



# THE POWDER BAG

THE CAMDEN LIGHT ARTILLERY ASSOCIATION NEWSLETTER

Volume 16 Issue 11

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

November 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**

I hope everyone had a nice Veterans Day – the weather was beautiful and what a great day to fly Old Glory.

I want to thank everyone who bring refreshments to the meetings every month which includes Bob and Pat Constantine, Carol Zacamy, and Joyce and Marty Santiago. Your goodies are very much appreciated by all.

Our annual Covered Dish Dinner will be held on Wednesday, December 3, 2014 at the Cherry Hill Armory at 6pm Sharp! Some of the wives will be calling regarding what everyone attending will be bringing. If you have not received a call, please contact Marc Kantor if you plan on coming and what you will bring.

Just a Reminder! Ad Book forms are NOW available and it would be appreciated to get them in 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.

The Dining Out is coming up sooner than you think. It will be held at the Tavistock Country Club on Saturday, March 7<sup>th</sup>, 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 someone you know is interested in running for Office.

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

## **SUMMARY OF THE 1 OCTOBER 2014 MEETING**

The meeting was called to order by the Executive Officer at 7:08 pm. Pledge of Allegiance by the Commander. Roll Call of the Officers – all present or accounted for. Invocation by the Chaplain followed by Sick Call report. No new attendees or guests reported. Motion to approve the October minutes was approved by Chet Malik and seconded by the Executive Officer. Financial report - there is a balance of \$5,037 in the association's bank account. There is \$2,500 in the reserve account. Storage unit has cost us \$714 so far this year. Only 36 members paid their dues so far this year. Records were unable to be found after Jack's passing so everybody is asked to pay their \$20 dues this year and we will start on January 1, 2015 with a new slate.

Commander's motion for approval – all accepted. Discussion on the renovations to the armory and the moving of the museum to a storage unit. Work on the armory will probably not start until the 328MP Co. deploy to Gitmo in April, 2015. Nominees for the 2015 elections are now open for Executive Officer, Finance Officer and Logistics Officer. All officers agreed to stay in office for two more years with the exception of the Logistics Officer. Contact Warren Strumpfer if you are interested in running for office. The unit Holiday Covered Dish Dinner will be held on Wednesday, December 3<sup>rd</sup> at 6:00pm. You will be contacted by phone by one of the wives

regarding the Holiday Dinner. If you do not receive a call and planning on attending, please call Marc Kantor. The 112FA Sports Club reported that the last shoot outing was enjoyed by all who attended. No new date has been scheduled at this time but possibly a snow shoot may be planned in the future. Forms are available for the Ad Book and early submission is appreciated so we may have enough time to put together a nice Ad Book. We would like all ads in by the February 4<sup>th</sup>, 2015 meeting. All St. Barbara and Molly Pitcher awards have to be in by the December 3, 2014 meeting. A discussion for the raising of dues to another \$5 dollars was voiced by some of the members but no decision was made at this time. New badges for retirees were shown in the Army ECHO Newsletter on who and where to wear them. The Commanders' Award this month went to Bob Scouler.

Meeting was adjourned at 8:03pm with refreshments following.



### 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**

The 112FA Sports Club had a successful October match at Range 14 at Ft Dix. We look forward to additional activities next year. Stay tuned to your emails.

### **112FA PHYSICAL FITNESS**

**SSG Brian Strecker, Chairman**

As we enter the winter season, here are some ideas for your healthy life style.

- 1. Get vaccinated annually against the flu. The season for flu runs from mid-October to mid-March, and the illness can be fatal to older adults. The vaccine offers some, if not complete, protection.**
- 2. Ask your doctor about Pneumovax, the vaccine against pneumococcus, which protects against pneumonia.**
- 3. Continue your exercise regimen – indoors if possible. However, avoid strenuous exercise like shoveling snow.**
- 4. Maintain your diet and a good level of hydration. Drink at least four or five glasses of water every day. Remember drinks with caffeine and alcohol actually dehydrate, so be sure to get lots of water, milk and juice. This should not change just because it is winter.**
- 5. Take time to rest. Don't let all the winter activities and family events keep you from getting the sleep your body needs.**
- 6. If you're using a space heater remember that space heaters need space. Keep anything that can burn at least three feet away from the heater, and if you're looking to buy a new space heater get one that automatically shuts off if the heater falls over.**
- 7. Tires: check air pressure and keep inflated to the recommended pressure for your vehicle, also make sure your tires have sufficient tread. Colder temperatures reduce tire pressure. Avoid deflating your tires in an effort to improve traction on ice or snow. This method does not work. Severely deflated tires generate a lot of heat and may blow out, causing an accident.**

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.

