



# THE POWDER BAG

## THE CAMDEN LIGHT ARTILLERY ASSOCIATION NEWSLETTER

Volume 16 Issue 8

[www.112FA.org](http://www.112FA.org)

August 2014



"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*

### ASSOCIATION OFFICERS

<b>Commander:</b>	<b>1SG Ed Powell (USA Retired)</b>
<b>Executive Officer:</b>	<b>MAJ Richard Tomasso (USA Retired)</b>
<b>Adjutant:</b>	<b>SFC Richard Zacamy (USA Retired)</b>
<b>Finance Officer:</b>	<b>CPT Marc Kantor (USA Retired)</b>
<b>Logistics Officer:</b>	<b>1SG Ed McCarty (USA Retired)</b>

### THE CAMDEN LIGHT ARTILLERY ASSOCIATION

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Publication Staff: 1SG Ed Powell (USA Retired), CPT Marc Kantor (USA Retired)



## **COMMADERS COMMENTS**

I hope everyone has had a relaxing and fun summer so far and our next meeting will be on Wednesday, September 3<sup>rd</sup> at 7:00pm in the classroom on the drill floor where we held Jack's Memorial Service.

Second of all, I want to thank every one of the members who helped with the packing up of the museum. It was a big job, but with the help, we were able to pack up and put it in storage in one day. The reason for this was to keep everything safe until the roof of the Armory is repaired. We have cleaned out the closet in the club room and moved everything to our office. Sometime in the future, we will have to go through everything in the supply room.

I received a phone call from Bill Baker who is a member of the Camden Light Artillery and the 114<sup>th</sup> INF Association in Woodbury. He is recovering from a knee replacement operation where complications occurred causing pneumonia and a heart attack. As of today, he is doing fine – on the mend. He is able to walk without pain and gaining back strength each day. Let's put Bill in our prayers.

Keep in mind that our next Brunch will be Patriot's Day, September 13<sup>th</sup> and we will meet again at the Lamp Post Diner located 1378 Little Gloucester Road, Gloucester Township, NJ. at 9:00 am. Hope to see all from the area of you attend.

## **SUMMARY OF THE 6 AUGUST 2014 MEETING**

The meeting was called to order by the Adjutant at 1904 hours. Due to the Commander being on vacation the Executive Officer ran the meeting. The Pledge of Allegiance was led by the Executive Officer and prayer by the Chaplin. All officers were present and accounted for. There was no one reported being on sick call but it was noted that LTC Leo Solomon (USA Retired) has passed away and several of our members attended the viewing. Motion was made and seconded to approve the June minutes. Financial report was made and seconded with a balance of \$2,130.41 plus reserves. Marc Kantor thanked everyone who attended the viewing for LTC Leo Solomon (USA Retired). He also checked to see if all members were receiving the newsletter.

The next Brunch is scheduled for Patriot's Day on Saturday, September 13<sup>th</sup> at the Lamp Post Diner in Gloucester Township at 9:00 am. Please notify the CO so we know how many will be attending.

No date for the next outing of the 112FA Sports Club was given but a discussion how to transport weapons to the range was given. See article below. A new blue hat for the Sports Club was shown. To get the new hat, join us at the range and participate with the other members of the Club.

The committee for naming the museum was held off for a later discussion. The museum was packed up and placed in storage for safety until the Armory is repaired and made fit for the museum. A new roof and further renovations to the Armory is to start in the near future.

All dues are payable now if owed and as of 1 January of every year all dues will be due.

The next meeting will be held on Wednesday, 3 September 2014 starting at 7:00pm in the large classroom off of the drill floor.

Meeting was adjourned at 2015 hours followed by refreshments.



## ACTIVITIES

### 112FA SPORTS CLUB 1SGT Ed McCarty, Chairman

We've had many discussions concerning the safe transport of firearms in the State of New Jersey. Here is the website that describes the legal manner of transporting firearms in NJ;  
[http://www.state.nj.us/njsp/about/fire\\_trans.html](http://www.state.nj.us/njsp/about/fire_trans.html)  
Below is a copy of that information:

#### Transporting a Firearm into / Through the State of New Jersey

##### All firearms transported into the State of New Jersey:

Shall be carried unloaded and contained in a closed and fastened case, gunbox, securely tied package, or locked in the trunk of the automobile in which it is being transported, and in the course of travel, shall include only such deviations as are reasonably necessary under the circumstances.

