



THE POWDER BAG

THE CAMDEN LIGHT ARTILLERY ASSOCIATION NEWSLETTER

1st Battalion 112th Field Artillery

Volume 17 Issue 5

www.112FA.org

August 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

I hope everyone had a healthy and happy summer. We are looking forward to seeing all of you at our 2 September meeting.

We are in the process of setting up a visitation to the Vineland Veterans' Home for sometime in the second or third week of October during a week day. If you are interested in attending, please let us know at our September meeting.

I am pleased that even on such a hot evening, we had over 35 members attend our August meeting. I am hoping to see more of you at our upcoming meetings and Patriot's Brunch and Visitation to the Vineland Veterans' Home.

We wish Joe Scioli all the best for a successful knee operation at the end of August.

See you at our September meeting on Wednesday, September 2nd at 7:00 pm.

SUMMARY OF THE 5 AUGUST 2015 MEETING

The meeting was called to order by the Adjutant at 1907 hours followed by the Pledge of Allegiance and Invocation and sick call. Len Saltzgueber is recovering from pneumonia and will be in rehab for a few days. Stan Szymborski's son passed away recently and the unit passed around two cards for Len and Stan. Roll call – all officers were present and accounted for. No new attendees or guests were at this meeting. Motion was made and seconded to approve the June meeting minutes. Financial report – there is a net balance of \$3,640.32 on the association's balance sheet. Motion was made and seconded to approve the financial report.

Commander's report – Discussion on raising the dues and changing the by-laws – committee working on a report to be given at the September meeting. Committee members are Lum Harris and Warren Strumpfer. Renovations to the armory – there has been no work done at this time but we are told that 10 million dollars are set aside for renovations. **(Update- this money has been withdrawn from Cherry Hill and sent to the Jersey City location)**. Commander has initiated a visit program to the Vineland's Veteran Home for sometime in October and is waiting to hear back from the coordinator. A discussion followed on what is needed by the patients – they are in need of bottled body wash, mouthwash, large print crossword puzzles and other small personal items. Further details will be brought out at the September 2nd meeting. Patriot's Day Brunch will be held on Sunday, September 13th at 10:00 am at Kaminski's, 1424 Brace Road, Cherry Hill, NJ 08002 – cost will be \$15.99 which includes a full buffet and drinks. The Commanders' Award went to Lou Bovino and Joe Scioli for their above and beyond help with our association.

Comments from the floor – There will be a Soldier Weekend at Ft. Monmouth in the Philadelphia region on September 26th and 27th. The tour of UTES was very informative when a few of us attended on June 10th at Ft. Dix. Update on the 3/112FA – received their new M777A2, a 155mm towed howitzer and new 105mm towed howitzers, the M119A3. Regarding brass for officers and enlisted there will be a new cross canons with the 112th on it as was used years ago. It is available and once again legal to wear. The NGAUS is trying to bring to law "veterans' status" to members of the National Guard and Reserve that have served over 20 years. A reminder – all dues are payable January 1st of every year. The meeting was adjourned at 8:05pm followed by refreshments.

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 mid September. The exact day and date will be emailed to the membership. On that day, we will meet at the Range office at 9:00am.

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.

Side Leg Raise

Targeted Muscles: Thighs, Hips, Buttocks

What You Need: Sturdy chair



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

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

1. Stand behind a sturdy chair with feet slightly apart, holding on for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg out to the side. Keep your back straight and your toes facing forward. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your leg.
5. Repeat 10-15 times.
6. Repeat 10-15 times with other leg.
7. Repeat 10-15 more times with each leg.

TRICARE FOR LIFE

WARNING!

