, proving their ability to drop steel rain on enemy targets.





Images from around the Ghost Brigade

296th Brigade Support Battalion — "Frontline"





(Left) Soldiers conduct nasal pharyngeal airway training during C/296th's Combat Lifesaver Course. (Above) Avenger Company gathers pumpkins and candy to provide to their Soldiers and Families.

Chaplain's Closing

"Have an Attitude of Gratitude!"

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

The secret of contentment in life is not getting what you want, but wanting what you have. For what and for whom are you grateful? As Thanksgiving approaches, I would encourage you to spend some time counting your blessings. When something or someone comes to mind, take a moment to write it down. Make a list of those people for whom you are truly thankful. What makes them special? When time allows, write down why they are important to you and stories that come to mind. Then, as part of your Thanksgiving festivities, be sure to share your thoughts and stories with them. When you do you can be a blessing to the ones you love in a meaningful and powerful way.

Research shows that people who express gratitude are happier than those who don't. If you have trouble thinking of people for whom you are thankful—if your circumstances and possessions do not satisfy—then perhaps it is time to make some changes in your life.

"Gratitude, like faith, is a muscle. The more you use it, the stronger it grows, and the more power you have to use it on your behalf. If you do not practice gratefulness, its benefaction will go unnoticed, and your capacity to draw on its gifts will be diminished. To be grateful is to find blessings in everything. This is the most powerful attitude to adopt, for there are blessings in everything."

Allen Cohen (Author of Why Your Life Sucks)

Happy Thanksgiving!

1-2 Stryker Brigade Combat Team At A Glance... ♦ 1 ST STRYKER BRIGADE COMBAT TEAM, 2ND INFANTRY DIVISION ♦ NICKNAME: "GHOST BRIGADE," FOR THE UNIT'S ABILITY TO

Ghost Brigade Arrive In Silence

- 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
- ♦ APPROXIMATELY 4,000 SOLDIERS FROM VARIOUS SPECIALTIES AND COMBINED ARMS CAPABILITIES