



THE POWDER BAG

THE CAMDEN LIGHT ARTILLERY ASSOCIATION NEWSLETTER

Volume 16 Issue 9

www.112FA.org

September 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

We held our Patriot's Day Brunch on Saturday, September 13th at the Lamp Post Diner. We had 40 members and their families attend. A good time was had by all.

Just a Reminder! Ad Book applications are now available for our Annual Dining Out and Artillery Reunion. If you cannot attend the meetings please contact Marc Kantor or me and we will send you an application. Also, elections are coming up soon for Executive, Finance and Logistics Officers – anyone interested in running, please make Warren Strumpfer aware of your intentions.

At our Brunch, I found out that Bob Constantine was going into the hospital for another procedure. I talked to him recently, he is home and recuperating. A Get Well card was sent out by the unit. Please keep Bob in your prayers.

Just want to thank everyone who helped on our work day in packing up the Museum.

Again, please notify us as soon as possible if you know of anyone who is ill or going into the hospital so we may follow-up with a card from the unit.

SUMMARY OF THE 3 SEPTEMBER 2014 MEETING

The meeting was called to order by the Adjutant at 1905 hours, followed by the Pledge of Allegiance by the Commander. The Chaplain said a prayer and announced that Bill Baker was home and recovering from a knee replacement. He is also a member of the 1-114 INF out of Woodbury. No guests were present at this meeting. The minutes from the previous meeting were approved and seconded by the membership. The Financial report stated that we have a net balance of \$2,189.20. The report was accepted.

The next Brunch will be held at the Lamp Post Diner at 0900 hours on 13 September 2014.

The Sports Club will meet at Range 14 at Fort Dix on 18 October 2014. We will meet at the range office at 9:00am.

The Commander reported a good moving day was had moving artifacts from the Museum to a storage facility for safe keeping until the roof is repaired in the Armory.

A work day is scheduled on Saturday, 25 October 2014 at 10:00am to clean and organize the supply room. Anyone interested in helping please let Marc Kantor or Ed Powell know.

The nominations for Executive, Finance and Logistic Officers will begin in October. Elections will be held at our February Meeting, 2015. Anyone interested in running for one of the offices please contact Warren Strumpfer.

Nominations for the St. Barbara and Molly Pitcher Awards must be submitted no later than the November meeting. All nominations must be in writing and turned into the Executive Officer.

Ad Book applications for the Dining Out on 7 March 2015 are available at our regular meetings.

The Commander's Award for this month went to Warren Strumpfer.

Flags for the right arm sleeves and Unit Crest T-shirts were made available for the taking of the members at the meeting.

Bob Watson CO of the Lawrenceville National Guard Militia Museum sent applications for our membership consideration.

The Governor's Military Review will be held at the NG Training Center at Sea Girt on 28 September at Sea Girt, NJ.

Just a Reminder! The Dining Out is scheduled for Saturday, 7 March 2015 at the Tavistock Country Club.

The meeting was adjourned at 2008 hours with refreshments following.



TO BE SUCCESSFUL
REMEMBER

**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 will hold its' next meet at Range 14 at Ft Dix, NJ on Saturday, 18 October 2014. Bring you favorite bullet launcher, "eyes and ears", water and lunch. Always remember to transport your weapons safely and in compliance with all New Jersey states regulations. You may refer to last month's POWDER BAG for these requirements.

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.

HYDRATION

Fluid for Thought.

- 48% of older adults in emergency departments have lab values indicative of dehydration.

Why Does Hydration Matter?

- ✓ Fluid balance is essential to health.

Some consequences of dehydration:

- Constipation
- Medication toxicity
- Urinary tract and respiratory infections
- Renal failure
- Delirium
- Common cause of hospitalization
- Increased mortality rates among hospitalized older adults
- Compromised immune system

Contributing Factors to Dehydration

In addition to the obvious, not drinking enough daily fluids ... the following can contribute to dehydration.

- An adult taking diuretic-type medication and not replacing the extra fluid lost is at higher risk.
- Loss of fluid due to sweating in hot weather.
- Dehydration can also occur as a result of drinking too much alcohol which is a diuretic.
- People with diabetes have an increased risk of dehydration as high blood glucose levels lead to decreased hydration in the body. The kidneys will attempt to remove some of the excess glucose from the blood and excrete this as urine.
- Illnesses that cause vomiting or diarrhea.

Signs and symptoms of dehydration

- ❖ Dark urine, decreased skin elasticity, headache, dry mouth, fatigue and lethargy, a sudden change in blood pressure upon standing up, dizziness, and increased heart rate.
- ❖ Weakness and confusion – Typically the first symptoms to appear in severe dehydration.

