



# THE POWDER BAG

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

Volume 17 Issue 4

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

May 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

On April 18<sup>th</sup>, Marc Kantor, Edward McCarty, Brian Strecker and the Commander help set up the going-away dinner for the 328<sup>th</sup> MP. CO. that has being deployed to Cuba. I thank these three members for all of their help. At the dinner were soldiers of the 328<sup>th</sup> MP. CO and family members in excess of 430 people.

Thank you for the quick response recently regarding notification of our any members and their spouses who may be ill or hospitalized. We wish Nick Marino and Joe Logeren a quick recovery from their current illness.

Our Unit is doing OK but we always are looking for new members - so get the word out to your friends and family. Any current or past member of the armed forces are welcome regardless of branch or service.

Reminder; on June 10<sup>th</sup> the unit is going to the UTES at Ft. Dix. You can meet at the Armory or go right to Ft. Dix. Starting time for the tour is 10:00AM. Directions to UTES will be given out at our next meeting on June 3<sup>rd</sup> , or see below. Go East on Rt. 70 to Rt. 539 - make a left turn (WAWA on the opposite corner) and go about one or two miles - building is on the right. It is about a one hour drive from the Armory.

As Memorial Day approaches we are again reminded of the many men and women who gave their lives for our freedom. We thank everyone for their service in the full-time military and the National Guard. Remember to always Thank the families of those in the military services for their support.

## SUMMARY OF THE 6 MAY 2015 MEETING

The meeting was called to order by the XO at 7:05 PM. The Commander led the unit in the Pledge of Allegiance. All Officers were present and accounted for. The Commander led the invocation. We have two members sick - Nick Marino, and Joe Logeren. We wish them a quick recovery. Reuben Rosenthal (CPT(Ret)-Vietnam veteran), a friend of Marc Kantor, attended the meeting. A motion was made by Lou Bovino to approve the April 1<sup>st</sup> minutes, There is a balance of \$7,500.43 in the association bank account - a motion was made and seconded to approve the financial report. The 112FA Sports Club had an outing at Ft. Dix. on May 2<sup>nd</sup> , a chilly but good day. They are planning again for the end of June and then they will again meet in September. The 328<sup>th</sup> MP Co asked for our assistance to help with their going-away dinner on Saturday, April 18<sup>th</sup> held at the Armory. The Camden Light Artillery donated paper products, water and soda which was very much appreciated by them. Shop Rite donated most of the food and the dinner was a great success. Four of our members donated their time on that Saturday to help set up, serve, and

keep supplies on hand. The 328<sup>th</sup> left for Ft. Dix after the dinner, stayed over then was transported to Ft. Bliss, Texas for additional training and then they will be deployed to the Guantanamo Facility in Cuba. There was discussion on raising the yearly membership dues by \$5 or \$10 by January, 2016. It was decided and voted on that the dues would be raised to \$30 by 2016. The Constitutional By-Laws will have to be changed at a later time due to the two members who are working on the by-laws were not able to attend the meeting this evening. We are having our annual Armed Forces Day Brunch on Saturday, May 16<sup>th</sup> at the Lamp Post Diner at 9:00am. So far, about 30 members will be attending. No further news on the renovations to the Armory. We will keep you posted when we know more. We are planning a trip to UTES at Ft. Dix sometime in June preferably June 10<sup>th</sup>. When the date is set we will let you know by web site and at our June 3<sup>rd</sup> meeting. The Commander would like to get a small group of our members to visit the Veterans Home in Vineland. The Commander will be contacting the Home regarding a good time to visit. There were no staff reports at this time.

