



VOLUME 4, ISSUE 1

THE CAVALRY CHARGE

A MONTHLY NEWSLETTER SERVING THE SOLDIERS OF
THE FIRST TEAM

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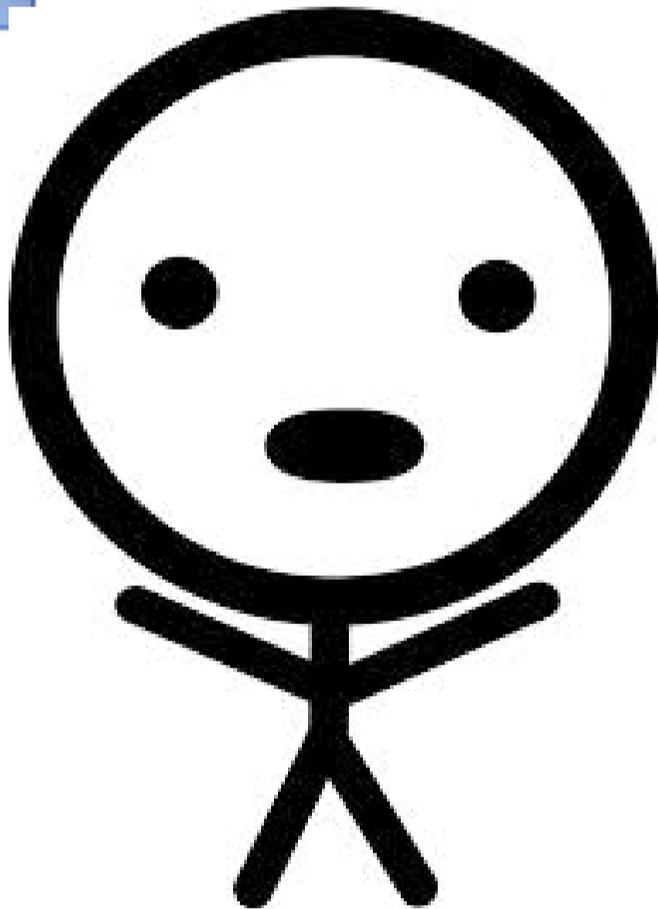
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Cav gets gear rolling . . .



A Soldier assigned to the 1st "Ironhorse" Brigade Combat Team, 1st Cavalry Division guides an M1113 Expanded Capacity High Mobility Multi-purpose Wheeled Vehicle onto a concrete ramp before being loaded onto an 18-wheeler flat-bed truck during line haul operations, Jan. 29, at Fort Hood, Texas. Ironhorse conducted line haul operations, a process to move equipment by truck, for the upcoming rotation to the National Training Center.

Ironhorse Brigade California bound

Story, photo by Pfc. Paige Pendleton
1st BCT Public Affairs, 1st Cav. Div.

With each passing week, trains, planes and automobiles are moving the 1st "Ironhorse" Brigade Combat Team, 1st Cavalry Division across the country one piece at a time.

Recently, 1st BCT Soldiers kicked off the big move for the upcoming rotation to the National Training Center by preparing shipping containers for rail transport.

During the week of Jan. 29, the brigade continued the moving process with line haul operations, a process designed to move equipment by truck.

More than 100 pieces of equipment were loaded onto 18-wheelers for the major training exercise lasting about one month at Fort Irwin, Calif.

"Each unit has pieces of equipment that require different types of transportation," said Chief Warrant Officer 2 Daniel McMillen, a mobility officer assigned to Headquarters

and Headquarters Company "Hammer" of the Ironhorse Brigade.

"(Line hauling) just makes it more flexible for us, and it gives us another option ... and (it) also meets the time requirements for those items we need there quick to get the mission done," McMillen added.

A train may take two weeks to get to NTC, but line-hauled equipment can arrive between 24 hours and five days, said McMillen, a native of Joplin, Mo.

