



THE POWDER BAG

THE CAMDEN LIGHT ARTILLERY ASSOCIATION NEWSLETTER
1st Battalion 112th Field Artillery

Volume 17 Issue 3

www.112FA.org

April 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

2001 Park Boulevard, Cherry Hill, NJ 08002-2778

e-mail address: 112FA.CLA@gmail.com

Publication Staff: Ed Powell, Marc Kantor



COMMANDERS COMMENTS

On March 29th , ten members of the Camden Light Artillery attended a going-away ceremony held at the Cherry Hill Armory for the 328th MP Co being deployed to Cuba. I want to thank every member who attended. Also, on April 18th , Marc Kantor, Brian Strecker, Ed McCarty and I helped setting up, serve and clean up for the Family Farewell Dinner for the men and women who were being deployed. Our unit donated water, soda and paper products which they appreciated very much. After the dinner they were sent to Ft. Dix overnight, transported to Ft. Bliss, TX for additional training on Sunday and finally onto Guantanamo Bay, Cuba.

Thank you for the quick response recently regarding any members and their wives who may be ill or hospitalized. We wish Pat Constantine, Lou Bovino, and Len Saltzgueber quick recoveries.

I want to mention that it was one year on April 1st that we lost Jack Elberson. We are very fortunate to have all the members of our unit active and coming out to many of our activities and meetings. When we lose someone, it affects us all. Thank You to everyone of you who have helped me be the Commander of this unit.

Reminder that our Armed Forces Day Brunch will be held on Saturday, May 16th at 9:00am at The Lamp Post Diner in Clementon, NJ.

SUMMARY OF THE 1 APRIL 2015 MEETING

The meeting was called to order by the Adjutant at 7:08 pm. The CO led the pledge of allegiance and gave the invocation. Roll call by the Adjutant – all the staff was present and accounted for. The CO announced that Pat Constantine and Lou Bovino were recovering from recent hospitalizations and wished them speedy recovery. CO mentioned that it was one year today that our Jack Elberson passed away. We welcomed Ira Silverman and Robert Groff to our meeting. The CO thanked everyone for letting staff know about any member in the hospital or ill. Please keep us informed. A Motion was made and approved to accept the minutes of the February/March meetings. Financial report – there is a balance of \$4,672.81 in the association's bank account. Motion made and approved to accept the financial report. CO announced that the final report on the Dining Out and Ad Book was a great success for both. All members agreed that the new format of the Ad Book turned out well. After all bills were paid for both Dining Out and Ad Book there was an overall net profit of \$1,400 mainly from the Ad Book revenues. There were 98 attendees at the Dining Out. The next Dining Out will be on Saturday, March 19th, 2016 at Tavistock Country Club. There will be a going away dinner at the Armory on April 18th for the 328th MP Company and request for assistance from our unit was requested. The Armed Forces Day Brunch will be held on Saturday, May 16th at 9:00 am at the Lamp Post Diner in Clementon, NJ. Renovations of the Armory are on hold until the 328th MP Company is deployed. A possible

trip to the UTES at Ft. Dix may be scheduled sometime in June. The CO will give us dates and times at the next meeting for anyone interested in going. There will be a Gun Show in Warminster, PA on April 18th and 19th. The 112FA Sports Club will hold an outing on Saturday, April 25th at Range 14 at Ft. Dix starting at 9:00 am. A motion to raise the membership dues is in committee. Once recommendations are made by the committee, then they will be brought before the membership for approval. On April 25th, 2015 there will be a Retirement Appreciation Day at Ft. Dix. Motion was made and seconded to adjourn the meeting at 8:15 pm with refreshments following.

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.



BENJAMIN FRANKLIN QUOTE

"A good husband is worth two good wives. The rarer things always being of greater value."

IS THIS ANYWAY TO RUN A GOVERNMENT?

Apr 21, 2015 | by Bryant Jordan (see full article at Military.com)

"Joint Chiefs of Staff Chairman Gen. Martin Dempsey on Tuesday apologized to the mother of a [Navy SEAL](#) killed in Ramadi, Iraq, for saying the city's fall last week to ISIS "is not symbolic in any way."