- The firearm should not be directly accessible from the passenger compartment of the vehicle. If the vehicle does not have a compartment separate from the passenger compartment, the firearm and ammunition must be in a locked container other than the vehicle's glove compartment or console.

For additional exemptions refer to [Chapter 39](#), namely 2C:39-6g.

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##### All firearms transported through the State of New Jersey:

The following guidelines are provided in order to assist law enforcement officers in applying New Jersey's firearms laws to persons who are transporting firearms **through** the State of New Jersey.

- I. New Jersey laws governing firearms permits, purchaser identification cards, registration and licenses do not apply to a person who is transporting the firearm through this State if that person is transporting the firearm in a manner permitted by federal law, 18 [U.S.C.A. 926A](#).
- II. This federal law permitting interstate transportation of a firearm applies only if *all* of the following requirements are met:
  - A. The person's possession of the firearm was lawful in the state in which the journey began;
  - B. The person's possession of the firearm will be lawful in the state in which the journey will end;
  - C. The person is transporting the firearm for lawful purpose
  - D. The firearm is unloaded
  - E. The firearm is not directly accessible from the passenger compartment of the vehicle
  - F. The ammunition is not directly accessible from the passenger compartment of the vehicle

- G. If the vehicle does not have a compartment separate from the passenger compartment, the firearm and ammunition must be in a locked container other than the vehicle's glove compartment or console;
- H. The person is not
  - 1. a convicted felon
  - 2. a fugitive from justice an addict or unlawful user of drugs, or
  - 3. an illegal alien
- I. The person has not
  - 1. been adjudicated to be a mental defective
  - 2. been committed to a mental institution
  - 3. been dishonorably discharged from the armed forces, or
  - 4. renounced his United States Citizenship
- III. A person who is transporting a firearm though the State of New Jersey in the manner permitted by person's possession 18 U.S.C.A. 926A, see Section II above, need not give notice.
- IV. Procedures for Investigation of Conduct Involving the Possession or Transportation of Firearms
  - A. An officer who reasonably suspects that a person is transporting a firearm in violation of New Jersey law should make reasonable inquiries in order to confirm or dispel that suspicion.
  - B. In a case where circumstances reasonably indicate that the person's possession and transportation of the firearms may be permitted by 18 U.S.C.A. 926A, the officer should make reasonable inquiries in order to determine whether the person's possession is permitted by that federal law.
  - C. If reasonable inquiries lead an officer to conclude that the person's possession is lawful under either New Jersey law or 18 U.S.C.A. 926A, as described above in Section II, the officer should promptly allow the person to proceed.
  - D. Whenever an officer has probable cause to believe that a person's possession of a firearm is in violation of New Jersey law and not permitted by 18 U.S.C.A. 926A, as described above in Section II, then the officer should make an arrest.

**Please follow the legal and safe manner of transport; it's in your best interest. Remember that even if you have a valid 'carry permit' from another state, it is NOT valid in New Jersey. You will be arrested and face a possible long jail term for thinking otherwise. See the USA Today story from August 10, 2014 about the Philadelphia women who now faces 3 to 4 years in jail for carrying a loaded weapon into New Jersey with a valid Pennsylvania 'carry permit'. (<http://www.usatoday.com/story/opinion/2014/08/10/ray-rice-shaneen-allen-gun-column/13862831/>)**

**112FA PHYSICAL FITNESS**  
**SSG Brian Strecker, Chairman**

**This is a first in a series of articles describing ways to work toward your physical fitness and maintaining your health.**

Regardless of age, we all can maintain or improve our quality of life through regular exercise. To reap the benefits of physical activity, four types of exercise should be included in your exercise routine ....

endurance, strength, balance, and flexibility. If you are presently inactive and choose to begin a regular exercise program, talk with your Doctor as to the degree of activity that would be best for you.

- ❖ Endurance exercises or activities should be performed at least 2 times per week.

Examples of endurance exercises include brisk walking, stationary bike riding, running, low impact aerobics, or any exercise that makes you breathe faster and increase your heart rate.

- ❖ Strengthening exercises are both safe and effective for women and men of all ages, including those who are not in perfect health. People with health concerns—including heart disease or arthritis—often benefit the most from an exercise program that includes lifting weights a few times each week.

