



# THE POWDER BAG

THE CAMDEN LIGHT ARTILLERY ASSOCIATION NEWSLETTER  
**1<sup>st</sup> Battalion 112<sup>th</sup> Field Artillery**

Volume 17 Issue 9

[www.112FA.org](http://www.112FA.org)

December 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](mailto:112FA.CLA@gmail.com)

Publication Staff: Ed Powell, Marc Kantor



## **COMMANDERS COMMENTS**

I want to take this time to remind all our members to take a moment to remember the many men and women who lost their lives on December 7, 1941 – May they Rest in Peace. The day is now called *National Pearl Harbor Remembrance Day*.

My wife and I want to wish everyone a Merry Christmas and a Happy Hanukkah and a Healthy, Happy New Year. Let's not forget those men and women who are away from their homes this holiday to keep us all safe.

We thank everyone who helped at our Holiday Dinner meeting on 2 December. I want to especially thank the women who made phone calls and organized the food: Barbara Rouh, Ginny Scioli, Phyllis DiMedio, Peggy Strecker, and Ronnie Powell. I also want to thank Tom Monaghan for organizing the kitchen and keeping tabs on everything and Ed McCarty and his work crew for setting up and decorating the room. The Holiday Dinner was a really great success and everyone said the food was delicious and plenty of it. There were 62 members and wives who attended.

If anyone is interested in running for an office, please inform Warren Strumpfer. The office of Commander and Adjutant positions are up for election.

The Ad Book forms for the Dining Out in 19 March 2016 are now available and are attached at the end of this newsletter.

We'll see you at our next meeting on Wednesday, 6 January 2016 at 7:00pm at the Cherry Hill Armory.

## **SUMMARY OF THE 2 DECEMBER 2015 MEETING**

The meeting was called to order by the Adjutant at 6:10 pm followed by the Pledge of Allegiance and Invocation by the Commander. Roll Call: all Officers were present and accounted for. There was no one listed on sick call. Motion was made and seconded to accept the November minutes. Financial Report - \$7,020.88 balance in the association bank account. Motion was made and seconded to accept the financial report. The third reading of the By-Laws was read by Warren Strumpfer. It will be voted on at our January meeting. Warren Strumpfer also reported that a list of nominees will be listed at our January 6<sup>th</sup> meeting. Ten wreaths were purchased through the Wreaths Across America program and will be placed on graves December 12<sup>th</sup>, 2015 at Finn's Point National Cemetery. Members who are going will meet at Ft. Mott at 12 Noon on that day. We are now members of the Vietnam War 50<sup>th</sup> Year Commemorative Organization. We received a flag from them that will be displayed at our monthly meetings. Commander's Award was given

to Lum Harris and Rich Tomasso. Also given were the Challenge Coins to Lum Harris, Brian Strecker, Ed McCarthy and Al DeMasi. Meeting was adjourned at 6:26 pm. This was followed by our Holiday Dinner where a good time was had by all. Sixty-two of our members and wives attended. No one went home hungry.

Merry Christmas, Happy Hanukkah, and Healthy and Happy New Year.

## ACTIVITIES

### 2016 ANNUAL DINING OUT AND ARTILLERY REUNION



**Saturday, 19 March 2016, Tavistock Country Club**

Ad Book subscription forms are attached at the back of this newsletter. Please return your subscription as soon as possible and help make the 2016 Dining Out a memorable and successful evening for your unit.

### 2015 ANNUAL CHRISTMAS DINNER AND MEETING







## WREATHS ACROSS AMERICA

CLA members participated in the program at two locations.

These are pictures from Ft Mott.



Here are pictures from Arlington National Cemetery.



## **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 Flexibility**

Flexibility, or stretching, exercises give you more freedom of movement for your physical activities and for everyday activities such as getting dressed and reaching objects on a shelf. Stretching exercises can improve your flexibility, but they will not improve your strength or endurance.

#### **Neck**



This easy stretch can help relieve tension in your neck. Try to stretch after strength training and during any activity that makes you feel stiff, such as sitting at a desk.

1. You can do this stretch while standing or sitting in a sturdy chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Slowly turn your head to the right until you feel a slight stretch. Be careful not to tip or tilt your head forward or backward, but hold it in a comfortable position.
4. Hold the position for 10-30 seconds.
5. Turn your head to the left and hold the position for 10-30 seconds.
6. Repeat at least 3-5 times.