## Wall Push-Up

**Targeted Muscles: Arms, shoulders, and chest**



These push-ups will strengthen your arms, shoulders, and chest. Try this exercise during a TV commercial break.

1. Face a wall, standing a little farther than arm's length away, feet shoulder-width apart.
2. Lean your body forward and put your palms flat against the wall at shoulder height and shoulder-width apart.
3. Slowly breathe in as you bend your elbows and lower your upper body toward the wall in a slow, controlled motion. Keep your feet flat on the floor.
4. Hold the position for 1 second.
5. Breathe out and slowly push yourself back until your arms are straight.
6. Repeat 10-15 times.
7. 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

Benefits tab via Military.com

TRICARE beneficiaries that have another health plan besides TRICARE need to make sure that they notify TRICARE. Other health insurance, known as OHI, is alternate or additional insurance that is usually through an employer or a private insurance program. This does not include Medicare or a supplement to TRICARE. If your OHI is not recorded, TRICARE cannot coordinate your benefits and make sure that your claims are paid accurately and quickly. Even if you get your medical care at a military hospital or clinic at no cost to you, it is important that TRICARE know about your OHI. To learn more about using OHI with TRICARE please visit the TRICARE Other Health Insurance webpage at [www.TRICARE.mil/OHI](http://www.TRICARE.mil/OHI).

## MILITARY PERSONNEL

AUBURN, NY via Military.com

The U.S. military says a central New York native has retired as the [Army](#)'s last Vietnam-era draftee.

The 2nd Infantry Division's public affairs office at Camp Red Cloud in South Korea says Chief Warrant Officer 5 Ralph Rigby's retirement ceremony was held Oct. 28, his 62nd birthday. A native of Auburn in Cayuga County, Rigby was drafted in 1972. He's believed to be the Army's last continuously serving active duty draftee.

In July 2011, the Army announced that Command Sgt. Maj. Jeff Mellinger was retiring as the service's last Vietnam-era draftee. But Army officials later had to issue a correction when they learned Rigby and another soldier also were drafted and remained on active duty.

The other soldier, Chief Warrant Officer 4 Franklin Ernst, retired in 2012.

U.S. military conscriptions ended in 1973.



Thanksgiving is just around the corner

## **US ARMY TRAINING**

FAYETTEVILLE, NC by Drew Brooks

Female soldiers on [Fort Bragg](#) are undergoing grueling training this month in hopes of being among the first women to tackle one of the [Army's](#) toughest tests. Army officials have yet to announce whether they will open the Ranger Course at [Fort Benning](#), Georgia, to women for a possible one-time assessment, but approximately 30 soldiers from the 82nd Airborne Division are conducting Ranger skills preparation and assessment, officials said. The 17-day training program will include many of the tasks that are part of the Ranger Course, including the Ranger physical fitness test, combat water survival test, a 12-mile road march and a land navigation course. Additional training will focus on situational training, including reconnaissance, ambush, military operations in urban terrain and patrolling skills. Lt. Col. Cathy Wilkinson, public affairs officer for the 82nd Airborne, said the division's Pre-Ranger Course cadre were leading the training and evaluations. It's the first time female soldiers in the 82nd Airborne have undergone such training, she said.

Army officials have said they may open the Ranger Course to women next spring for an assessment. In September, the Army asked for female volunteers to possibly attend the course. Officials said a decision would be made in January on whether to conduct the assessment, which would train men and women together to help prepare the course for future integration decisions. Officials have said standards would not be changed if the integrated training is approved. The Army also is seeking female soldiers to potentially serve as observers to advise the training brigade. Last month, Col. Linda Sheimo, chief of the Command Program and Policy Division at the Human Resources Policy Directorate Army G-1, said if approved and women complete the school, they would earn the Ranger tab but not the job identifier. Sheimo spoke along with other military leaders during a panel discussion at the 2014 Military Reporters and Editors Conference in Washington. The discussion focused on how the services have broadened opportunities for women in recent years. The Army already has opened more than 55,000 positions to women, Sheimo said. During the discussion, Sheimo said women have served in combat since at least 2003. They served admirably long before that, too, she said. "Female soldiers, [Marines](#), sailors and airmen -- they've deployed to combat, they've been under fire, they've faced the enemy, taken incoming fire and returned fire," said Marine Corps Lt. Col. Michael Samarov, plans officer for the Marine Corps Force Innovation Office. "That's combat." "Courage, determination, grit -- it's not reserved for males," Samarov said. Wilkinson said the training that began on Fort Bragg on Monday is aimed at familiarizing female soldiers with the skills they may be tested on in Ranger school, if an assessment is approved. "If they make that decision, we want our soldiers to be trained and ready," she said. The soldiers who complete the training will be assessed as "highly capable candidates should future training opportunities become available," she said. "Our soldiers seek opportunities to challenge themselves and grow as individuals and leaders. The Ranger Skills training class will provide valuable leadership training that our soldiers will take back with them to their units to increase competency in fundamental soldier skills," Wilkinson said. "The training benefits all soldiers and all types of military units and ultimately makes the division stronger as a whole."