Although trucks are the speedy way to get gear where it needs to go, weather, traffic conditions, and maintenance issues can get in the way.

McMillen said the biggest challenge during line haul operations is coordinating to ensure everyone is in the right place.

Soldiers of the 91st "Saber" Brigade Engineer Battalion of the Ironhorse Brigade spearheaded the operation while each unit provided Soldiers to drive vehicles into place.

The 91st BEB processes reports, corrects

discrepancies, and tracks equipment as it arrives, ensuring it gets loaded and leaves the line haul site, McMillen said.

Before vehicles can ship, they have labels affixed, be stripped of gear and antennae, and contain no more than a quarter tank of fuel.

Once civilian drivers arrive and verify paperwork for each truck, Soldiers drive military vehicles up concrete ramps onto the trucks.

After the military vehicles are loaded onto the 18-wheelers, the civilian drivers determine the final placement based on the weight of the load, said Staff Sgt. Nolan Estell, a Hammer motor transport operator.

Soldiers then set the parking brakes, fold in the mirrors, and make sure everything on the vehicles is secure and ready for travel, said Estell, a Big Fork, Mont., native.

The truckers tie down the vehicles with chains, McMillen said.

In the ongoing process to get the brigade across country, McMillen said the next step will take place at NTC - receiving equipment.

Cav Troops head to 'the box'

Story, photo by Sgt. Garrett Hernandez
41st Fires Brigade Public Affairs

The Soldiers of 2nd Battalion, 20th Field Artillery, Task Force Pegasus Fires, have spent months preparing to go to the National Training Center in Fort Irwin, Calif.

They have gone through a number of training events to include taking part in Ironhorse Rampage, a field training exercise conducted to certify the essential tasks required prior to this NTC rotation.

The battalion will be spending the next 30 days at NTC, or the "sandbox" as it is called by some Soldiers, defending an imaginary U.S. ally during a hypothetical conflict.

For some Soldiers within the battalion such as Staff Sgt. William Bishop, a multiple launch rocket system section chief with Battery B, 2-20th FAR, this will be their first time going to NTC.

"This is a new experience," said Bishop, a native of Odessa, Texas. "I'm all down for it. This is a great opportunity."

Bishop said during his eight years of service, he has trained at White Sands Missile Range, N.M., many times but has never trained at NTC.

Pfc. Melissa Czarnogursky, a multiple

launch rocket system operations/fire direction specialist with Headquarters and Headquarters Battery, 2nd Bn., 2-20th FAR, is another Soldier going to NTC for the first time.

"I'm excited to go to NTC," said Czarnogursky, an East Rutherford, N.J., native. "It's going to be a good training opportunity and my first taste of what a deployment would be like."

Czarnogursky said she is excited about employing her training in the stressful and austere conditions of the Mojave Desert.

Spc. Rahjaunn Campbell, a multiple launch rocket system crewmember with Battery B, recounts that for the last six months, his battery has been training in preparation for this culminating event with 1st BCT.

"I think NTC is going to be pretty smooth," said Campbell, a native of Pittsburg, Pa.

While at NTC, the Soldiers will be supporting the 1st BCT with long-range fire support.

The Soldiers of 2-20th FAR have been told that once the exercise starts they can expect some rigorous training to include a lack of sleep, long convoys through rough terrain, and plenty of Meals Ready-to-Eat.



Soldiers from 2nd Battalion, 20th Field Artillery Regiment, Task Force Pegasus Fires, prepare to depart Fort Hood for the National Training Center at Fort Irwin, Calif., Feb. 7.



Soldiers sing along in unison with the “Spur of the Moment” 1st Cavalry Division Jazz Band during the III Corps and 1st Air Cavalry Brigade, 1st Cav. Div.’s equal opportunity offices’ “Strength through Equality” Black History Month observance at Fort Hood Feb. 21. In addition to the band’s performance were recitations of former slave narratives by the Viva Les Arts Theatre, and a speech from Carlyle Walton, the president and CEO of Metroplex Adventist Hospital in Killeen.

