



THE POWDER BAG

THE CAMDEN LIGHT ARTILLERY ASSOCIATION NEWSLETTER

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December 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

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

THE CAMDEN LIGHT ARTILLERY ASSOCIATION

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COMMADERS COMMENTS

My wife, Ronnie, and I wish everyone a Happy and Healthy Holiday and New Year.

Our annual Holiday Covered Dish Dinner was a great success. We send our thanks to all the ladies and gents who cooked and brought their favorite dishes for all to share. A special thank you to the ladies who did our phone calls: Ginny Scioli, Barbara Rouh, Phyllis DiMedio, Pat Minchin and Ronnie Powell and also a special thank you to Ed McCarty and his committee for decorating and setting up the room. We had over 60 members and guests attend.

Just a Reminder! Ad Book forms for the Dining Out are available and it would be appreciated to get them completed and returned as soon as possible. If you are going to use the same Ad as last year, you still need to fill out a form so we may keep track of the Ads. Deadline for Ads is the February 4th 2015 meeting.

The Dining Out is coming up sooner than you think. It will be held at the Tavistock Country Club on Saturday, March 7th, 2015 at 5:00 pm Cocktails and Opening Ceremonies start at 6:00 pm with Dinner served at 6:30 pm.

Elections are coming up for Executive Officer, Finance Officer and Logistics Officer. Please let Warren Strumpfer know as soon as possible if you have a candidate interested in running for office. The nominations will be closed at our January 7th 2015 meeting with the elections to be held in February.

Another reminder: Please let the unit know if someone you know is ill or hospitalized or has passed away recently so we can get cards out to them.

See you next year. Have a Merry Christmas.

SUMMARY OF THE 3 DECEMBER 2014 MEETING

The meeting was called to order by the CO, Ed Powell, at 6:05 pm. Pledge of Allegiance and roll call followed; all officers were present. Invocation and sick call was given by the Chaplin, Chet Malick. We welcomed guests and attendees: Major General Mark Mullin, Vice President Arlene Baker, and Treasurer Bill Baker from the 114th INF Association out of Woodbury. Motion to accept the November minutes was approved and passed. No financial report at this time. Discussion on the renovations of the Armory: we were given word that they will start working on the old Club Room on December 22, 2014. Nominees for the upcoming elections for Logistic Officer, Executive Officer and Finance Officer are still open. Nominations will be closed at our January 7th, 2015 meeting and elections will be held in February. Ad Book forms are available, anyone interested in placing an ad for the Annual Dining Out and Artillery Reunion must submit the ad by our February meeting. Motion to adjourn the meeting was made at 6:20 pm and passed. We then enjoyed our annual Holiday Dinner.

SEASONAL ADVICE

This message was previously sent to all members, but it's worth a second reading:

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 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/SeniorDriving, 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 do the following:

- 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 BE SUCCESSFUL

**It's not what you say, but how you say it
It's not what you do, but how you do it.**

ACTIVITIES

112FA SPORTS CLUB

1SGT Ed McCarty, Chairman

Please read from the following link. This is what is being done in the legislature of New Jersey. Is this a 'back door' subversion of the 2nd Amendment by anti-gun politicians?

<http://www.guns.com/2014/11/04/new-jersey-lawmakers-seek-mandatory-training-for-potential-gun-owners/>

112FA PHYSICAL FITNESS

SSG Brian Strecker, Chairman

The Holiday season is here with all of the family tradition and celebrations. It is also a time for overeating!

Portion control is vital, even if it is your favorite food. When you can see your plate, it helps you from overeating.

Listen to your breathing. When you begin to sigh or breathe a little deeper, your body has had enough to eat.

Do not cut back on regular eating the day after a holiday to compensate. This can be a pattern that leads to overeating. Eat regularly each day between holidays and party days.

Drink one 8 oz. glass of water for every glass of wine or cocktail you consume.

If you “fall off the healthy lifestyle wagon” at some point, simply go back.

*Wishing you all a **Merry Christmas** and a healthy Holiday Season*

The following is the next in a series of articles describing ways to work toward your physical fitness and maintaining your health.

This is from the National Institute on Aging at NIH (<http://go4life.nia.nih.gov/>). We will continue to bring you these important ideas.

Improving Your Strength

To strengthen your muscles, you need to lift or push weight. Even very small changes in muscle strength can make a real difference in function. Stronger muscles can make it easier to do everyday things like get up from a chair, climb stairs, carry groceries, open jars, and even play with your children or grandchildren. Lower-body strength exercises also will improve your balance.

CHAIR DIP



This pushing motion will strengthen your arm muscles even if you are not able to lift yourself up off the chair.