## **IS THIS ANYWAY TO RUN A GOVERNMENT?**

AUSA, weekly newsletter

"The Defense Department has 99 programs to help service members and their families address the effects of combat, including 50 related to mental health and substance abuse, according to a review by the Government Accountability Office. There are 87 programs administered by DoD or the Veterans Affairs Department to aid in the transition to civilian life, including 19 for those with disabilities, 18 providing employment assistance and 16 each for coordinating medical care, physical health and general referrals."

**These are YOUR tax dollars!**

## **SEQUESTRATION CONSEQUENCES**

### **The ArmyTimes**

About 40 officers selected for involuntary separation this spring will be ineligible to attend graduate school on the Army's dime, as initially promised. Early in their careers, these officers signed contracts agreeing to serve three additional years on active duty in exchange for the Army paying for their master's degree. As part of the program, called the graduate school option, or GRADSO, soldiers are eligible to attend school while still on active duty and still receiving pay and benefits. After graduating, they are required to serve three days for every one day enrolled in school. About 40 officers who signed the contracts now find themselves among 1,100 captains selected for involuntary separation as part of an ongoing Army drawdown to reach an end-strength of 490,000 by Sept. 30, 2015.

One of these captains, who asked that his name be withheld for fear it would hurt his civilian career, said he will have served 34 of the 36-month-service obligation that should have enabled him to cash in with an Army-paid-for degree. The captain contacted Army Times only after failed attempts through official channels. "I'm just trying to keep the Army honest," he said. "I'm not even disputing the results of the board. I'm not even angry or bitter," he said. "I just think that since they selected me, they need to figure out how to fulfill my contract, whether it's just compensating me or sending me to school." This captain, who is in the adjutant general branch, has been in the Army for more than six years and has served one deployment each to Iraq and Afghanistan. Paul Prince, an Army spokesman, confirmed about 40 officers selected by the board for separation had signed up for the incentive, but that because of force cuts they would have "no option for funded graduate school" through the Army. "The separation decision is administratively final, and, as a result of that separation, there is no mechanism for compensation," he said. "It is unfortunate that we must separate many well qualified soldiers to meet the requirement to reduce our end-strength, even as we continue to maintain readiness and keep the Army strong." The affected officers' contracts "are voided as a result of the [Secretary of the Army's] confirmation of their selection for separation," Prince said.

The GRADSO program is still being offered to new officers. The captain told Army Times he believes he was selected by the board because of an average evaluation he received early in his career. "It was my second evaluation in the Army," he said. "I was just a young lieutenant. I probably didn't really know what I was doing at the time. It definitely could have been better, but



it wasn't a relief for cause or refer to a board or anything." The contract he signed fresh out of ROTC had him agreeing to serve his four-year service obligation plus three more years, the captain said. In exchange, the Army would send him to the graduate school of his choice, and he would continue to be on active duty and receive his full salary and benefits, he said. However, now that he's been cut, he said, "I'm kind of stalled because I don't know how I'm going to pay for it." He has pleaded his case up the chain of command, beginning with his branch manager at Human Resources Command. He also submitted a congressional inquiry to Washington Sen. Patty Murray, which elevated his concerns to the Army G-1 (personnel) at the Pentagon. "Pretty much everything everybody said was the board trumps all," he said. "[They said] once I'm out of the Army in April of next year, they have no obligation to me. They don't owe me anything, even though I would have completed 34 of the 36 months I was contractually obligated to complete. I was never given the option of not meeting my obligations." Think just how much money was spent sending the privileged few from Washington, DC to New York for a Broadway show. Shouldn't that money be better spent on the fulfillment of a contract the country made with the people who keep this nation safe?

**These are YOUR tax dollars!**





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

**CPT Matt Neamand  
Commanding Officer**



**Members of the 328MP Company getting their paper work together**



**3-112FA MORRISTOWN, NJ**

**LTC Robert Hughes  
Commanding Officer**



**The 3-112FA held a Family Day and live fire exercise at Ft Dix. Many family members attended this well planned and executed day. Here are a few pictures from that day.**



**LTC Hughes and 1SGT Williams**



**3-112FA Staff (partial)**



**M119 direct fire**



**M119 indirect fire**



**Targets on impact area**



**Food line at Family Day**

**The 3-112FA will hold their Annual St Barbara Dining In  
at the Morristown Armory on 6 December 2014.  
You are cordially invited to attend.**