Prevention

Each individual has different fluid intake requirements. Healthy older adults should aim for 1.5 – 2 liters (6 – 8 glasses) of liquid intake per day. Approximately 20% of our needed fluids are provided from the foods we eat.

M777 EXERCISE



One end...



Business end!



328 MP COMPANY, CHERRY HILL, NJ

**CPT Matt Neamand
Commanding Officer**



328th Military Police Co. Golf Outing

Join the 328th Military Police Company for the 1st Annual Golf Outing! Enjoy a friendly game while we give away prizes for mini competitions, goodie bags, and a Chinese auction!

\$120 includes

BBQ LUNCH

GOODIE BAGS

DOOR PRIZES

MINI-COMPETITIONS (LONGEST DRIVE, ETC)

CHINESE AUCTION



...For Registrations, Donations and other details...

CONTACT

SERGEANT ODISE CARR AT 856.952.1337 or odise.a.carr.mil@mail.mil

SPECIALIST KYLE ABBOTT AT 609.315.2603 or kyle.w.abbott.mil@mail.mil

WHERE:

INDIAN SPRINGS COUNTRY CLUB

115 SOUTH ELMWOOD ROAD

MARLTON, NJ 08053

WHEN:

OCTOBER 4, 2014

9:00AM SHOTGUN START



3-112FA MORRISTOWN, NJ

**LTC Robert Hughes
Commanding Officer**



M119
Note the 105mm projectile against the blue sky.

3-112FA T-Shirt



NIGHT FIRE from an M777



DMAVA Highlights

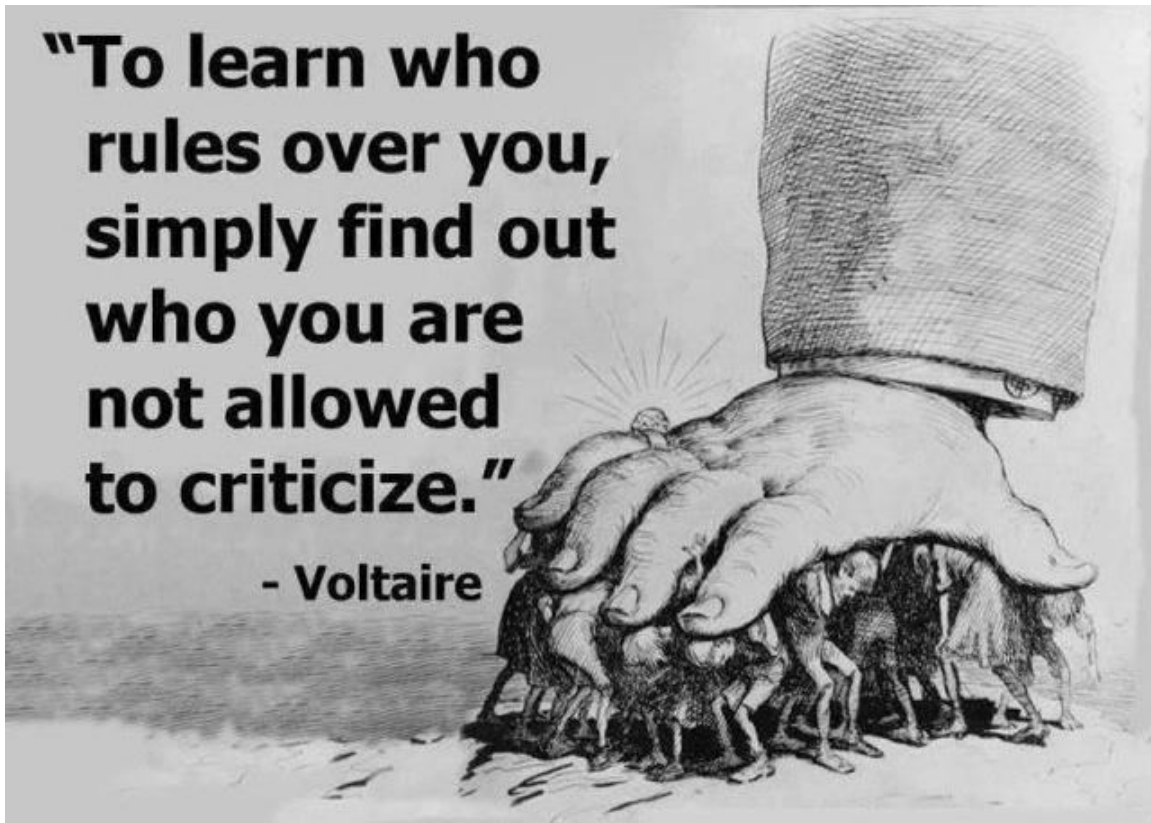
courtesy of

BG Steven Ferrari, USARMY NG NJARNG (US)

