



THE POWDER BAG

THE CAMDEN LIGHT ARTILLERY ASSOCIATION NEWSLETTER

Volume 17 Issue 2

www.112FA.org

February-March 2015



"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:	Ed Powell
Executive Officer:	Richard Tomasso
Adjutant:	Richard Zacamy
Finance Officer:	Marc Kantor
Logistics Officer:	Ed McCarty

THE CAMDEN LIGHT ARTILLERY ASSOCIATION

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COMMANDERS COMMENTS

Once again I have the sad news to inform you of our loss of one of our members, **LTC Larry Altersitz (USA Retired)** who passed away on 1 February. Also, the wife of 1SG Joe Logeren (USA Retired), **Irene Logeren**, passed away on 26 February. We will be sorely miss both Larry and Irene and extend our heartfelt sympathy to their families.

The Dining Out was a great success and we had 98 attendees. It was great seeing members that we don't often see. We had a guest from the Veterans Home, Milton Dragon, who was a WWII Navy veteran. **Carol Zachamy** received the Artillery Order of Molly Pitcher and **Brian Strecker** received The Honorable Order of St. Barbara. Appreciation to the 9th Division for doing the presentation of the Colors and for the weapons display. All in all it was a wonderful night out.

For your calendars – our Armed Forces Day Brunch is coming up on Saturday, May 16th at 10:00 am in the Lamp Post Diner in Clementon. More details to follow. Also, a trip is being planned to the UTES at Ft. Dix sometime in May or June – more details will follow.

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 or their families.

SUMMARY OF THE 4 FEBRUARY 2015 MEETING

The meeting was called to order by the Adjutant at 1908 hours. The Commander then lead the group in reciting the Pledge of Allegiance. The Invocation and sick call was given by the Chaplin. No one on sick call at this time. Roll call was taken and all Officers were present and accounted for. There were no new members or guests attending the meeting. A motion was made and seconded to approve the minutes of the January 7th meeting. Financial Officer reported a Net balance of \$1,160.41. A motion was made and passed to accept the report. The election of Officers for the next two years was taken by voice vote. All Officers were re-elected and will remain the same as they ran unopposed. One official vote was cast by the Adjutant as is written and required in our by-laws. As of tonight's meeting we have 60 people responding to our invite for the Dining Out. Many more are expected as the date draws closer. A discussion to raise dues was tabled at this time and was turned over to the **By-Laws Committee** for them to work on changing the by-law **Article V Dues Sec. I.** The motion was made to raise the dues to \$25.00 from the current \$20.00 per year. There is a law on our books that the amount would be \$20.00 per year but due to the economics of running the organization, we are asking each member for an extra \$5.00 per year. Further, there should be no specified amount in the by-laws in case of future need to raise dues again. Renovation of the Armory has begun with the removal of asbestos and other material from the Club Room. Additional work on the Museum room and the NCO Club Room will take some time to complete. The major repairs will take place after the 328th MP CO. leaves for their deployment later this spring. The **112FA Sports Club** will hold their first meet on Saturday, March 21st at 0900 hours at Range 14 at Ft. Dix. After this announcement, there was a discussion on gun shows and New Jersey gun laws.

Comments from the floor: Dues are coming in with a good response, The Dining Out Dinner is coming along very well and the same for the Ad Book. The meeting was adjourned at 2004 hours followed by refreshments, the 50/50 drawing and the door prize drawing.

SUMMARY OF THE 4 MARCH 2015 MEETING

The meeting was called to order by the Executive Officer at 1915 hours, followed by the Commander leading the Pledge of Allegiance. Roll Call by the XO - all present except for the Adjutant. Invocation given by CO's wife and sick call-Nick Mariano was hospitalized and now in Rehab and Joe Logeren's wife, Irene Logeren, passed away. Cards were signed and sent for both. No new attendees, but a guest, Robert Groff joined us for the evening. A Motion was made by Chet Malick and second by Bob Constantine to approve the minutes of the February meeting. Financial Report given by Finance Officer – as of the meeting tonight there is a \$13, 919.25 balance – this balance will go down due to bills from Dining Out and Ad Book. Motion was made and second to accept financial report. Commander reported that all was ready and set for the upcoming Dining Out on Sat., March 7th at Tavistock Country Club. We will be approximately 97 attendees. All ads are in and Ad Book has been sent to the printer. CO read memo from Lum Harris regarding the raising of yearly dues. Discussion followed and a committee was formed headed by Warren Strumpfer and Lum Harris to go over By-Laws regarding this. Armed Forces Day Brunch will be held at the Lamp Post Diner, 1378 Little Gloucester Road, Clementon, NJ on Saturday, May 16th at 10:00 am. Warren Strumpfer is checking into reservations. Renovations to the Armory have begun – the Red Room has been completely stripped and ceiling in the Museum Room has been removed. Other work will be done when the 328 MP Co. deploys in April. Money has been appropriated to renovate the armory during the next year. A trip to the UTES at Ft Dix in the spring is currently being planned. The CO would like to know by the April meeting who may be interested in attending so he can make arrangements for the tour. Logistics Officer reported that there will be a “Spring Meet” on Saturday, March 21st at 9:00am at Range 14 at Ft. Dix. It was reported that the Newsletter will be a Feb/March newsletter due to the work involved to set up the Dining Out. There will be a special service for the deployment of the 328 MP Co. on Sunday March 29th at 10:00am on the drill floor in the Cherry Hill Armory. All are invited but please let Marc Kantor know if you are interested in attending. Dress code is red jackets or your red shirt. Jake Parvin mentioned that you can purchase a flag for \$5 in memory of someone who has passed away and was in the service. You can contact Michelle DeLang at Haddon Hts. Borough Hall if you are interested. Flags will be displayed in the Haddon Hts. Park. Marc Kantor brought up discussion to move Dining Out more to end of March or April due to weather in the past.