Weight training utilizes repeats of exercises called “sets” and “repetitions.” A repetition is one completion of an exercise and a set is one group of repetitions. A typical training workout exercise is 3 sets of 12 repetitions with rest for 1 to 2 minutes between each set. If you have been inactive, begin with 4 pound dumbbells and add weight as repetitions become easier.

- ❖ Balance training helps with core stabilization – this will help improve your coordination, athletic skill, and posture.

Any activity that keeps you on your feet and moving, such as walking, can help you maintain good balance. You can also include specific balance exercises in your daily routine. Try balancing on one foot while waiting in line, or stand up and sit down without using your hands.

- ❖ Flexibility helps prevent everyday injury including: muscle and disc strains that occur when turning over in bed or getting out of bed; shoulder tweaks that result from doing tasks on the job that involve lifting or reaching; back aches due to transitioning to standing from sitting, bending down to pick something up, or even walking up and down the stairs

Basic stretches include shoulder, calf, back, and hamstring.

### **Simple Shoulder Stretch**

- Begin standing up straight with shoulders relaxed and back.
- Reach your right arm up over your head, bend your elbow and reach your hand behind your neck.
- With your elbow pointing up into the air, slide your right palm down to your back.
- With your left hand, grip your right elbow and gently pull it toward your ear.
- Continue sliding your right palm down your back without straining.
- Hold for 10-20 seconds and release.
- Repeat with the opposite arm.
- Be sure to keep your head up and resist the urge to bend your neck forward.

### **Calf Stretch**

- Take 1 step forward with your left foot.
- Place your hands on the wall in front of you. Elbows slightly bent, shoulders, hips and feet are pointed directly towards the wall.

- Bend your left knee slowly using the movement to control the amount of stretch you feel in your right calf muscle (gastrocnemius). Both heels stay on the ground.
- Keep your right knee (back leg) straight and hold still for 15 seconds.
- To stretch the other calf muscle (soleus) in the same leg, slowly bend your right knee, making sure to keep your right heel on the ground. Hold 15 seconds.
- Slowly push yourself back to starting position.
- Switch legs and repeat both the straight knee and bent knee stretches on the other leg to completely stretch your calf.

### **Seated Lower back Stretch**

- Sit up straight in a chair
- Place your feet on the floor wide apart.
- Drop head and arms down towards floor and try to reach toes with your hands.
- Hold for 20 seconds while breathing.
- Return to your starting position.
- Do this several times.

### **Hamstring Stretch**

- Select a firm surface to sit upon.
- Extend one leg out onto the surface.
- Slowly lean forward.
- Reach for your thigh, knee or ankle.
- Hold for 15 to 20 seconds.
- Repeat with your other leg.

*Links to internet diagrams and videos can be provided for visual examples upon request or be printed if you do not have internet access.*





**328MP COMPANY, CHERRY HILL, NJ**

**CPT Matt Neamand  
Commanding Officer**



The 328MP Company was involved in a Bike-a-thon from Philadelphia, PA to Vineland, NJ to raise awareness for Cancer. We provided a water buffalo and remained on site offering encouragement for the riders. From left to right in the picture are MSG Rivera, PFC Flores, and SPC Thach.

We will be hosting the 1<sup>st</sup> Annual 328MP Golf Outing at the INDIAN SPRINGS COUNTRY CLUB in Marlton, NJ on 4 October 2014 with a 9:00am shotgun start. Cost: \$120.00  
Please contact us for additional information.

SGT Odise Carr 856-952-1337 (odise.a.carr.mil@mail.mil)

SPC Kyle Abbott 609-315-2603 (kyle.w.abbott.mil@mail.mil)





**3-112FA MORRISTOWN, NJ**

**LTC Robert Hughes  
Commanding Officer**



**'A' Battery at Annual Training 2014 going Air Mobile**



**Promotion ceremonies 3-112FA**



## DMAVA Highlights

courtesy of

BG Steven Ferrari, USARMY NG NJARNG (US)

This is the cover of the August 15, 2014 issue. The Highlights are published on a weekly basis. To read the complete text, please visit the website at <http://www.state.nj.us/military/admin/highlights.html>



## CAMPING TRIP

OOPS!!