- 1. Sit in a sturdy chair with armrests with your feet flat on the floor, shoulder-width apart.**
- 2. Lean slightly forward; keep your back and shoulders straight.**
- 3. Grasp arms of chair with your hands next to you. Breathe in slowly.**
- 4. Breathe out and use your arms to push your body slowly off the chair.**
- 5. Hold position for 1 second.**
- 6. Breathe in as you slowly lower yourself back down.**
- 7. Repeat 10-15 times.**
- 8. Rest; then repeat 10-15 more times**

Safety

Talk with your doctor if you are unsure about doing a particular exercise, especially if you've had hip or back surgery.

Don't hold your breath during strength exercises. Holding your breath while straining can cause changes in blood pressure. Breathe in slowly through your nose and breathe out slowly through your mouth.

Breathe out as you lift or push, and breathe in as you relax.

For some exercises, you may want to start alternating arms and work your way up to using both arms at the same time.

To prevent injury, don't jerk or thrust weights. Use smooth, steady movements.

Muscle soreness lasting a few days and slight fatigue are normal after muscle-building exercises, at least at first. After doing these exercises for a few weeks, you will probably not be sore after your workout.

TRICARE FOR LIFE

To learn more about TRICARE FOR Life, please visit their webpage at <http://www.tricare.mil/tfl>



MERRY CHRISTMAS from
CAMDEN LIGHT ARTILLERY ASSOCIATION



328 MP COMPANY, CHERRY HILL, NJ

**CPT Matt Neamand
Commanding Officer**



The 328th conducted their annual Holiday Party. The festivities included a bouncy house, DJ, elf, face painter, cotton candy, popcorn, and of course a visit from Santa courtesy of the Cherry Hill Fire Department.



CPT Matt Neamand and Jackie Neamand



3-112FA MORRISTOWN, NJ

**LTC Robert Hughes
Commanding Officer**



The 3-112FA held their Annual St Barbara Dinner on 6 December 2014 at the Morristown Armory. A wonderful evening with great personnel and esprit de corps. Guest speaker was COL Bob Watson (USA Retired) from the 112th Field Artillery Association in Lawrenceville, NJ.



SSG(Ret) Brian Strecker MSG Andrew P Glatz
1-112FA 3-112FA



LTC Hughes
3-112FA BN CO

CPT(Ret) Kantor
1-112FA
Camden Light Artillery

COL(Ret) Watson
1-112FA
112FA Association

COL Chrystal
50th IBCT CO



SSG(Ret) Strecker
1-112FA

SFC(Ret) Connolly
1-112FA

CSM Williams
3-112FA

SFC Sarni
3-112FA



Past and present CSM of 3-112FA



Leadership of 3-112FA past and present



RRNCO
NJARNG Recruiting and Retention Battalion

SFC Kevin J. Makin
RRNCO, Asst. NCOIC
(267) 251-7640
www.njarmyguard.com



"Explore your path to honor and become a Citizen-Soldier"

Our Team, stationed at the Cherry Hill Armory, received the Recruiting & Retention BN's Team of the Year FY14. It is awarded to the team that has the highest average enlistments per assigned recruiter from 1 OCT 13 to 30 SEP 14.



SGT Lewis - SSG Cavanagh - SSG Burrough - SFC Makin - SFC Cuello - SFC Surgick

DMAVA Highlights

courtesy of

BG Steven Ferrari, USARMY NG NJARNG (US)

MSGT Mark C. Olsen, NJDMAVA/PAO

This is the cover of the December 19, 2014 issue. The Highlights are published on a weekly basis and emailed to those who have a valid email address on file with us. See the complete text at their website:

<http://www.state.nj.us/military/admin/highlights.html>



QUOTE OF THE MONTH

"If you find yourself in a fair fight, you didn't plan your mission properly."

COL(Ret) David Hackworth (1930-2005)

WWII

Korea

Vietnam

Distinguished Service Cross - 2

Silver Star - 10

Bronze Star - 8

Purple Heart - 8

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. Please send your dues 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 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

112FA.CLA@gmail.com

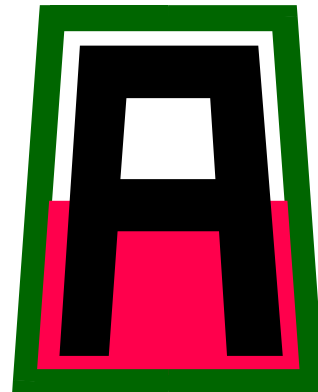
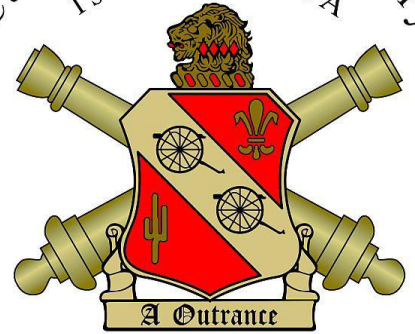
FACEBOOK PAGE

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))