



THE POWDER BAG

THE CAMDEN LIGHT ARTILLERY ASSOCIATION NEWSLETTER

Volume 16 Issue 10

www.112FA.org

October 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 extend my **THANKS** everyone who sent their prayers and sympathy for Ronnie's sister, Lynne, who passed away on September 19th, 2014. Your words of comfort meant a lot to Ronnie and myself.

The **2015 Dining Out and Artillery Reunion** is fast approaching. It will be held at the Tavistock Country Club on Saturday, March 7th, 2015 starting with cocktails at 5:00 pm. Opening Ceremonies start at 6:00 pm with Dinner served at 6:30 pm. A Reminder! The Ad Book forms are available and it would be appreciated to get them back to us as soon as possible. See us at the November meeting if you do not have a copy. If you are going to use the same Ad as last year, you still need to fill out a form so we may keep the records correct and you get the ad you desire.

Elections are coming up for Executive Officer, Finance Officer and Logistics Officer. Please let **Warren Strumpfer** know of any possible candidates for those positions.

Always advise the unit if someone you know is ill, hospitalized or passed away 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, **Richard Tomasso**, at 7:05 pm. Led by the Commander, **Ed Powell**, the group recited the Pledge of Allegiance. Roll Call of the Officers – all present or accounted for. We then had the Invocation by the Chaplain, **Chet Malik**, followed by Sick Call report. **Bob Constantine** has been released from the hospital and is home recovering – a Get Well card was sent. **Tony Radice** is also recovering from an illness. No new attendees or guests reported present. A Motion to approve the September minutes was offered by **Chet Malik** and seconded by **Tom Monaghan**. Financial report - there is a balance of \$2,100 in the association's bank account with a \$2,500.00 reserve. Commander's motion for approval – all accepted. Our Patriot's Brunch was held on Saturday, September 13th, 2014 – we had 40 members and family attend. It was reported that a good time was had by all the attendees. Discussion on the renovations to the armory and the moving of the museum to a storage unit then followed. Additional work on the armory and its' roof will probably not start until the 328th deploy to Gitmo in April, 2015. The roof has been repaired to stop the leaking. a work day is scheduled for Saturday, October 25th to clean up the supply room – reporting time is 10:00 am. The reason we want to get the supply room cleaned out is so we can move the museum items out of the rented storage locker back to the Supply Room in order to save our association the undue expense. Nominations for the 2015 elections are now open for Executive Officer, Finance Officer and Logistics Officer. All are two-year terms with 4 years maximum except Finance. **Marc Kantor** was appointed to finish out **Jack Elbersen's** time as Finance Officer and a person must be elected to that office. Contact **Warren Strumpfer** if you are interested in running for office. The unit Holiday Covered Dish Dinner will be held on Wednesday, December 3rd at 6:00pm. The Sports Club will meet on October 18th at Fort Dix. 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 for our 2015 Annual Dining Out and Artillery Reunion to be held on Saturday, March 7, 2015 at the Tavistock Country Club. A tour of Ft. Mott in Pennsville, NJ was brought to the attention of the

members and was highly recommended. The South Jersey Stand down at the Armory was on 26 September, 2014 and all went well with very good attendance.

Meeting was adjourned at 8:10pm with refreshments following.



TO BE SUCCESSFUL

REMEMBER

**You are judged by your appearance
It's not what you say, but how you say it
It's not what you do, but how you do it.**

ELECTION NOTICE

courtesy of a member

When you go to the polls to vote on 4 November 2014, remember the following:

- 1. You cannot legislate the poor into prosperity by legislating the wealthy out of prosperity.**
- 2. What one person receives without working for, another person must work for without receiving.**
- 3. The government cannot give to anybody anything that the government does not first take from somebody else.**
- 4. You cannot multiply wealth by dividing it!**
- 5. When half of the people get the idea that they do not have to work because the other half is going to take care of them, and when the other half gets the idea that it does no good to work because somebody else is going to get what they work for, that is the beginning of the end of any nation.**

Keep America strong ... THINK before voting.

ACTIVITIES

112FA SPORTS CLUB

1SGT Ed McCarty, Chairman

The **112FA Sports Club** conducted it's Fall Meet at Range 14, Fort Dix on Saturday, 18 October 2014. All the members that attended had a safe, outstanding and most beautiful fall day at the range. Family and friends are always invited. We shared a lunch following our activities and there were no untrue stories told, if you can believe that. Bring a snack and water when you come. Watch your emails and the web site for our next trip.