## **112FA SPORTS CLUB**

**Ed McCarty, Chairman**

The 112FA Sports Club met at Range 14 (<http://shootnj.com/ftdixdirect.html>) at Ft Dix, NJ on 19 September 2015, 24 October 2015, and once again on 14 November 2015. The November meet was



sunny, but windy; however, we had a great time with good friends. Our next outing will be scheduled for early Spring 2016.

Additional outings and events will be posted on the web site and sent to the membership via email.



### **TRICARE FOR LIFE**

*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](mailto: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>

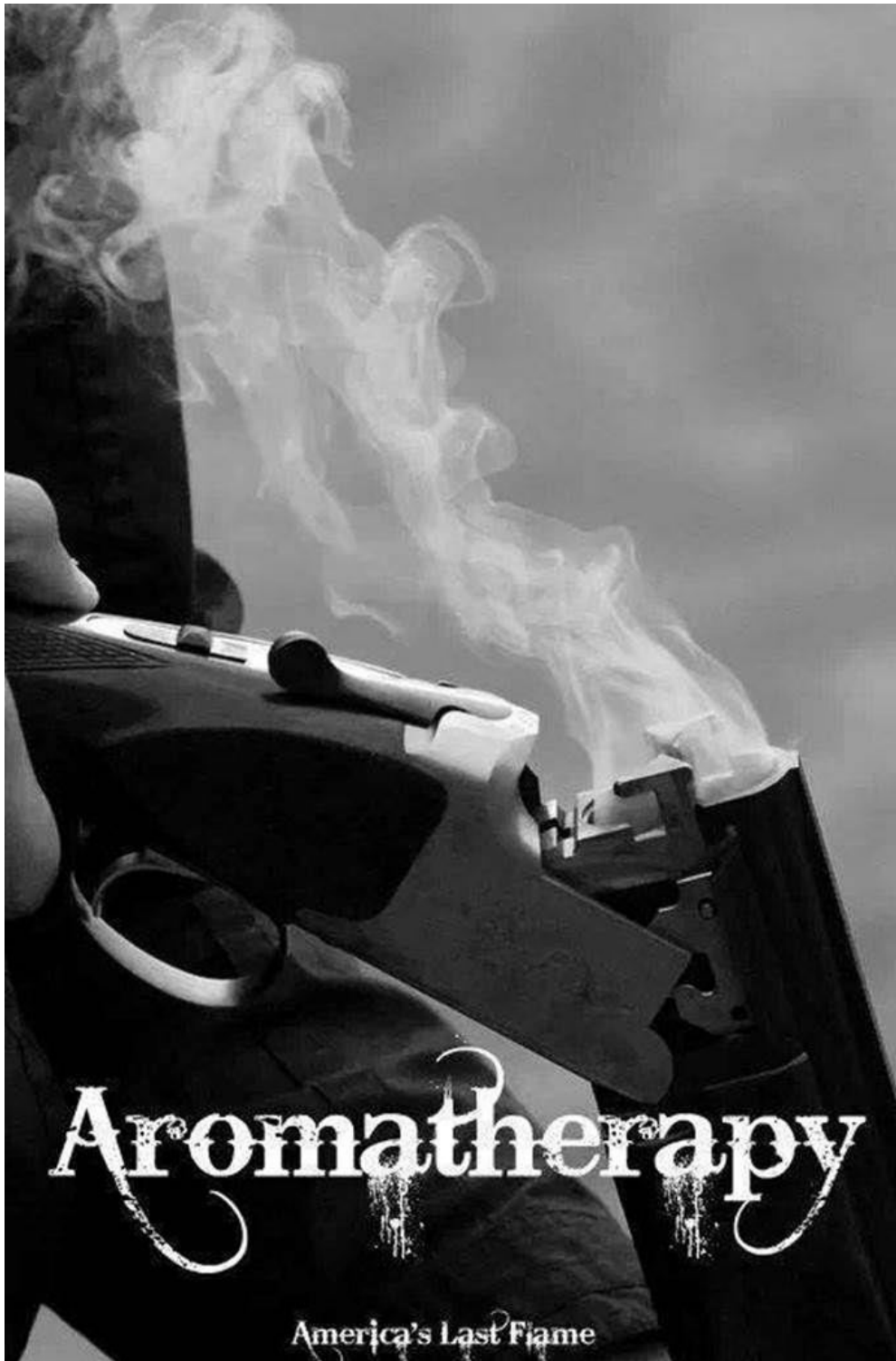


### **QUOTE FOR THE MONTH**

**"A collective tyrant, spread over the length and breadth of the land,  
is no more acceptable  
than a single tyrant ensconced on his throne."**

**Georges Clemenceau (1841-1929)**

PICTURE OF THE MONTH



**BENJAMIN FRANKLIN QUOTE**

Al DeMasi



"To be proud of virtue, is to poison yourself with the antidote."

