



THE CAVALRY CHARGE

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~America's First Team~

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First Team deputy commander pins first star

1st Cavalry Division
Public Affairs Office

FORT HOOD, Texas — The deputy commander for support of the 1st Cavalry Division earned his first star on Cooper Field among the backdrop of Cav. veterans, fellow Soldiers, Families and friends Nov. 7.

Brig. Gen. Douglas M. Gabram, of Valley View, Ohio, was promoted to his current rank by General Daniel B. Allyn, commander, U.S. Army Forces Command.

Gabram was joined on the field by his wife Lori, kids Sarah and Connor and mother Shirley as Allyn promoted him into the General Officer Corps.

“This promotion is a sacred privilege which is very humbling,” Gabram said in his speech to attendees.

He added that he and his family were honored for the upcoming challenges and looked forward to the continued service to the nation.

Gabram is a 1st Cav. Div. veteran, having served as the brigade commander of the 1st Air Cavalry Brigade from April 2008 to July 2010, during which time he deployed in support of Operation Iraqi Freedom.

Additionally, he served as the 1st Cav. Div. chief of



Photo by Staff Sgt. Bryce S. Dube

Lori Gabram, wife of Brig. Gen. Douglas M. Gabram, attaches the rank of brigadier general to her husband's uniform symbolizing his promotion during a ceremony on Cooper Field at Fort Hood, Texas, Nov. 7, 2013. Gabram, a Valley View, Ohio native serves as the Deputy Commanding General - Support for the 1st Cavalry Division.

staff from January 2011 to April 2012 and deployed with the division to Afghanistan.

Gabram took the helm as deputy commanding general for support for the 1st Cav. Div. in summer, 2013.

He earned his commission in 1984 as a Reserve Officer Training Corps Distinguished

Military Graduate from Bowling Green State University, Ohio.

Some of Gabram's awards and decorations include the Legion of Merit, Bronze Star fifth award, Defense Meritorious Service Medal, Meritorious Service Medal sixth award, Air Medal with Valor award, and Air Medal fifth award.

He also has earned the Air Assault Badge and Airborne Badge.

He is a Master Aviator with more than 2,500 flight hours, and has commanded at the company, battalion and a brigade level in combat.

He is qualified to fly several rotary wing platforms, to include the OH-58 Kiowa and

Soldiers, Families ruck march to Santa's Workshop

By Capt. John Farmer

Task Force Pegasus Public Affairs

FORT HOOD, Texas – The holiday season arrived a bit early on Fort Hood as Soldiers and their Families from Task Force Pegasus Fires and the 1st Air Cavalry Brigade gathered at Clarke Elementary School Nov. 16.

Nearly 500 people from the two brigades came together to participate in Santa's Ruck March: a one-mile march to donate toys for those in need.

“We've got Soldiers. We've got Families. We've got kids. We've got strollers. We've got dogs. This is a family event to support our community,” said Maj. Julian Urquidez, Task Force Pegasus Fires operations officer. “The purpose of this event is the opportunity to give back to our own — officers, Soldiers, noncommissioned officers giving back to other NCOs, officers and Soldiers.”

Of the Soldiers and Families participating,

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Photo by Capt. John Farmer

Soldiers and Families from Task Force Pegasus Fires and the 1st Air Cavalry Brigade donate toys to Santa's Workshop on Fort Hood, Texas, Nov. 16. More than 400 people joined the Santa's Ruck March which participants walked about one mile to the workshop to drop off their toys to be donated to Soldiers and their Families who are in need this year.

Cav troops engage targets, clear rooms



Photo by Sgt. Kim Browne

Pfc. Alexander Villones, a cavalry scout with Company C, 2nd Battalion, 7th Cavalry Regiment, 3rd Brigade Combat Team, prepares to clear a hallway during a dry-fire exercise at a shoot house Oct. 23, on Fort Hood, Texas. The Soldiers used the shoot house to train on the proper means of clearing a house in an urban environment.

By Sgt. Kim Browne
3rd BCT PAO, 1st Cav. Div.

FORT HOOD, Texas – According to the Army Field Manual 3-6, the strategic environment has become more unstable and more dangerous, Army forces must be trained and ready to address persistent and evolving urban threats.

The troopers with Company C, 2nd Battalion, 7th Cavalry Regiment, 3rd Brigade Combat Team, 1st Cav., trained on clearing a makeshift residential house, known as a shoot house, Oct. 23, at a range here.

Before the Soldiers were cleared to fire live rounds inside the house, they had to successfully maneuver through varying stages of practice, beginning with glass houses. A glass house is an imaginary house where the outline is drawn out on the ground, and the Soldiers must maneuver inside the lines as if they were clearing an actual house.