112FA PHYSICAL FITNESS

SSG Brian Strecker, Chairman

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

The following 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.

Leg Exercise --

Targeted Muscles: Buttocks and lower back

What You Need: Sturdy chair



TIP: As you progress, you may want to add ankle weights.

This exercise strengthens your buttocks and lower back. For an added challenge, you can modify the exercise to improve your balance.

- Stand behind a sturdy chair, holding on for balance. Breathe in slowly.**
- Breathe out and slowly lift one leg straight back without bending your knee or pointing your toes. Try not to lean forward. The leg you are standing on should be slightly bent.**
- Hold position for 1 second.**
- Breathe in as you slowly lower your leg.**
- Repeat 10-15 times.**
- Repeat 10-15 times with other leg.**
- Repeat 10-15 more times with each leg.**

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

Options for Guard/Reserve Family

As the family member of a National Guard or Reserve member, your TRICARE options may change throughout the course of your sponsor's career. Your TRICARE eligibility depends on your sponsor's military status. The first step in your family gaining TRICARE eligibility is for your sponsor to register all eligible family members in the Defense Enrollment Eligibility Reporting System (DEERS). Updating personal information such as address, email addresses or phone numbers can be done by logging into MilConnect, calling 1-800-538-9552 (TTY/TDD: 1-866-363-2883), faxing updates to 1-831-655-8317. When your sponsor is deactivated, your family may qualify for either the Transitional Assistance Management Program (TAMP) (www.TRICARE.mil/TAMP) or the Continued Health Care Benefit Program (CHCBP). To verify your eligibility and learn more about your benefits as the family member of a National Guard or Reserve member please visit www.TRICARE.mil/reserve.



328 MP COMPANY, CHERRY HILL, NJ

**CPT Matt Neamand
Commanding Officer**

328th Schools Supply Drive. Through the use of our local VFW, we were able to obtain enough school supplies for every child represented in the 328th Military Police Company. We were also able to send additional supplies to a local chapter of young Marines.

Soldiers taking care of the community.

**Pictured: SPC Flores, SPC Abbott, SGT DiSanzo, SGT Carr, MSG Rivera
Not Pictured: SPC Huston**





3-112FA MORRISTOWN, NJ

**LTC Robert Hughes
Commanding Officer**



3-112FA T-Shirt





RRNCO
NJARNG Recruiting and Retention Battalion

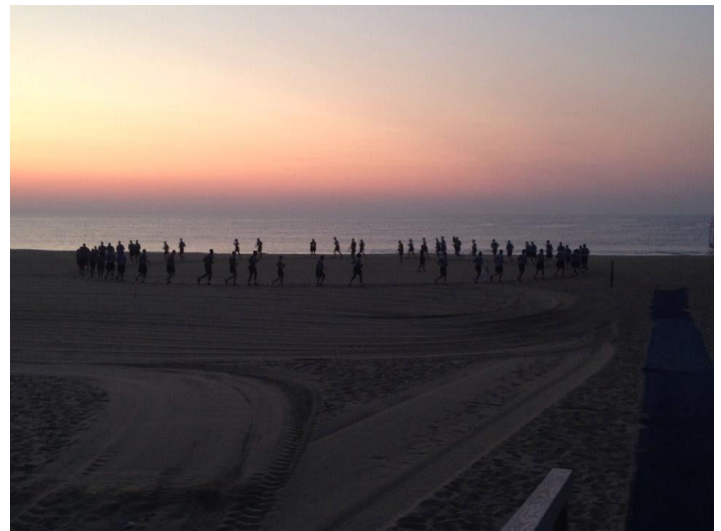
SFC Kevin J. Makin
RRNCO, Asst. NCOIC
(267) 251-7640
www.njarmyguard.com



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



SFC Makin -- SSG Smedley -- SGT Lewis



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

ARLINGTON NATIONAL CEMETERY

Q #1 How many steps does the guard take during his walk across the tomb of the Unknowns and why?

A #1 21 steps: It alludes to the twenty-one gun salute which is the highest honor given any military or foreign dignitary.