Fort Hood holds Black History Month observance

Story, photos by
Sgt. Christopher A. Calvert
 1st ACB PAO, 1st Cav. Div.

With Black History Month in full swing, units at Fort Hood held an observance to honor and celebrate the contributions of African Americans to our nation.

III Corps and the 1st Air Cavalry Brigade, 1st Cavalry Division’s equal opportunity offices hosted the “Strength through Equality” Black History Month observance here at Club Hood Feb. 21.

During the ceremony, there were performances by the “Spur of the Moment” 1st Cav. Div. Jazz Band, recitations of former slave narratives by the Viva Les Arts Theatre, and a speech from Carlyle Walton, the president and CEO of Metroplex Adventist Hospital in Killeen.

The event also featured a guest appearance from retired Lt. Col. Granville Coggs, one of an estimated 50 remaining Tuskegee Airmen – the first all African-American pursuit squadron based in Tuskegee, Ala.

“Being here during this significant occasion is a great feeling,” Coggs said. “I have no words profound enough to describe the pride I feel in being one of the last Tuskegee Airmen left and having the opportunity to come to an event like this and share my story



Carlyle Walton, the president and CEO of Metroplex Adventist Hospital in Killeen, speaks during the III Corps and 1st Air Cavalry Brigade, 1st Cavalry Division’s equal opportunity offices’ “Strength through Equality” Black History Month observance here.

– our story.”

Tuskegee Airmen refers to all who were involved in the “Tuskegee Experiment,” a program developed by the Army Air Corps in 1941 to train African-American Soldiers to fly and maintain combat aircraft, including pilots, navigators, bombardiers, maintenance and support staff, and instructors.

Before then, African-Americans were barred from flying for the U.S. military. The 996 pilots and more than 15,000 ground personnel who served with all-

black units would be credited with 15,500 combat sorties and earn more than 150 Distinguished Flying Crosses for their efforts during World War II.

The highly publicized successes of the Tuskegee Airmen helped pave the way for the eventual integration of the U.S. Armed Forces under President Truman in 1948.

“I’m proud of everything my fellow Soldiers did for our country,” Coggs said.

“I’m just as proud of the Soldiers still protecting our nation to-

day. I’m honored and humbled to be a part of history.”

Sgt. 1st Class Christine Meredith, an equal opportunity noncommissioned officer with Headquarters and Headquarters Company, 1st Air Cav. Bde., organized the event seeking to make a lasting impact on Troops.

“This ceremony was meant to be informative and educational to all cultures,” said Meredith, a Jacksonville, Fla., native. “Observances like this aren’t just held for a certain race. It’s important for everybody to hear the history of our fellow brothers-in-arms, as well as the trials and tribulations they overcame.”

With many young Troops in attendance, the event helped to educate those who may not fully understand the magnitude of adversity African-Americans faced, as well as the contributions they have made to the nation in spite of those challenges, said Meredith.

“Our young Soldiers in attendance got a first-hand look at the history of African-American Soldiers within our ranks,” Meredith said. “The event was successful, as the attendees seemed engaged and inspired. I think they’ll have a better appreciation for what this culture had to endure to get here, and they’ll understand how it ultimately has an effect on everyone.”

Honoring our fallen



A funeral detail team from Headquarters and Headquarters Troop, 3rd Brigade Combat Team, 1st Cavalry Division, folds a deceased veteran's flag at the Central Texas Veterans Cemetery in Killeen, Texas. The team trained for a full week on how to fold the United States flag perfectly in 13 triangle-shaped segments as a part of this mission.

Cav Troops take pride in saying good-bye

Story, photos by Sgt. Kim Browne
3rd BCT PAO, 1st Cav. Div.

From Stetsons and sabers to horses and spurs, the 1st Cavalry Division is instilled with a rich history and chock-full of tradition. And honoring the fallen is no exception.