Because there are no actual walls to the glass house, all the trainers within the company were able to observe the training to ensure proper procedures were followed.

Once all the teams qualified in the glass house, they moved on to the half-house. The half-house is the same as a glass house but with waist high walls.

Before the teams were considered qualified, they had individual and collective tasks to complete, such as moving as a member of a team, loading and unloading an M-4 rifle and engaging a target. Once the teams had qualified on both the glass and half houses, they moved on to training in the shoot house.

“I think we kept a really good balance of practicing a lot, but not too much, to where you get complacent,” said Sgt. Corey Taylor, a team leader with C Co., 2-7 Cav. and a Springfield, Mo., native. “We practiced step-by-step execution of every scenario, stopping if someone does something wrong and correcting it.”

Training in the shoot house began with dry fire movements with no ammunition, then graduated to using blank rounds and then to using live-fire rounds.

Most team members agreed that the training took on a new level of realization when executing the live-fire.

Pfc. Alexander Villones, a cavalry scout

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1st Cavalry Division
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Cav on the Spot:



Photo by Sgt. Angel Turner

Sgt. Tara LaDore, an all source intelligence analyst assigned to Intelligence and Security Company, Headquarters and Headquarters Battalion, 1st Cavalry Division, provides rear support to prevent her opponents from scoring points during Roller Derby practice at the Armed Forces YMCA in Copperas Cove, Texas, Nov. 21. LeDore, a native of Milford, Conn., joined the Femme Fatale Roller Dolls, a Roller Derby group in Killeen, Texas, in August and said she loves the game.

Fitness, fun, Family: intel analyst finds passion in Roller Derby

By Sgt. Angel Turner

1st Cavalry Division Public Affairs Office

FORT HOOD, Texas —With only street lights illuminating the crisp night air, she straps on her knee pads, ties up her roller skates, and mentally prepares for the next two hours.

Her extracurricular activity provides additional physical training, an extended Family, and from time to time, a bruise or two, a black eye, or an injured tailbone.

And she said enjoys every minute of it.

An all source intelligence analyst assigned to Intelligence and Security Company, Headquarters and Headquarters Battalion, 1st Cavalry Division, Sgt. Tara LeDore laces her skates three times a week to train with the Femme Fatale Roller Dolls, a Roller Derby group in Killeen, Texas.

“You’re so focused on the job during the day – taking care of Soldiers and accomplishing the mission — that once the work day is complete, it’s like you need something to either take out your frustrations that you’ve accumulated during the day or something to unwind or just help you think about something else,” said LeDore, a native of Milford, Conn.

With a widespread grin, LaDore added, “You get to knock people down, so that helps with taking out your aggression, and it helps with your PT.”

Growing up, LeDore participated in gymnastics and dabbled in softball. On occasions like birthday parties, she would don a pair of skates.

At the age of 10, she received her very own pair of skates, but an unfortunate event quickly turned the fun of skating into a

faint memory.

“I accidentally rolled through dog poop, and I was too much of a wuss to clean them off myself, so I hid them in the backyard,” she said. “They rusted. I grew out of them and pretty much never skated after that until I joined the team.”

Now trying to master skating all over again, she admits the main thing that goes through her head during practice is “don’t fall down.”

“I watched a friend play and fell in love with the sport,” said LeDore, who has only played with the Roller Derby team for a few months now.

Given the Roller Derby name Colt RevolveHer by her coach, LeDore has already made a lasting impression on him.

“She’s determined — that’s for sure,” said Matthew Perez, coach of the Femme Fatale Roller Dolls. “She’s also a quick thinker. When Tara gets her foot skills and speed down, she’s going to be a beast on the track.”

Perez said being a beast on the track is a good thing. He describes Colt RevolveHer as a bull who sees red.

“She’s tenacious,” he said. “If she sets her mind to something, she is going to get it done.”

Aside from her tenacious frame of mind, Perez said LeDore’s athletic build is just what the team needs.

In the sport of Roller Derby pushing and shoving comes with the game, so having some strength on hand is a sure way to kill the rabbit, Perez said.

The rabbit is the player with two stars on her helmet.

“The rabbit is the only one who is ca-

pable of scoring points and is your only threat,” added Perez.

The team of roughly 20 players has provided an additional perk for the intelligence analyst — Family.

The group members not only share knowledge about the sport with each other but also take an interest in each other’s well-being.

“It’s like I joined the team and all of a sudden gained this new group of friends,” said LeDore.

“We became integrated right away.”

A Soldier for almost five years, the novice player understands the importance of camaraderie, teamwork and togetherness.

