

THE POWDER BAG

“THE CAMDEN LIGHT ARTILLERY ASSOCIATION INC.” NEWLETTER

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“The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional to how they perceive the veterans of earlier wars were treated and appreciated by their nation.

George Washington

“In recent years, there has been excessive emphasis on a citizen’s rights and inadequate stress upon his duties and responsibilities.”

ASSOCIATION OFFICERS

Commander: 1SG (RET) Ed Powell
Executive Officer: MAJ (RET) Richard Tomasso
Adjutant: SFC (RET) Richard Zacamy
Finance Officer: CW4 (RET) Jack Elberson
Logistics Officer: 1SG (RET) Ed McCarty

THE CAMDEN LIGHT ARTILLERY ASSOCIATION

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THE COMMANDER'S COMMENTS

Welcome to our Association, our new member, Bill Willis. The membership has increased by four in just the last two monthly meetings with 42 members attending our last get together. We are still looking for new and younger members. A big "Thank You" to everyone who takes time out to attend our meetings and support this group of US Army Veterans.

We will be have a Tri-Care Educational Specialist attend our next meeting to be held on Wednesday, October 2, 2013. We met with Tri-Care at Ft. Dix this past week and they have agreed to send their representative. So please try to come out to our next meeting – it will be very informative and beneficial to all members and their spouses.

I was very glad to see 32 of our members and spouses attend our Patriot's Brunch at Maritsa's this past Saturday, Sept. 14th. It was nice to see Bill Giberson and his wife, Gretchen, all the way from Florida, who were able to attend our brunch.

Several of our members will be attending the 1-114INF Dining Out on Saturday, Sept.21st being held at the Camden Aquarium. We put a full page ad from us in their Ad book to show that we support them as they have supported us in the past.

Just a reminder! At the October 2, 2013 meeting, we will be accepting nominations for the Adjutant and Commander slots for 2014. Warren Strumpfer has agreed to be the Nominations Committee Chairman. Also, we will be starting to accept ads for our upcoming Ad Book for our Dining Out on March 1, 2014. We will have the ad book forms available for you at that time.

Late for Work

The Secretary came in late for work for the third day in a row.

The Boss called her into his office and said, "Now look Sharon, I know we had a wild fling for a while, but that's over. I expect you to conduct yourself like any other employee around here. Who told you, you could come and go as you please around here?"

Sharon simply smiled, lit up a cigarette, and while exhaling said, "My lawyer."



10 Things PMS stands for

1. Pass my shotgun!
2. Psychotic mood shift.
3. Perpetual munching spree.
4. Puffy mid-section.
5. People make me sick.
- 6 Provide me with sweets.
7. Pardon my sobbing.
8. Pass my sweatpants!
9. Plainly – men suck.
10. Potential murder suspect.

Deep Thoughts

If walking is good for your health, the Postman would be immortal.

A Whale swims all day, only eats fish, drinks water, but is still fat.

A Rabbit runs and hops and only lives 15 years, while a tortoise doesn't run and does mostly nothing, yet it lives for 150 years.

It's hard to make a comeback when you haven't been anywhere.

It's was a whole lot easier getting older, than to get wiser.

Did You Know

Did you know that an eagle knows when a storm is approaching long before it arrives? The eagle will fly to a high spot and wait for the winds to come. When the storm hits, it sets its wings so that the wind will pick it up and lift it above the storm. While the storm rages below, the eagle is soaring above it. The eagle does not escape the storm. It simply uses the storm to lift it higher. It rises on the winds that bring the storm.

In the 1920's, Josephine Dickson, an accident-prone NJ housewife, inspired the invention of the Band-Aid bandage. Her husband Earle, who tended her various burns and wounds, hit upon the idea of sticking small squares of sterile gauze onto adhesive tape, covering it with a layer of crinoline, and then rolling it up so that Josephine could cut off and apply the ready-made bandages herself. Earle's employer, Johnson & Johnson, soon began producing the first Band-Aids. By the time Earle died in 1961, Band-Aids sales had exceeded \$30 million a year.