This is the cover of the September 18, 2014 issue. The Highlights are published on a weekly basis and emailed to those who have a valid email address on file.. To read the complete text, please visit the website at <http://www.state.nj.us/military/admin/highlights.html>



QUOTE OF THE MONTH



FISCAL 2016 SEQUESTRATION MARKS 'BREAKING POINT'

David Vergun
Army News Service

Should sequestration resume in fiscal year 2016 as current law requires, "it will be very difficult for us to lead around the world," Army Chief of Staff Gen. Ray Odierno said here today.

Fiscal 2016 is "a breaking point," Odierno told the Defense Writers Group. "I'm not seeing peace breaking out around the world in '16," he added.

Everyone wants the United States to lead the way in resolving global conflicts and crises, the general said -- not necessarily supplying the preponderance of forces, but being involved to some extent. The nagging question, he said, is "Do we want to do that or not?"

In fiscal 2016, Odierno pointed out, the Army's budget will go down \$9 billion from what it is now. That would have a "significant degradation" on the force, he said, "because I cannot take people out fast enough."

The general explained that manpower, modernization and training need to be kept in balance, even as the budget shrinks. And it's currently out of balance with too many soldiers and not enough dollars to properly train and equip them, he said. A reduction of 20,000 soldiers a year is as far as he's willing to push manpower reductions without seriously degrading operational concerns and personnel considerations, Odierno told the writers.

Vast majority of budget is mandatory spending

Although the total Army budget is around \$120 billion a year, the general said, the vast majority of that is mandatory spending that can't be touched, such as funds for equipment and personnel costs. About 46 percent of the budget alone is for personnel, he noted.

Sequestration takes a large percentage of a small portion of the budget that otherwise would have gone to training and equipping the force, he said, noting that the slashed budget will delay aircraft purchases, platform upgrades, command and control system and a host of other needed requirements for years to come.

The active Army is now 510,000 soldiers, down from a high of 570,000. It will be 490,000 by the end of fiscal 2015, 470,000 by fiscal 2016, 415,000 by fiscal 2017 and 420,000 by fiscal 2019, he pointed out.

Before the Islamic State of Iraq and the Levant offensive and the Russian incursion into Ukraine, Odierno said, he testified to lawmakers that a reduction to 450,000 would pose a significant security risk, and 420,000 would mean the Army would be unable to execute its current strategy. Since that time, he said, the risk has increased while the ability of the Army to deploy soldiers to a number of hot spots around the world simultaneously causes him grave concern. "I'm in a box," he added.

Lawmaker concerns about manpower reductions

Over the last two days, the Army chief said, he approved letters for the Army secretary to sign, replying to about 40 lawmakers who had expressed concern that the Army will reduce the number of soldiers on installations in their home states.

"I wrote back that the reason I'm taking soldiers out of your installation and out of your state is because of sequestration, not that I want to do it," Odierno said. That's the dilemma we're in."

The nation needs to have a security debate what it wants to do, the general told the writers. "Not a budget debate," he added. "A security debate about what capabilities and responsibilities we want from our Army."

Summing up the current state of affairs -- sequestration and degradation of readiness, even as unforeseen problems emerge in Africa, Eastern Europe, the Middle East and elsewhere -- the general remarked: "This is a lousy way to plan and do business."

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

112FA.CLA@gmail.com

FACEBOOK PAGE

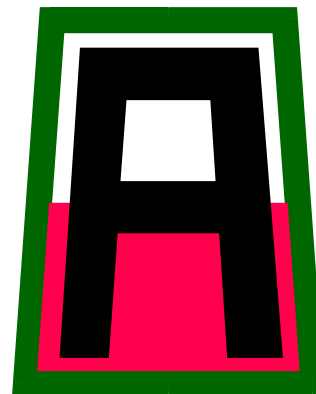
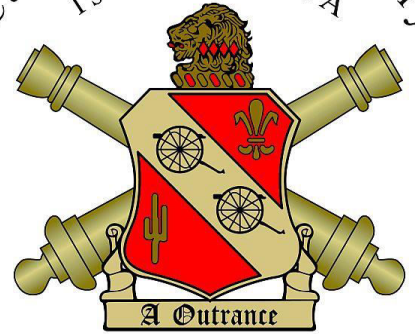
our name on Facebook is

CAMDEN LIGHT ARTILLERY





Camden Light Artillery
1st BN 112th FA





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