“That’s the beauty of the sport. The camaraderie is awesome,” said LeDore about the team, which is composed of Soldiers, current and prior; spouses of Soldiers; and local residents. She added, “You’re out there with your sisters.”

Transitioning into the winter months, practicing outside in the evening has taken a toll on LeDore and her team members.

Although many of her teammates did not make a few of the practice sessions because they were sick, LeDore, an asthmatic, showed up.

“She’s the only one out here that is really sick,” said Perez, who is also the league trainer for United Rollers Femme Fatale. “She doesn’t quit. If she isn’t dying, she’ll keep going.”

“Because I love it. I love the game,” said LeDore.

LeDore said one of her short term goals is to earn a starting position on the roller derby team when competition season starts up this February.



Photo by Sgt. 1st Class Jeremy D. Crisp

First Team welcomes new senior enlisted advisor

FORT HOOD, Texas – Command Sgt. Maj. Andrew Barteky, 1st Cavalry Division Command Sergeant Major, takes the reins as the division's senior enlisted advisor during a ceremony Nov. 14 on Cooper Field here. Barteky has served in a variety of Cavalry units across the Army. He joined the Army as a Cavalry Scout in 1987 and has since served in every Cavalry leadership position including Squad Leader, Platoon Sergeant and First Sergeant in addition to duty as a drill sergeant and as a Cavalry doctrine writer and developer, to list some. He comes to the First Team from his most recent assignment as command sergeant major of the 'Rakkasans' of 3rd Brigade Combat Team, 101st Airborne Division (Air Assault).

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almost everyone had a rucksack, an assault pack, a back pack, or a satchel of some sort all stuffed with toys.

The toys donated to Santa's Workshop support Fort Hood Families who are in need of help this holiday season.

"I was shopping at Toys R Us last night for this event, and I thought to myself, 'Everybody needs a bike, so why not?'" said Capt. David Elmo.

Elmo, the commander of Company F, 2nd Battalion, 227th Aviation Regiment, strapped a lavender and powder-blue bike, with tassles on the handlebars, to his backpack.

Elmo said he, like many others, believes small gestures like donating toys adds up to creating an exceptional Christmas

memory for Families, who may not have the funds or resources to provide their kids with gifts.

"These Soldiers give a lot. They give 100 percent every day, and it's great to be able to take care of them and give something back to them, give something back to the community," Elmo said.

"That's what makes a community, small gestures like this. It's all these people together that are going to make this possible," he added.

"It's amazing how many of them are out here today," said Lt. Col. Lance Cangelosi, commander of the 589th Brigade Support Battalion, Task Force Pegasus Fires.

"They're not only wearing Christmas gear, they're wearing unit gear, showing their

pride, showing their community support. It's just a tremendous event."

After a short speech from Col. Cory Mendenhall, the 1st Air Cavalry Brigade commander, the march began.

Dogs barked, stroller wheels squealed, and unit guidons flapped in the wind.

Moving slowly toward their destination, the combined mass from both brigades made their way down the road and finally reached Santa's Workshop.

Rucksack after rucksack was emptied onto two long tables in the middle of a large room.

The tables quickly became overwhelmed, and toys had to be placed on the floor underneath the tables.

Lisa West helped direct Families through the workshop after

they delivered their toys.

As the president of Santa's Workshop, West said she was thrilled to see the turn-out.

"Each child gets two toys, a book, and every Family gets a game," West said, who has been involved with Santa's Workshop since 2012. "They also get stocking stuffers, so they walk out of here with a big bag of goodies for their children."

The workshop provides toys for children ages 6 months to 12 years old.

Last year, Santa's Workshop accepted applications to provide toys for 1,700 Families.

This year, that number has grown to 1,845 Families, which means Santa's Workshop will be providing toys, games and Christmas memories to almost 4,000 children on Fort Hood.

From SHOOTHOUSE, page 2

with C Co., 2-7 Cav. and a native of Sacramento, Calif., said the new realization is the adrenaline rush he got before going the house and not knowing what to expect.

In the shoot house the teams also had to exercise target discrimination between enemy combatant targets and civilian noncombatant targets, while moving at a rapid rate.

"This is the first time three-quarters of our company has done this," said Capt. Matthew Holtzendorff, commander of C Co. "But I have confidence in them. These guys can go anywhere and do anything at any time," he added.



Photo by Sgt. Kim Browne

A four-man team with Company C, 2nd Battalion, 7th Cavalry Regiment, 3rd Brigade Combat Team trains in a shoot house on proper clearing procedures Oct. 23, at Fort Hood, Texas. The 3rd Brigade Combat Team, 1st Cavalry Division troopers trained in the shoot house on how to clear a house and discriminate between enemy and civilian targets.