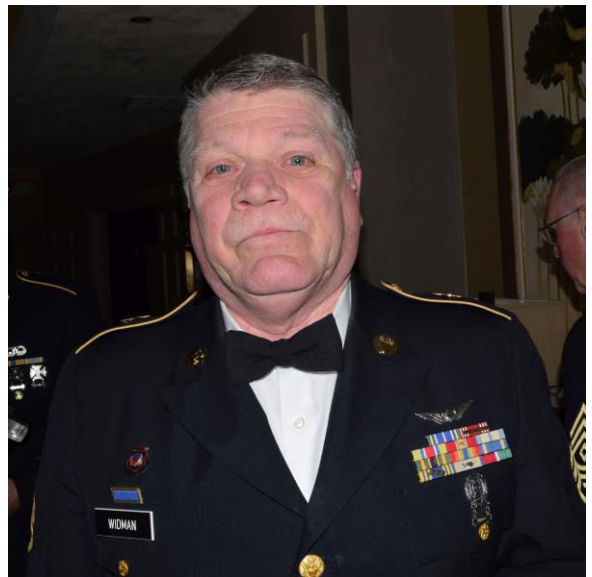
Dempsey issued the apology after Debbie Lee, whose son, Marc, died in Ramadi in 2006, released an open letter demanding an apology for "the families whose loved ones' blood was shed in Ramadi."

"I've read your letter, and I do apologize if I've added to your grief," Dempsey wrote. "Marc and so many others died fighting to provide a better future for Iraq. He and those with whom he served did all that their nation asked. They won their fight, and nothing will ever diminish their accomplishments nor the honor in which we hold their service." Dempsey wrote Lee in a personal note."

**ADDITIONAL PICTURES FROM OUR
112FA ANNUAL DINING OUT**







ACTIVITIES

112FA SPORTS CLUB

Ed McCarty, Chairman

Our next outing to Range 14 (<http://shootnj.com/ftdixdirect.html>) at Ft Dix, NJ is scheduled for Saturday, 25 April 2015. We will meet at the Range office at 0900 hours. Additional outings and events will be posted on the web site and sent to the membership via email.

112FA PHYSICAL FITNESS

Brian Strecker, Chairman



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

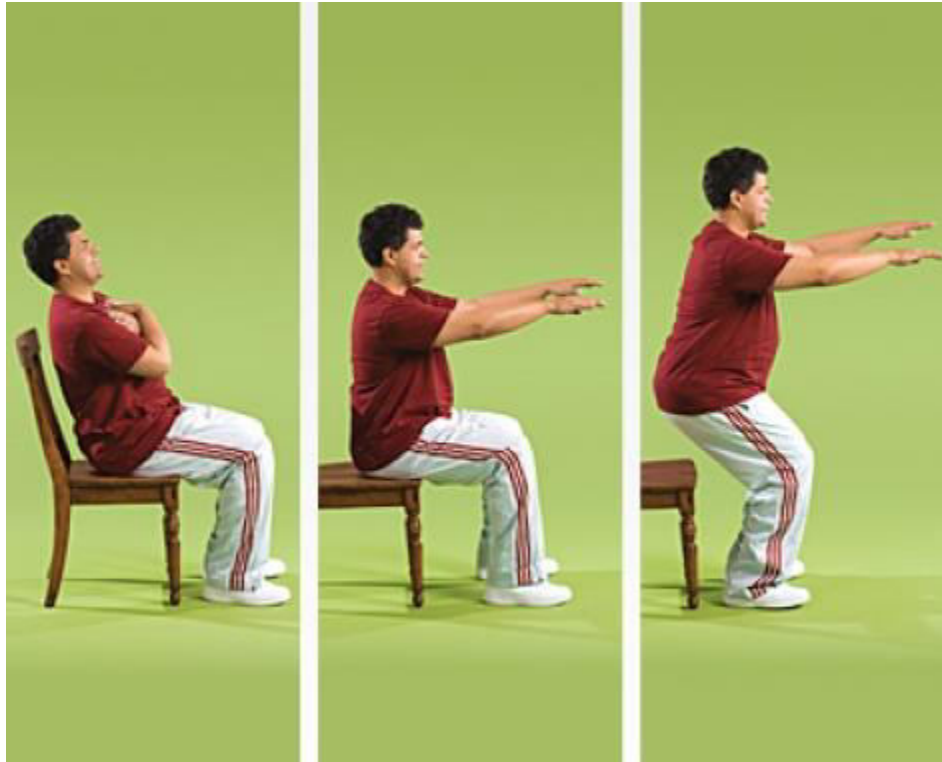
To strengthen your muscles, you need to lift or push weight. Even very small changes in muscle strength can make a real difference in function. Stronger muscles can make it easier to do everyday things like get up from a chair, climb stairs, carry groceries, open jars, and even play with your children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

Chair Stand

Targeted Muscles: Abdomen and thighs

What You Need: Sturdy, armless chair

Talk to Your Doctor: If you have knee or back problems, talk with your doctor before trying this exercise.