It was with this tradition in mind that nine

Troopers from Headquarters and Headquarters Troop, 3rd Brigade Combat Team, 1st Cav. Div., took on the three-month mission of executing funeral honors for Fort Hood.

The mission to find the right Soldiers began at the top.

1st Sgt. Chris Ausbun, HHT first sergeant, chose staff sergeants Harry Wise and Luke

Himmelreich, both with HHT, to find the right Soldiers for the honor.

"They don't look at it like a detail, they look at it as an honor ... they take pride in it," Ausbun said.

Once Wise and Himmelreich had selected their team members, the small team began training one week prior to taking full respon-

sibility of the mission. They trained everyday to ensure near perfection.

"It's everyday, all day, us going through it ... until everyone has it down and perfect," Himmelreich said.

Throughout the training, the team learned several tasks in order to maintain the tradition of the honor.

And every task in the detail carries with it a special meaning. For instance, the United States flag, is to cover the closed casket with the union blue field over the left shoulder of the deceased, signifying the flag's embrace of the deceased who in life defended the flag.

Once the funeral service concludes, six to eight Soldiers of the funeral detail team, wearing their dress blue uniforms, walk in a straight line and in-step toward the casket.

They then split into two lines of threes or fours and surround the casket, preparing to carry it to the hearse. Choosing to use six or eight Soldiers depends on the size of the deceased veteran.

Even though emotions can run high during the funeral, the team members maintain their military bearing and professionalism.

"During the ceremony, you're so concentrated on making sure everything is done to standard, and that's the majority of your thoughts," Himmelreich said. "I tell the guys to try and keep the emotions suppressed and be as professional as possible."

When the casket passes by, Soldiers in attendance stand at attention and render a hand salute, as the expressionless team slowly carries the deceased to the hearse.

A procession of headlights and silence carries all in attendance to the cemetery for the veteran's final honors.

At the cemetery, sounds of sorrow gently pour out of the crowd. Words of sympathy fill the air as the deceased's family members take their seats in the front row.

The funeral team members remain focused as they remove the casket from the hearse and carry it ceremoniously to where the deceased veteran is front and center for all to see.

Upon proper placement of the casket the team exits and leaves the casket in full view.

Tears stained the cheeks of those in attendance grieving while they watched the detail march stoically out of sight.

"I think a lot of us go into basic training mode," said Spc. Matthew Russo, native of Winchester, Va., and Trooper with HHT. "Where the drill sergeant is yelling at you, and you just kind of stare through stuff."

A few more words are spoken about the deceased and a loud command is heard from behind the crowd. —

"Port Arms," Wise yells, and seven of the funeral team members then bring their M4 rifles from their butt-stock resting position on the ground to directly in front of them.

Silence then engulfs the cemetery, and he commands, "Ready."



A funeral detail team from Headquarters and Headquarters Troop, 3rd Brigade Combat Team, 1st Cavalry Division, stands by waiting to perform three volleys in honor of a deceased veteran at the Central Texas Veterans Cemetery in Killeen.

The Soldiers then pull the charging handle on their rifle to chamber a round. The command "Aim" is then shouted, and the rifles are brought to their shoulders. "Fire," and seven rifles fire.

The series of commands repeat two more times for a total of 21 shots fired, thus rendering three volleys.

The three volleys are an old battlefield custom. Warring units would cease fire to remove their dead from the battleground.

When they were finished, three volleys were fired telling the other side they were ready to resume the battle.

Often the three volleys are confused with a 21-gun salute, which is fired with a large-caliber weapon or "gun," such as a canon.

Next, the command of "Present Arms," is given and a lone bugler begins playing Taps as a cold wind whips across the Texas cemetery.

The Army officially recognized taps in 1874 where it signified lights out. The tune still signifies time to rest, but at a funeral it represents eternal rest.

Sobbing erupts from the crowd and service-members salute the deceased.

As Taps echoes across the flat cemetery and the funeral team members maintain their weapon's salute, each member is dealing with the emotions of the funeral in his own way.