**SOMETHING TO PONDER**

**A wife, being the romantic sort, sent her husband a text: "If you are sleeping, send me your dreams. If you are laughing, send me your smile. If you are eating, send me a bite. If you are drinking send me a sip. If you are crying, send me your tears. I love you!"**  
**The husband, typically non-romantic, replied: "I am on the toilet. Please advise."**

## **WHY WE MISS RODNEY DANGERFIELD**

"My wife is such a bad cook, if we leave dental floss in the kitchen the roaches hang themselves."

"My wife is such a bad cook, the dog begs for Alka-Seltzer."

"My wife is such a bad cook, in my house we pray after the meal."

"It's tough to stay married. My wife kisses the dog on the lips, yet she won't drink from my glass!"

"My wife made me join a bridge club. I jump off next Tuesday."

"I'm so ugly, I stuck my head out the window and got arrested for mooning."

"I know I'm not sexy. When I put my underwear on I can hear the Fruit of the Loom guys giggling."

**JUST SOME OF REASONS WE MISS RODNEY DANGERFIELD**  
**MORE NEXT MONTH**



## **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**





**RRNCO**  
**NJARNG Recruiting and Retention Battalion**



**SSG Joseph A Cavanagh**  
**609-519-6449**

**[www.njarmyguard.com](http://www.njarmyguard.com)**

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



**SSG Lewis - SSG Cavanagh - SSG Sullivan**

**FY15 Rookie of the Year - FY14 Rookie of the Year - Recruiter, Cherry Hill**



**SSG Cavanagh and SSG Burrough receive  
NG Recruiting Master Badge**



**SSG Lewis - SSG Sullivan - SFC Hagan - SFC DiPalma - SSG Cavanagh - SPC Reyes  
at Delsea JROTC 2015**



## NJDMAVA Highlights

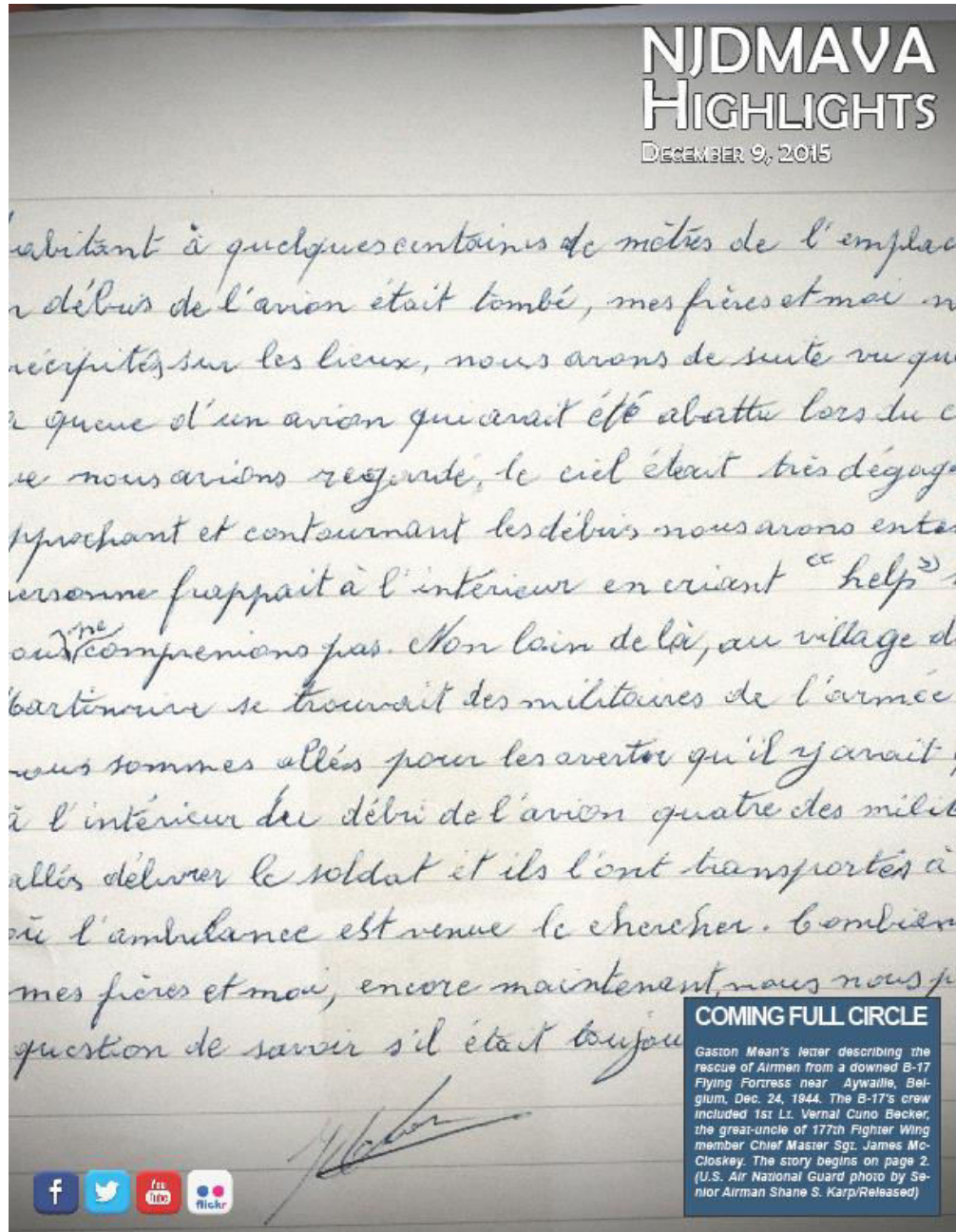
courtesy of

BG Steven Ferrari, USARMY NG NJARNG (US)

MSGT Mark C. Olsen, NJDMAVA/PAO

This is the cover of the 9 December 2015 issue. See the complete text and the newest issue at:

<https://www.dvidshub.net/publication/683/njdmava-highlights#.VQBMq-GrFc>