Tip: People with back problems should start the exercise from the sitting upright position.

This exercise, which strengthens your abdomen and thighs, will make it easier to get in and out of the car. If you have knee or back problems, talk with your doctor before trying this exercise. Sit toward the front of a sturdy, armless chair with knees bent and feet flat on floor, shoulder-width apart.

Lean back with your hands crossed over your chest. Keep your back and shoulders straight throughout exercise. Breathe in slowly.

Breathe out and bring your upper body forward until sitting upright.

Extend your arms so they are parallel to the floor and slowly stand up.

Breathe in as you slowly sit down.

Repeat 10-15 times.

Rest - then repeat 10-15 more times.

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.

TRICARE FOR LIFE

(from Military.com TRICARE Section)

"Numerous reports have been received from TRICARE beneficiaries regarding bogus "call center" representatives who are encouraging beneficiaries to provide personal identifying information and health information so that TRICARE can allegedly provide prescribed cream medications to the beneficiary. Be wary of unsolicited attempts by any entity asking for personal or health information, either by phone or in person. TRICARE beneficiaries receiving calls asking for personal information should immediately submit a fraud report to the pharmacy benefit contractor, ESI, via email to TRICAREfraudtip@express-scripts.com or call toll free 866-759-6139. ESI staff can also flag profiles and reject attempts to bill for these medications. People receiving unsolicited medication in the mail should refuse delivery."

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

QUOTE FOR THE MONTH

"The old believe everything, the middle-aged suspect everything, the young know everything."

Oscar Wilde

HOW ABOUT THIS FIRE POWER!!





328 MP COMPANY, CHERRY HILL, NJ

**CPT Matt Neamand
Commanding Officer**



328MP FAMILY FAREWELL PARTY





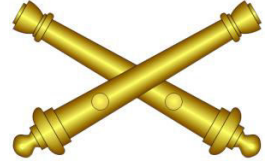






3-112FA MORRISTOWN, NJ

**LTC Robert Hughes
Commanding Officer**



The M119A2 ready for inspection prior to being upgraded to the M119A3



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"



SSG Lewis making a presentation at Haddonfield High School

NJDMAVA Highlights

courtesy of

BG Steven Ferrari, USARMY NG NJARNG (US)

MSGT Mark C. Olsen, NJDMAVA/PAO

**This is the cover of the April 23, 2015 issue. See the complete text and the newest issue at:
https://www.dvidshub.net/publication/683/njdmava-highlights#.VOBMq-GrF_c**





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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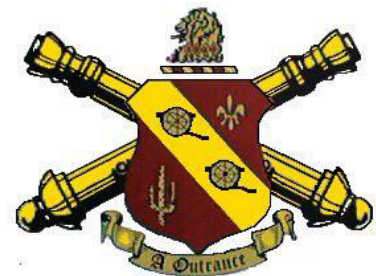
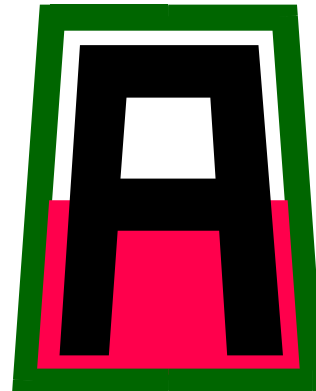
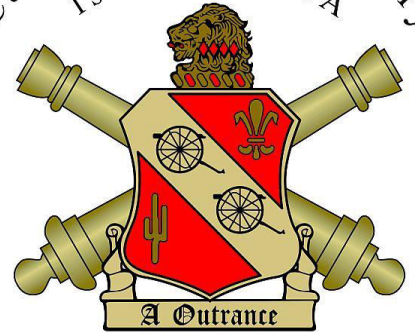
FACEBOOK PAGE

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))