Summary of the 4 September 2013 Meeting

The meeting was called to order by the Adjutant at 1906 hours. The CO led the group with the reciting of the Pledge of Allegiance. Roll Call of Officers showed all present and accounted for. Sick Call reported that Leo Solomon was hospitalized for 10 days and is at home now recovering. Bill Willis was a new attendee at our meeting and became a member. Motion was made and passed to accept the August meeting minutes. The Treasurer's report showed a balance of \$5,639.00. Motion was made and seconded to accept the Treasurer's report. The CO reported that he was still working on getting a Tri-Care representative to attend one of our Fall meetings. The Gun Club reported that there was no scheduled shoot for September, but possibly one in October. More info at the next meeting. All nominees for Saint Barbara and/or Molly Pitcher awards need a nomination letter to be given to the Executive Officer by the October 2nd meeting. Also reported, we have 12 fleece blankets available for sale at a cost of \$20.00 each. With the colder weather approaching, this will be a good gift for your loved ones. The Finance Officer reported that a request for roof repair has been sent forward to the appropriate State authority for approval. Corresponding Officer reports still working on Artillery Chapter membership for the United States Field Artillery Association at Ft. Sill. Some problems still need to be ironed out.

Reminder – Our Patriot's Day Brunch will be held on Saturday, September 14th at Maritsa's Cuisine in Maple Shade at 11:00 am. Please let someone know you are attending.

Motion made and second to adjourn the meeting. Meeting adjourned at 2000 hours. Refreshments followed.

SPECIAL NOTE

Due to increasing postage and mailing costs, all future issues of The Powder Bag will be sent by e-mail only. Please be certain to keep us informed if you have a change to your e-mail address.



Arizona in the Summertime

You know you are in Arizona in the summertime when:

1. You learn that a seat belt buckle makes a pretty good branding iron.
2. You discover that it only takes 2 fingers to steer your car.
3. You realize that asphalt has a liquid state.
4. The birds have to use potholders to pull worms out of the ground.
5. Farmers are feeding their chickens crushed ice to keep them from laying hard-boiled eggs.

Prayer for the Aged

Lord, grant me the senility to forget the people I never liked, the good fortune to remember the ones I do, and the eyesight to tell the difference.



FAMILY SUPPORT REMINDER

It is important to remember that we still have soldiers on Active Duty in a combat zone and those that have returned who have not been able to forget they were there. It's also appropriate to remember the families they left behind.

NEVER FORGET THAT

A Veteran – whether Active Duty, Retired, National Guard or Reserve – is someone who, at one point in his life, wrote a blank check made payable to the United States of America for an amount of “up to and including my life.”

“No one should pass an American in uniform without saying, “Thank you, we are grateful.” Always mindful that they are prepared to risk all of their dreams so that all of us can reach ours.”

Former Secretary of Defense William Cohen



A SAFETY ALERT FROM A MEMBER

The following message is being forwarded from one of our members. This is important and vital information we should all review.

Dear Members:

I recently attended a Regional Transportation Safety Task Force Meeting on “Sustaining Safe Senior Mobility” at the Delaware Valley Regional Planning Commission in Philadelphia. I thought many of our members would find some of the information useful.

I was especially impressed with AAA's **RoadwiseRx** (<http://seniordriving.aaa.com/medical-conditions-medications/RoadWise-RX>) feature that provides drug interaction information for seniors to determine potential effects on driving.

I personally have experienced adverse drug interactions due to medication conflicts of prescriptions, vitamins and other over-the-counter drugs. Unfortunately, patients who take multiple prescription drugs are not usually told about drug interaction conflicts even though their doctors know all the drugs they're taking. The wrong mix of prescriptions, vitamins, natural supplements and over the counter drugs can lower your blood pressure too far making you dizzy or make you lose conscious when driving.

Your doctor may be obligated to inform DMV Authorities who may take your license away for many months if you lose conscious and have to be hospitalized or if you have an accident because you lost conscious while driving. Unfortunately, adverse drug interactions is an all too common problem for many seniors taking prescriptions.

AAA's RoadwiseRx function makes it easy to check for drug interactions for the prescriptions, vitamins, over-the-counter drugs and natural supplements you take. The [CVS.com](http://www.cvs.com) website also has a comparable drug interaction program (<http://www.cvs.com/drug/interaction-checker.jsp>) that provides similar guidance. It's difference is that it provides for dosage entries.

Both programs separate adverse drug interactions into Major, Moderate and Low interaction categories. I used the information to create a schedule of what to take when (morning, noon, evening and bed time) separating drugs by hours to avoid unwanted drug interactions. It was a bit of a chore and it took a fair amount of time, but it was worth the effort to avoid unwanted adverse symptoms.