"You think about doing a good job, because the family deserves it," Russo said.

Subsequently, the honor team members place their weapons back to a resting position and then marched in line back to the casket.

Seven members of the team surround the casket, three on each side and the officer-in-charge stands at the head of the deceased.

The U.S. flag draping the casket is then lifted by six Soldiers and pulled taut before folding in half — long side to long side. The flag is folded once more, with the union blue

field on the outside, and pulled flat.

Beginning with the stripes, the flag is folded carefully into the symbolic tri-corner shape. It is folded 13 times on the triangles, representing the 13 original colonies.

The tri-corner shape comes from the look of the hat worn by the Patriots of the American Revolution. And before the final edge is tucked in, three shells are placed within the flag to represent the three volleys and when completely folded, no red or white stripes should show.

The flag is passed to the officer where he inspects the it, deems it perfect, then he turns to the flag recipient.

Holding the flag with both hands and the straight edge facing the recipient, he leans toward the spouse of the deceased and hands her the folded flag then recites a passage.

"On behalf of the President of the United States, the United States Army, and a grateful nation, please accept this flag as a symbol of our appreciation for your loved one's honorable and faithful service."

The Soldier stands and renders a slow customary hand salute to the significant other then marches away.

Throughout all of these tasks and for every funeral they are called to do, the Soldiers must maintain their professionalism and military bearing by holding back their emotions.

"I take it personally," said Spc. Aaron Humpert, Castervally, Calif., native, and HHT Soldier, as he explained the pride he takes in this detail.

The sense of honor and pride runs deep in those who serve on the funeral detail, considering how important their duty is to the families and the Army.

"I'm going to remember this for the rest of my life," Russo said. "It's a big responsibility and something to be very proud of."

**“ Ms. Zella has been
a part of this
congregation for
over 40 years. ”**

*-Chaplain (Maj.) David Waweru,
13th Sustainment Command
deputy command chaplain*

Zella Shugart makes last minute adjustments to the altar table prior to service at the Spiritual Fitness Center at Fort Hood, Feb. 2. Shugart has provided support as a member of the altar guild in the Episcopal congregation for more than 40 years.



Chaplains recognize faithful member

Story, photo by Sgt. Angel Turner
1st Cavalry Division Public Affairs Office

Her delicate fingers unfold the linen, draping it across the table and smoothing out the edges. Steady hands carefully fill the glass pitcher, to avoid spilling any of the symbolic communion wine.

These hands know the meaning of commitment, as they have been setting the Lord's table, greeting new parishioners, and assisting those in need at the same church for almost half a century.

Zella Shugart, a Killeen resident, has been a member of the same Episcopal congregation on Fort Hood for more than 40 years.

Chaplains across Fort Hood came together to show their gratitude for her faithfulness, as Shugart received a certificate of appreciation during Sunday morning service, Feb. 2.

Married to the late Command Sgt. Major Herman Shugart, she moved to Fort Hood, Texas, in 1961.

The Liturgical Service, which is a combination of Anglican, Lutheran, and Episcopalian denominations, has moved across Fort Hood multiple times.

Throughout many relocations, Shugart has followed her church congregation, including to its current location, the Spiritual Fitness Center on Battalion Avenue.

In addition to being a member, Shugart volunteered as an altar guild with responsibilities

including setting up the altar, washing the altar linen, and assisting the pastors. She is often assisted in her duties by fellow church member, Barbra Brown, who has been a member for more than 30 years.

“It is such an honor to recognize Ms. Zella for all that she has done over the years,” said Chaplain (Col.) Bill Phillips, the garrison chaplain.

“In our world of the Army, we as chaplains stay at a duty station two years at most, so it is great to have people provide continuity to the services,” added Phillips.

Chaplain (Maj.) David Waweru, the deputy command chaplain for the 13th Sustainment Command (Expeditionary), met Zella when he moved to Fort Hood in 1994.