Your costs will be increasing this year for your prescription fulfillment. Go To the MOAA web site or the Tricare website for more information. (<http://www.moaa.org>) (<http://www.tricare.mil/tfl>)

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. (from military.com)

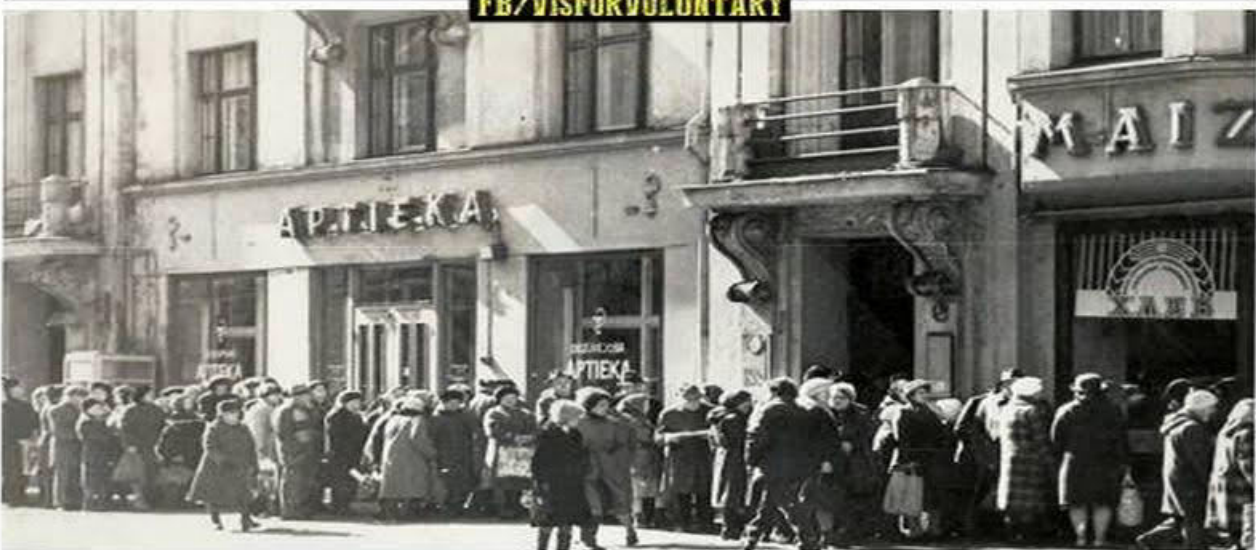
To learn more about TRICARE FOR Life, please visit their webpage at <http://www.tricare.mil/tfl>

QUOTE FOR THE MONTH

Fred Allen

"A CELEBRITY is a person who works hard all his life to become well known, then wears dark glasses to avoid being recognized."

PICTURE OF THE MONTH



6 Miracles of Socialism
FB/VISFORVOLUNTARY

1. There is no unemployment, but no one works	4. No one can buy anything, but everyone owns everything
2. No one works, but everyone gets paid	5. Everyone owns everything but no one is satisfied
3. Everyone gets paid, but there is nothing to buy with the money	6. No one is satisfied, but 99 % of the people vote for the system

SOMETHING TO THINK ABOUT

Definition of **Committee**: A collection of people who individually can do nothing, but as a group can decide that nothing can be done.



BENJAMIN FRANKLIN QUOTE

Al DeMasi

"Strong fences make good neighbors."

QUESTIONS THAT NEED ANSWERS

How important does a person have to be before they are considered assassinated instead of just murdered?

Once you're in heaven, do you get stuck wearing the clothes you were buried in for eternity?

Why does a round pizza come in a square box?

What disease did cured ham actually have?

How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?

Why is it that people say they 'slept like a baby' when babies wake up like every two hours?

Why are you IN a movie, but you're ON TV?

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?

Why do doctors leave the room while you change? They're going to see you naked anyway...

Why is 'bra' singular and 'panties' plural?

Why do toasters always have a setting that burns the toast to a horrible crisp, which no decent human being would eat?

If Jimmy cracks corn and no one cares, why is there a stupid song about him?

Why does Goofy stand erect while Pluto remains on all fours? They're both dogs!

If corn oil is made from corn, and vegetable oil is made from vegetables, what is baby oil made from?

Do the Alphabet song and Twinkle, Twinkle Little Star have the same tune?

Why did you just try singing the two songs above?

Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him for a car ride, he sticks his head out the window?

**Why, Why, Why
do we press harder on a remote control when we know the batteries are getting dead?**

Why do banks charge a fee on 'insufficient funds' when they know there is not enough money?

Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?

Why do they use sterilized needles for death by lethal injection?

Why doesn't Tarzan have a beard?

Why does Superman stop bullets with his chest, but ducks when you throw a revolver at him?

If people evolved from apes, why are there still apes?

Why is it that no matter what color bubble bath you use the bubbles are always white?

Is there ever a day that mattresses are not on sale?

Why do people constantly return to the refrigerator with hopes that something new to eat will have materialized?

Why do people keep running over a thread a dozen times with their vacuum cleaner, then reach down, pick it up, examine it, then put it down to give the vacuum one more chance?

Why is it that no plastic bag will open from the end on your first try?

How do those dead bugs get into those enclosed light fixtures?

Why is it that whenever you attempt to catch something that's falling off the table you always manage to knock something else over?

In winter why do we try to keep the house as warm as it was in summer when we complained about the heat?

How come you never hear father-in-law jokes?

And the Number 1 Question that needs to be answered:

The statistics on sanity is that one out of every four persons is suffering from some sort of mental illness. Think of your three best friends -- if they're okay, then it's you.

NEW JERSEY VIETNAM VETERAN'S MEMORIAL

1 Memorial Lane Holmdel, NJ 07733

(<http://www.njvvmf.org/>)



The New Jersey Vietnam Veterans' Memorial and the Vietnam Era Museum & Educational Center are located within sight of each other near the PNC Bank Arts Center in Holmdel, NJ. The Memorial brings to New Jersey a fitting acknowledgment of the valor displayed by the New Jersey residents who never returned from Southeast Asia. It commemorates the courage shown by all who served in America's armed forces during the years of the Vietnam conflict. Its companion project, the Vietnam Era Museum & Educational Center, provides a means to present factual and unbiased information about the era. Using exhibits, audio/visual presentations, structured programs and guest speakers, visitors are provided with a forum for ongoing discussion and an opportunity to gain a better understanding of America's most divisive period since the Civil War. Supplemental programs, such as veterans' biographies, are intended to recognize and document the contributions made by New Jersey's veterans so that their service to our nation will be preserved for future generations.



328 MP COMPANY, CHERRY HILL, NJ
CPT Matt Neamand
Commanding Officer



The 328MP Company is on deployment at the Guantanamo Bay Facility.





3-112FA MORRISTOWN, NJ

**LTC Robert Hughes
Commanding Officer**



The 3-112FA held live fire exercises at Ft Dix during their 2015 AT. They used their new M777A2 for an indirect fire mission and the M119A3 for direct fire. Congratulations to LTC Rob Hughes, CSM Paul Horan, the staff and members of the 3-112FA.







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 of the Recruiting & Retention BN prepares Recruit Sustainment Program soldiers for water training at the NJ National Guard Training Center, Sea Girt NJ

NJDMAVA Highlights

courtesy of

BG Steven Ferrari, USARMY NG NJARNG (US)

MSGT Mark C. Olsen, NJDMAVA/PAO

This is the cover of the 28 August 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 only \$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

www.112FA.org

E-MAIL ADDRESS

112FA.CLA@gmail.com

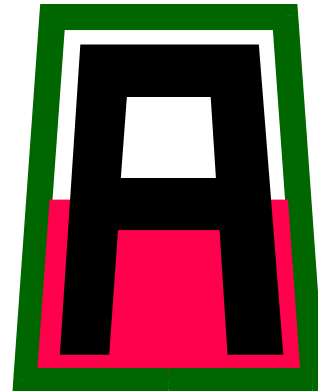
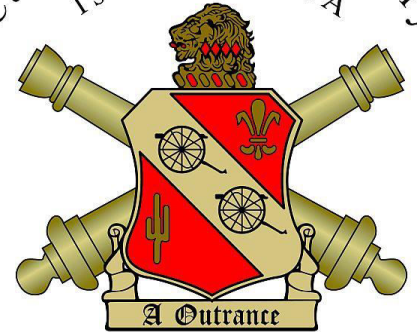
FACEBOOK PAGE

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))