The meeting was adjourned at 2025 hours. A 50/50 drawing, a door prize drawing and refreshments followed the meeting.



IN MEMORIUM

We sadly mourn the passing of **LTC Larry Altersitz (USA Retired)**,
Vietnam veteran, US Army Airborne Ranger.



Irene S. Logeren, wife of 1SG Joe Logeren.



112FA Annual Dining Out





ACTIVITIES

112FA SPORTS CLUB

Ed McCarty, Chairman

Our outing to Range 14 at Ft Dix, NJ is scheduled for Saturday, 21 March 2015 was postponed due to the weather. There will be future dates posted on the web site and sent to the membership via email. (<http://shootnj.com/ftdixdirect.html>)

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

Brian Strecker, Chairman

[Stay safe, stay warm!](#)

Use it or lose it. As you age, it's important to pay attention to cognitive function and to make every effort to stay mentally alert and stimulated. Read books, do a crossword or jigsaw puzzle. Endeavors like these will help improve memory, sharpen language or reasoning skills, and can open new pathways in your brain. Learn something new: Challenging your brain by doing something completely new strengthens your brain and makes it more agile.

Socialize: This is no less important than any of the other exercises. When you are discussing things with friends, you are learning and exercising your brain.

Exercise: Exercise helps relieve stress, and can release protective hormones to your brain.

Change your routine: Use your other hand for easy tasks. Drive to and from home using a different route. Doing things like this will help build new patterns in your brain. The brain is plastic, it can continue to grow and build new connections. The new connections are what give you mental agility. These easy tips will help you to better stay mentally fit at any age.



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.

Elbow Extension

Targeted Muscles: Upper arm (biceps)

What You Need: Hand-held weights or household items (soup cans, bottles of water)



Tip: As you progress, use a heavier weight and alternate arms until you can lift the weight comfortably with both arms.

This exercise will strengthen your upper arms. If your shoulders aren't flexible enough to do this exercise, try the Chair Dip.

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold weight in one hand with palm facing inward. Raise that arm toward ceiling.
4. Support this arm below elbow with other hand. Breathe in slowly.
5. Slowly bend raised arm at elbow and bring weight toward shoulder.
6. Hold position for 1 second.
7. Breathe out and slowly straighten your arm over your head. Be careful not to lock your elbow.
8. Repeat 10-15 times.
9. Repeat 10-15 times with other arm.
10. Repeat 10-15 more times with each arm.

Safety during Exercise

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.