**QUOTE OF THE MONTH**

**"If you see a bomb technician running, try to keep up with him."  
USAF Ammo Expert**



**THE WALL**  
**Washington, DC**

**Some of us served in the Vietnam War. Many of us have friends who served there. We all carry the sadness of knowing our friends names are on the Wall in Washington, DC. Here is a short history most people will never know or understand. These are interesting Veterans Statistics about the Vietnam Memorial Wall.**

**There are 58,267 names now listed on that polished black wall, as of December 2010.**

**The names are arranged in the order in which they were taken from us by date and within each date the names are alphabetized. It is hard to believe has been so long since the last casualties.**

**The first known casualty was Richard B. Fitzgibbon, of North Weymouth, Mass. Listed by the U.S. Department of Defense as having been killed on June 8, 1956. His name is listed on the Wall with that of his son, Marine Corps Lance Cpl. Richard B. Fitzgibbon III, who was killed on September 7, 1965.**

**There are three sets of fathers and sons on the Wall.**

**39,996 on the Wall were just 22 or younger.**

**8,282 were just 19 years old.**

**The largest age group, 33,103 were 18 years old. 12 soldiers on the Wall were 17 years old.**

**5 soldiers on the Wall were 16 years old.**

**One soldier, PFC Dan Bullock was 15 years old.**

**997 soldiers were killed on their first day in Vietnam.**

**31 sets of brothers are on the Wall.**

**31 sets of parents lost two of their sons.**

**54 soldiers attended Thomas Edison High School in Philadelphia. I wonder why so many from one school?**

**8 Women are on the Wall. Nursing the wounded.**

**244 soldiers were awarded the Medal of Honor during the Vietnam War; 153 of them are on the Wall.**

**Beallsville, Ohio with a population of 476 lost 6 of her sons.**

West Virginia had the highest casualty rate per capita in the nation. There are 711 West Virginians on the Wall.

The most casualty deaths for a single day was on January 31, 1968 – 245 deaths.

The most casualty deaths for a single month was May 1968 – 2,415 casualties were incurred.

For most Americans who read this, they will only see the numbers that the Vietnam War created. To those of us who survived the war, and to the families of those who did not, we see the faces, we feel the pain that these numbers created. We are, until we too pass away, haunted with these numbers, because they were our friends, fathers, husbands, wives, sons and daughters. There are no noble wars, just noble warriors.

### **EDITORS NOTE**

The last sentence of the Summary of the 7 May 2014 Meeting in the May 2014 issue of *The Powder Bag* indicated that our recently departed friend, Jack Elberson, had started the Artillery Museum. It should have indicated that Jack was instrumental in helping to gather the items and memorabilia for the Museum.



## **REQUEST YOUR INPUT**

I would like to 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 edited for inclusion in the following months' publication.

Dues are \$20 per year and are payable 1 January of each year. 2014 dues should be sent now to:

**Camden Light Artillery Association Inc.  
National Guard Armory  
2001 Park Blvd.,  
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 1<sup>st</sup> Battalion 112<sup>th</sup> 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**

**112FA.CLA@gmail.com**

**FACEBOOK PAGE**

**our name on Facebook is**

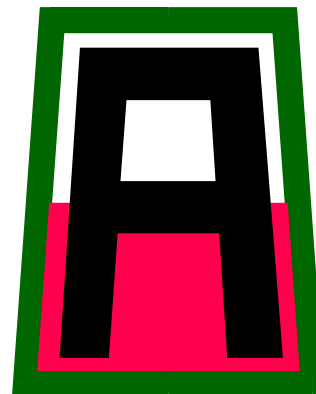
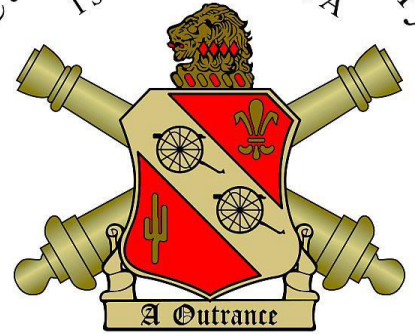
**CAMDEN LIGHT ARTILLERY**







Camden Light Artillery  
1st BN 112th FA





**2010 Afghanistan - M777**  
((courtesy-SPC Gallegos via COL George Bannon(USA Retired))