“I've always looked forward to coming back to Fort Hood, because I knew these two ladies would be here,” said Waweru, a Newark, New Jersey native.

“Ms. Zella has been a part of this congregation for over 40 years. They have been the core,” Waweru said.

“In military congregations, people come and go, but they have been the foundation in the fact that they have been permanently here,” added Waweru. “They are not just members. They are members of the altar guild, and they have been faithful since I met them almost 20 years ago.”

In 2005, Waweru saw first-hand just how selfless Shugart really was. He and his wife

were slated to deploy in support of Operation Iraqi Freedom but were concerned about who would care for their children.

“We were trying to work it so one of us could stay behind,” he said.

As time neared, he learned both he and his wife would deploy. They didn't have any family in the area, and Shugart volunteered to stay with their children for the year, he said.

While his children did not end up staying with Shugart, Waweru said he was grateful she was willing to help him in a time of need.

“You can always count and rely on her,” said Waweru, a Newark, N.J., native.

A retired school teacher, Shugart said she felt the Lord brought her to Fort Hood, and she has enjoyed her time here immensely.

Shugart said many people would start out enthusiastically working in the church but would quickly tire of it.

“I have never felt that way,” she said. “This is something I enjoy.”

Outside of helping inside the church, Shugart helps her fellow congregants also. She often picks up a fellow church member, so he can attend service on Sunday.

“Their faithfulness to serve and to volunteer is so extraordinary for such a long amount of time, whether that was at a military chapel or an off post church, it is phenomenal, so we wanted to make sure we honored them for their service,” said Chaplain (Maj.) Rich West, 1st Cavalry Division chaplain.



CAV
LIFE

COOKIN'
WITH
CAV

By Staff Sgt. Leah R. Kilpatrick
1st Cav. Div. Public Affairs Office

Once upon a time when I was but a private and a self-admitted picky eater, receiving separate rations on a budget, I had to figure out a way to prepare healthy yet delicious meals in my barracks room.

This was 10 years ago when I was a Soldier living in the barracks, but I still use these tips and recipes today.

As Fort Hood is located in beef country. I'll start this column off with my recipe for my idea of a perfect spoil-yourself-after-a-PT-test meal, a New York Strip steak, smothered in mushrooms and onions and a side salad with a roasted garlic vinaigrette.

New York Strip

1 New York Strip steak (about ½ inch to 1 inch thick)

Seasoned salt
Garlic powder
Onion Powder
Fresh ground black pepper

Move a rack in your oven or toaster oven to just beneath the heating element. Set your oven or toaster oven to broil. Rinse your steak under cold running water, pat it dry, and season it lightly with the seasoned salt, garlic powder, onion powder and pepper. Place it on broiler pan (That's the pan that has a perforated rack, so the meat will be suspended off the bottom of the pan and not sitting in its own juices, effectively boiling the meat. Yuck!)

Broil it for between 2 and 5 minutes per side depending on how you like your steak done. Yum!

Mushrooms and onions

1 Tbls vegetable oil
1 pound of crimini mushrooms (baby Portabellos)
1 large Vidalia or other sweet onion (like Maui or Walla Walla)
Salt and pepper to taste

Into a large sauté pan, add oil, mushrooms and onions. Saute on a medium-low heat, stirring occasionally, until they are caramelized, brown and delicious. This could take as long as 30 minutes, but it's so worth it. Double yum!

Roasted garlic vinaigrette

1 head of roasted garlic (easy as falling off a log. Lop the top off a head of garlic, drizzle it with olive oil, sprinkle it with salt and pepper, wrap in aluminum foil and roast it in an oven for 45 minutes or so until the cloves are soft and sweet)
¼ cup roasted garlic flavored rice vinegar
1 cup canola oil
2 Tbls honey mustard
Salt and pepper to taste

In the work bowl of your food processor or mini chopper or blender, add the ingredients and process until they are well-blended and emulsified. Drizzle this dressing lightly of mixed greens. I say again. . . Yum!