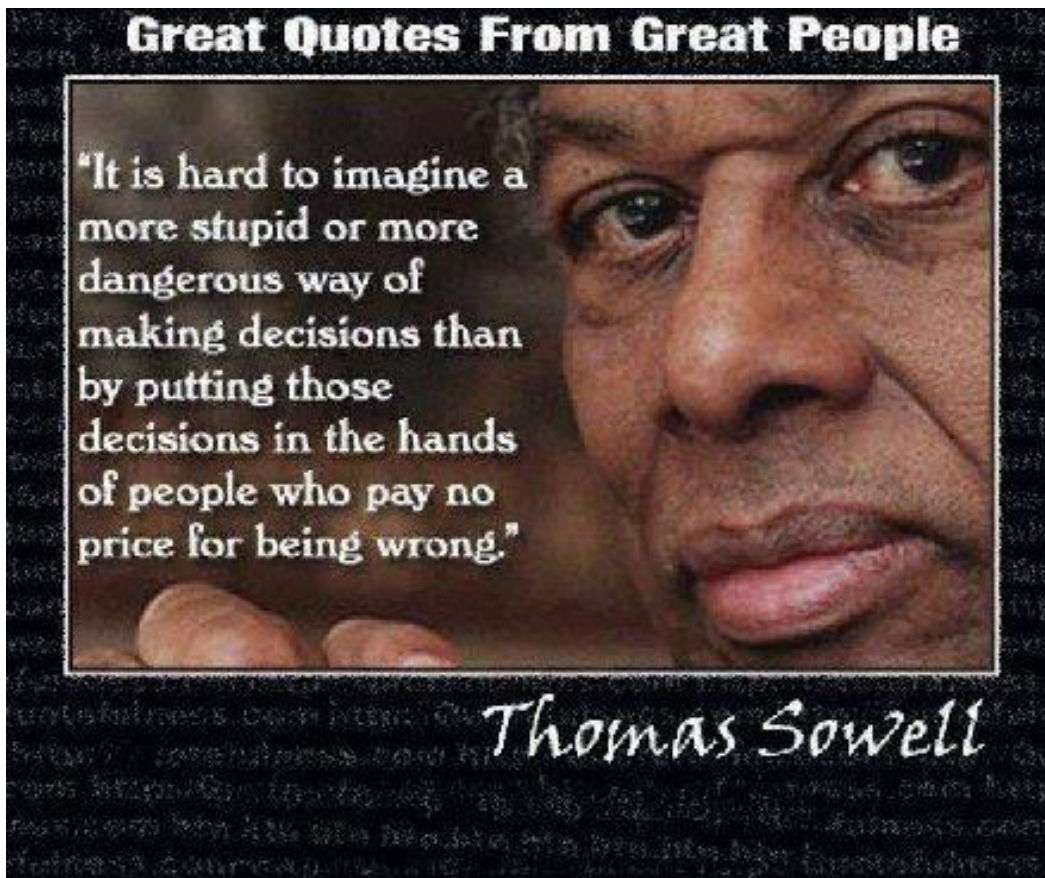
Breathe out as you lift or push, and breathe in as you relax.

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.

IS THIS ANYWAY TO RUN A GOVERNMENT?



SOMETHING TO THINK ABOUT FOR NOW



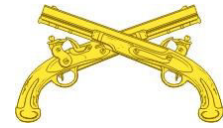
'Well you see, Norm, it's like this . . . A herd of buffalo can only move as fast as the slowest buffalo. And when the heard is hunted, it is the slowest and weakest ones at the back that are killed first. This natural selection is good for the herd as a whole, because the general speed and health of the whole group keeps improving by the regular killing of the weakest members. In much the same way, the human brain can only operate as fast as the slowest brain cells. Now, as we know, excessive intake of alcohol kills brain cells. But naturally, it attacks the slowest and weakest brain cells first. In this way, regular consumption of beer eliminates the weaker brain cells, making the brain a faster and more efficient machine. And that, Norm, is why you always feel smarter after a few beers.'





328 MP COMPANY, CHERRY HILL, NJ

**CPT Matt Neamand
Commanding Officer**



**CPT Matt Neamand and MSG Jose Rivera
at the 1-112FA Annual Dining Out**



1SG Ammon Moore at the 1-112FA Annual Dining Out



3-112FA MORRISTOWN, NJ

**LTC Robert Hughes
Commanding Officer**



**CSM Tom Slowinski and 1SG Paul Horan, 3-112FA
at the 1-112FA Annual Dining Out**



**MAJ Derek Enz and MSG Andrew Glatz, 3-112FA
at the 1-112FA Annual Dining Out**



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



These are new recruits in the Recruit Sustainment Program learning alignment in formation at Sea Girt, NJ prior to going off to Basic Training

NJDMAVA Highlights

courtesy of

BG Steven Ferrari, USARMY NG NJARNG (US)

MSGT Mark C. Olsen, NJDMAVA/PAO

This is the cover of the March 19, 2015 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 new website: https://www.dvidshub.net/publication/683/njdmava-highlights#.VOBMq-GrF_c



Members of the 328MP Company during training at Ft. Dix

TRICARE FOR LIFE

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



REQUEST YOUR INPUT

We 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

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E-MAIL ADDRESS

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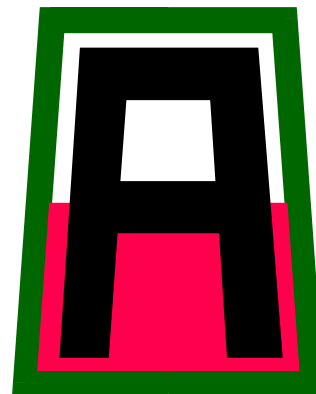
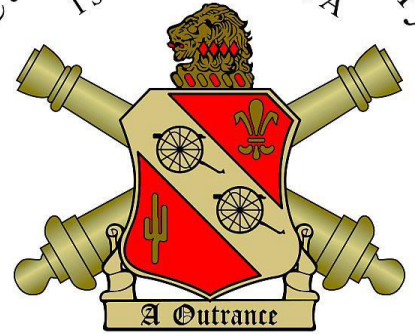
FACEBOOK PAGE

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))