*Lieutenant Colonel Robert Hughes  
formally requests the pleasure of your  
company at the 3<sup>rd</sup> Battalion, 112<sup>th</sup> Field  
Artillery Saint Barbara's Dining In on  
Saturday, the 6<sup>th</sup> of December 2014 at  
nineteen hundred hours in the Morristown  
Armory Ballroom and Officers Club.*

RSVP by November 21<sup>st</sup> , 2014

973-631-2680

Email: [jose.e.couselo.mil@us.army.mil](mailto:jose.e.couselo.mil@us.army.mil)

\$20 for VIP / RET

\$25 for E-5 thru E-6

\$30 for E-7 thru E-9

\$35 for O1 thru O2

\$40 for O3 thru O4

\$45 for O5 (+)

Mail to:

3-112<sup>th</sup> FA Dining-in  
C/O 1LT Couselo or SFC Rua  
430 Western Ave  
Morristown, NJ 07960

Make Checks Payable to 3-112<sup>th</sup>  
Officers & NCO Association

3-112<sup>th</sup> Field Artillery



**Uniform is Army Service Uniform(ASU) or Army Dress Blues all with Black Bow Tie**



**RRNCO**  
**NJARNG Recruiting and Retention Battalion**

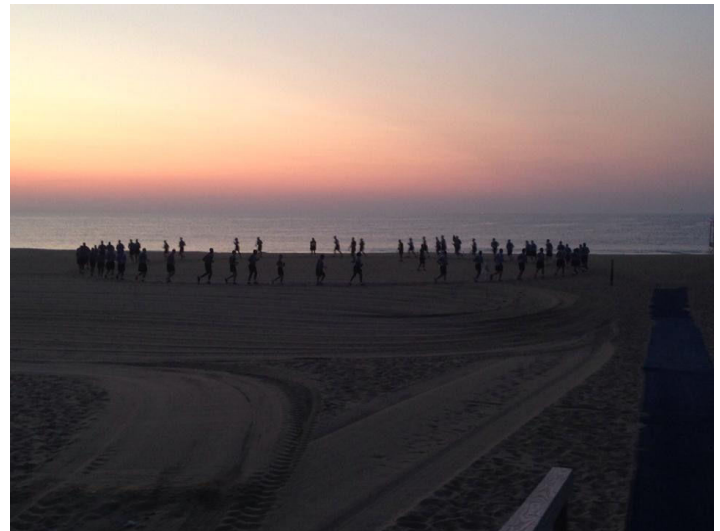
**SFC Kevin J. Makin**  
**RRNCO, Asst. NCOIC**  
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**www.njarmyguard.com**



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



**SFC Makin -- SSG Smedley -- SGT Lewis**



**New recruits at Sea Girt, NJ prior to reporting for basic training.**

**DMAVA Highlights**

courtesy of

**BG Steven Ferrari, USARMY NG NJARNG (US)**

**MSGT Mark C. Olsen, NJDMAVA/PAO**

**This is the cover of the November 21, 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**

**"In the first place, we should insist that if the immigrant who comes here in good faith becomes an American and assimilates himself to us, he shall be treated on an exact equality with everyone else, for it is an outrage to discriminate against any such man because of creed, or birthplace, or origin. But this is predicated upon the person's becoming in every facet an American, and nothing but an American...There can be no divided allegiance here. Any man who says he is an American, but something else also, isn't an American at all. We have room for but one flag, the American flag... We have room for but one language here, and that is the English language.. And we have room for but one sole loyalty and that is a loyalty to the American people."**

**Theodore Roosevelt, 1907**



## **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](http://www.112FA.org)

## **E-MAIL ADDRESS**

[112FA.CLA@gmail.com](mailto:112FA.CLA@gmail.com)

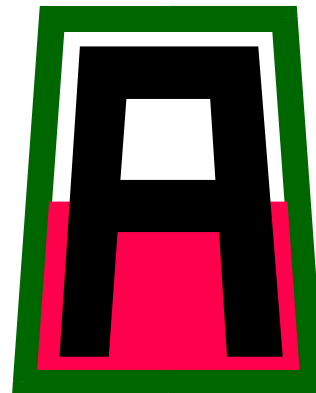
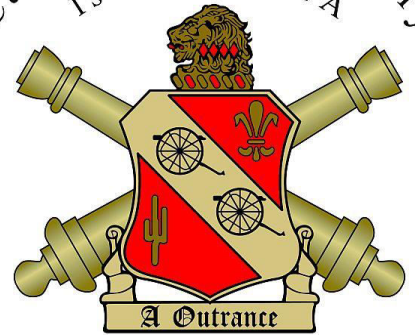
## **FACEBOOK PAGE**

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))