Q #2 How long does he hesitate after his about face to begin his return walk and why?

A #2 21 seconds for the same reason as answer #1.

Q #3 Why are his gloves wet?

A #3 His gloves are moistened to prevent his losing his grip on the rifle.

Q #4 Does he carry his rifle on the same shoulder all the time and, if not, why not?

A #4 He carries the rifle on the shoulder away from the tomb. After his march across the path, he executes an about face and moves the rifle to the outside shoulder.

Q #5 How often are the guards changed?

A #5 Guards are changed every thirty minutes, 24 hours a day, 365 days a year.

Q #6 What are the physical traits of the guard limited to?

A #6 For a person to apply for guard duty at the tomb, he must be between 5' 10' and 6' 2' tall and his waist size cannot exceed 30. They must commit 2 years of life to guard the tomb, live in a barracks under the tomb, and cannot drink any alcohol on or off duty for the rest of their lives. They cannot swear in public for the rest of their lives and cannot disgrace the uniform or the tomb in any way. After two years, the guard is given a wreath pin that is worn on their lapel signifying they served as guard of the tomb. There are only 400 presently worn. The guard must obey these rules for the rest of their lives or give up the wreath pin. The shoes are specially made with very thick soles to keep the heat and cold from their feet. There are metal heel plates that extend to the top of the shoe in order to make the loud click as they come to a halt. There are no wrinkles, folds or lint on the uniform. Guards dress for duty in front of a full-length mirror. The first six months of duty a guard cannot talk to anyone nor watch TV. All off duty time is spent studying the 175 notable people laid to rest in Arlington National Cemetery. A guard must memorize who they are and where they are interred. Every guard spends five hours a day getting his uniforms ready for guard duty.

Among the notables are:

Presidents of the United States of America

Members of the Supreme Court

Medal of Honor recipients include Audie L. Murphy, the most decorated soldier of WWII.

Officers and Men of the US Army and other branches of the military.

In 2003 as Hurricane Isabelle was approaching Washington, DC, the US Senate and House of Representatives took 2 days off in anticipation of the storm. On the evening news, it was reported that because of the dangers from the hurricane, the military members assigned the duty of

guarding the Tomb of the Unknown Soldier were given permission to suspend the assignment. They respectfully declined the offer, "No way, Sir!" Soaked to the skin, marching in the pelting rain of a tropical storm, they said that guarding the Tomb was not just an assignment, it was the highest honor that can be afforded to a service person. The tomb has been patrolled continuously, 24 hours a day, 7 days a week, 365 days a year since 1930.

For additional information about Arlington National Cemetery, go to their website.

<http://www.arlingtoncemetery.mil/>



DMAVA Highlights

courtesy of

BG Steven Ferrari, USARMY NG NJARNG (US)

MSGT Mark C. Olsen, NJDMAVA/PAO


This is the cover of the October 9, 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>




NEW GOVERNMENT PROGRAM

The following is from Montgomery County in Pennsylvania. If you do not reside in PA, check with your local governmental unit to inquire if a similar program exists where you live.



**MONTGOMERY COUNTY
RECORDER OF DEEDS
NANCY J. BECKER
610-278-3294**






**NOTICE TO MONTGOMERY COUNTY
VETERANS**

ATTENTION VETERANS



The Montgomery County Recorder of Deeds office is offering a free Veterans Photo ID card that upon presentation at participating businesses in Montgomery County will entitle you to a discount. A list of participating businesses can be found on our website www.montcopa.org/rod.

If you are interested in obtaining a Photo ID please bring your DD214 (Military Discharge) and a current driver's license or other photo ID to our office between 8:30 AM and 4:00 PM. Veterans who have already had their DD214 recorded in Montgomery County just need to bring their current driver's license or other photo ID and we will issue you your Veterans Photo ID.

The Recorder of Deeds office is located at One Montgomery Plaza, 3rd floor, Suite 303, Norristown. Parking is free for Veterans in the garage under the building. Please call 610-278-3294 if you have any questions or would like to verify that your DD214 has been recorded in Montgomery County.