Jenny Robinson, AAA Mid-Atlantic Region, provided the information below for meeting attendees to use in newsletters, email blasts, your website, and on social media. She included information for AAA's senior website and for their teen website, as both groups have unique highway safety challenges.

As our population ages, it's more important than ever for senior drivers to assess and improve their own skills. AAA offers help and information at [AAA.com/Senior Driving](http://AAA.com/Senior_Driving), which is a one-stop website to help seniors keep driving safer and longer. The site is free and open to members and non-members alike.

Visit AAA.com/SeniorDriving to:

- Test your current driving skills and get easy solutions to keep you safer.
- Use the AAA **RoadwiseRx** feature - simply type in a list of your current medications, to find out potential effects on driving.
- Find out how your vision, hearing, reaction time, and mind fitness affect your driving ability.
- Check out the Car Fit program-find an event near you, and get your vehicle adjusted for your physical needs.
- Take a senior driver safety course online or find a classroom course, and qualify for potential insurance discounts.
- Check your state's driving laws

Motor vehicle crashes remain the leading cause of death for teens, accounting for almost one in three fatalities in this age group. Teens and their families can get help and information on AAA's free website: AAA.com/teendriving. The site is free and open to members and non-members alike.

On this site, you can find programs and information to help new young drivers.

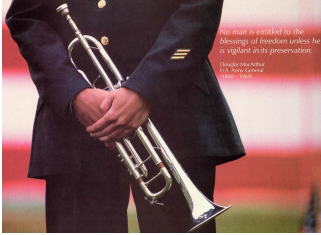
- Driver education classes
- Interactive driver simulations
- Parent-teen driving agreements
- State-specific licensing laws
- Sample driver test questions

I hope many of our members find the above AAA Safety information as useful as some my family, friends and I have.

Warren Strumpfer



TO ALL OF OUR FALLEN COMRADES



Each of us has a bank. Its name is TIME. Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft.

Each day it opens a new account for you. Each night it burns the remains of the day. If you fail to use the day's deposits, the loss is yours. There is no going back. There is no drawing against the "tomorrow." You must live in the present on today's deposits. Invest it so as to get from it the utmost in health, happiness and success!

REQUEST YOUR INPUT

We remind you that this is your newsletter. You are cordially invited to submit any information you think appropriate for the good of the command to the Commander (e-mail address on the first page of this newsletter) to be considered for inclusion in the following month's publication.

I WAS A SOLDIER – I AM A SOLDIER – I WILL ALWAYS BE A SOLDIER

Your membership expiration date is on your mailing label (just like a magazine subscription). It's your reminder to pay your dues. Dues are \$20 per year. Send checks to:

Camden Light Artillery Association Inc.
National Guard Armory
2001 Park Boulevard
Cherry Hill, NJ 08002-2778



OUR MISSION

- To promote close association, friendship, understanding and cooperation between all member of the association.
- To foster and preserve the spirit, traditions and solidarity of the Field Artillery
- To provide various communicative means for keeping all members aware and involved in association developments.
- To conduct such social activities as may provide for a continuing close relationship and camaraderie among the membership
- To develop and maintain historical records on the lineage of the 1st Battalion 112th Field Artillery ancestors and it successors.
- To promote and support the provisions of the constitution of the United States of America.
- To provide community service to local civilian and military communities in time of need.

WEB SITE

www.112FA.org

E-MAIL ADDRESS

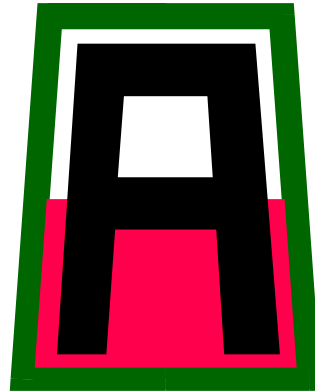
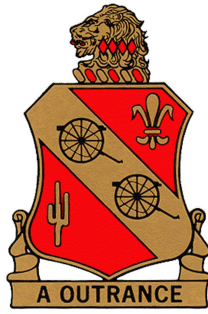
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FACEBOOK PAGE

our name on Facebook is

CAMDEN LIGHT ARTILLERY







2010 Afghanistan - M777
(courtesy-SPC Gallegos via COL(Ret) George Bannon)