**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 1<sup>st</sup> Battalion 112<sup>th</sup> 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](http://www.112FA.org)

## **E-MAIL ADDRESS**

[112FA.CLA@gmail.com](mailto:112FA.CLA@gmail.com)

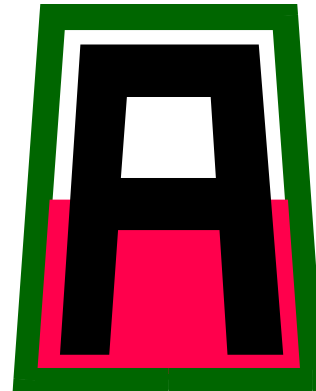
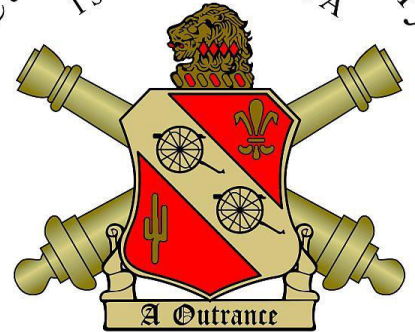
## **FACEBOOK PAGE**

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))



## 2016 Dining Out Ad Book

### Sponsorship Form - Individual

We will acknowledge your support at our  
Annual Dining Out and Artillery Reunion

**Saturday, 19 March 2016**  
**Tavistock Country Club**

- \_\_\_ Gold Sponsor - \$135.00 Full page
- \_\_\_ Eagle Sponsor - \$65.00 Half page
- \_\_\_ Patriot Sponsor - \$35.00 Quarter page
- \_\_\_ Booster Sponsor - \$20.00

Your sponsorship and support of this event will be used to commemorate all our Veterans and those currently serving in the US Military

- \_\_\_ Camera ready artwork furnished
- \_\_\_ Logo and text furnished
- \_\_\_ Other: \_\_\_\_\_

Please make checks payable to:  
**Camden Light Artillery Association**  
**NG Armory**  
**2001 Park Boulevard**  
**Cherry Hill, NJ 08002-2778**

Contact:  
CPT(Ret) Marc Kantor  
610-715-5750  
112FA.CLA@gmail.com

**Thank you for your support**



## 2016 Dining Out Ad Book

### Sponsorship Form - Business

We will acknowledge your support at our  
Annual Dining Out and Artillery Reunion

**Saturday, 19 March 2016**

**Tavistock Country Club**

\_\_\_ Platinum Sponsor - \$350.00 Full page

\_\_\_ Gold Sponsor - \$250.00 Half page

\_\_\_ Silver Sponsor - \$150.00 Quarter page

\_\_\_ Bronze Sponsor - \$75.00

Your sponsorship and support of this event will be used to commemorate all our Veterans and those currently serving in the US Military

\_\_\_ Camera ready artwork furnished

\_\_\_ Logo and text furnished

\_\_\_ Other: \_\_\_\_\_

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**NG Armory**

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**Thank you for your support**