So Many Gave So Much



QUOTE OF THE MONTH

**"Nothing is more unequal than the equal treatment of unequal people"
Thomas Jefferson**

CARRYING A GUN WAY WORSE THAN BEATING YOUR WIFE

From USA Today's Glenn Harlan Reynolds August 10, 2014

When Baltimore Ravens Football running back Ray Rice beat his wife unconscious in an elevator, New Jersey Superior Court Judge Michael Donio and Atlantic County New Jersey District Attorney Jim McClain agreed to put him in a diversion program for 1st-time offenders to keep him out of jail. But when Pennsylvania single mom Shaneen Allen was pulled over for a traffic violation and volunteered to a (Atlantic County) New Jersey police officer that she was carrying a legally-owned handgun with a Pennsylvania permit, the response of Donio and McClain was to deny her the same opportunity as Rice.

Allen lives in Philadelphia, right across the river from New Jersey. She has a Pennsylvania permit to carry a handgun. She thought it was recognized in New Jersey, just as it is recognized in over 30 other states. She was wrong. When she told the officer that she had the gun, she was arrested.

Now she faces a felony conviction and a mandatory 42 months in prison. Both Donio and McClain have been unwilling to dismiss the charges, or send Allen to a pretrial diversion program. They seem to want to make an example of her.

The problem is, she's being punished for something the Constitution says -- and the Supreme Court has agreed -- is a constitutional right. And the super-stiff penalties and abusive prosecution she's experiencing are pretty clearly intended to chill people from exercising that right. The *Washington Post's* Radley Balko quotes anti-gun activist Bryan Miller gloating over this result: "Fortunately, the notoriety of this case will make it less likely Pennsylvanians will carry concealed and loaded handguns in New Jersey, thereby making them and the Garden State safer from gun violence,"

Well, no. Shaneen Allen wasn't committing gun violence, and civilians with gun permits are a very law-abiding bunch, who have passed a background check and undergone training; no sensible state would want to discourage them from visiting.

But Miller is right that the New Jersey law in question is clearly intended to have a "chilling effect." In First Amendment law, statutes that are intended to chill people's free expression are often struck down by courts. Now that the Supreme Court, along with lower courts, has made clear that the Second Amendment protects an individual right to arms, it seems as if laws designed to treat gun-ownership and gun-carrying as, well, deviant and suitable for discouragement, will get the same treatment as laws that chill speech (I argue for that in a recent article in the *Southern California Law Review*.)

Perhaps, as the national outcry grows, the New Jersey justice system will do right by Allen. But the larger problem remains: While the courts have recognized that gun ownership is a normal, protected American activity, gun owners face a patchwork of laws that in many states impose Draconian penalties on people if, like Allen, they make an honest, harmless mistake. Allen is just the latest to be victimized by New Jersey officials. Travelers Brian Aitken and Greg Revell, suffered the same fate as Allen.

Under the Constitution, Congress has the power to protect civil rights via legislation, and this seems like a good subject for action. I would suggest a law providing that when people who may legally own guns under federal law are charged with possessing or carrying them in violation of state law, the maximum penalty should be a fine of no more than \$500. This would allow states a reasonable degree of regulation, without subjecting individuals to life-ruining consequences just because some politico wants to make a point.

EDITOR NOTE:

Remember to always follow the regulations regarding the safe transport firearms in the State of New Jersey. Refer to the 112FA Sports Club section of the August 2014 issue of *The Powder Bag*.

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 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

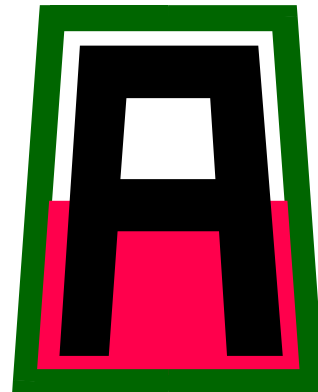
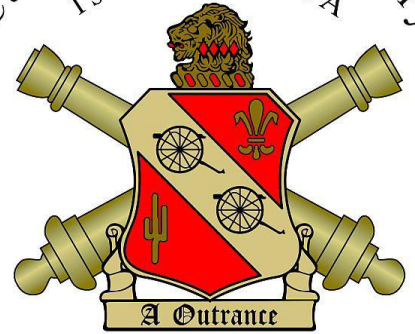
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FACEBOOK PAGE

**our name on Facebook is
CAMDEN LIGHT ARTILLERY**



Camden Light Artillery
1st BN 112th FA





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