Comments from the floor : There will be a Memorial Day ceremony in Cherry Hill on Mercer Street on Monday May 25<sup>th</sup> and BG Steve Ferrari will be the guest speaker. June 5, 6, and 7<sup>th</sup> will be an Air Show at the Reading Airport in Reading, PA and also a WWII Military equipment display. The Commander gave out his Commander Award to three members – Marc Kantor, Ed McCarty, and Brian Strecker for their outstanding support of the Camden Light Artillery. A motion was made and seconded to adjourn the meeting. Meeting was adjourned at 8:05 pm with refreshments and pizza 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**

**"If you need a job done, ask a busy man. A man of leisure will never find the time."**

**THIS IS REAL LEADERSHIP**



Only 9 men have been designated as worthy of receiving their fifth star.

<b>Fleet Admiral William D. Leahy</b>	<b>15 December 1944</b>
<b>General of the Army George Marshall</b>	<b>16 December 1944</b>
<b>Fleet Admiral Ernest King</b>	<b>17 December 1944</b>
<b>General of the Army Douglas MacArthur</b>	<b>18 December 1944</b>
<b>Fleet Admiral Chester W. Nimitz</b>	<b>19 December 1944</b>
<b>General of the Army Dwight D. Eisenhower</b>	<b>20 December 1944</b>
<b>General of the Army Henry H. Arnold</b>	<b>21 December 1944</b>
<b>Fleet Admiral William Halsey, Jr.</b>	<b>11 December 1945</b>
<b>General of the Air Force Henry H. Arnold</b>	<b>7 May 1949</b>
<b>General of the Army Omar Bradley</b>	<b>20 September 1950</b>



**Leahy**



**Marshall**



**King**



**MacArthur**



**Nimitz**



**Eisenhower**



**Arnold**



**Halsey**



**Bradley**

**2015 ARMED FORCES DAY**



**2015 ARMED FORCES DAY**



## **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 **Wednesday, 24 June 2015 at 1:00pm**. We will meet at the Range office at **12:00 noon**, have lunch and then go to the ranges. This mid-week outing is a change from our usual format and if all goes well, we'll continue to vary our days and times. 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.

#### **Knee Curl**

**What You Need: Sturdy chair**



Walking and climbing stairs are easier when you do both the Knee Curl and Leg Straightening exercises. For an added challenge, you can modify the exercise to improve your balance.

1. Stand behind a sturdy chair, holding on for balance. Lift one leg straight back without bending your knee or pointing your toes. Breathe in slowly.
2. Breathe out as you slowly bring your heel up toward your buttocks as far as possible. Bend only from your knee, and keep your hips still. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your foot to the floor.
5. Repeat 10-15 times.
6. Repeat 10-15 times with other leg.
7. Repeat 10-15 more times with each leg.

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

### 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**

### **WARNING!**

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**

**"I don't write comedy. I just report on our politicians in Washington."**

**Will Rogers**

## **PICTURE OF THE MONTH**



**WHY???**

**(answer next month)**



**328 MP COMPANY, CHERRY HILL, NJ**

**CPT Matt Neamand  
Commanding Officer**



**The 328MP Company at Fort Bliss, TX**



**3-112FA MORRISTOWN, NJ**

**LTC Robert Hughes  
Commanding Officer**



**LTC Hughes reports that B Battery has finally moved into the Flemington Armory. The newly formed C Battery will be housed at the Toms River Armory and will be supplied with the M777A2 (155mm) towed howitzer. This has an August 2015 startup target date. The remaining guns of the 3-112FA have been upgraded to the M119A3 (105mm) towed howitzer. Preparations are well under way for 2015 AT.**

**On the personnel side, CSM Earnest Williams will be moving to the CSM slot of the 57<sup>th</sup> Troop Command out of Atlantic City, NJ. 1SG Paul Horan will be promoted and assume the responsibilities of the BN CSM for the 3-112FA. Congratulations to both these soldiers on their promotions. We wish them much success.**



**M777A2**



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

**SFC Kevin J. Makin**  
**RRNCO, Asst. NCOIC**  
**(267) 251-7640**



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

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



## NJDMAVA Highlights

courtesy of

**BG Steven Ferrari, USARMY NG NJARNG (US)**

**MSGT Mark C. Olsen, NJDMAVA/PAO**

**This is the cover of the May 21, 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 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)

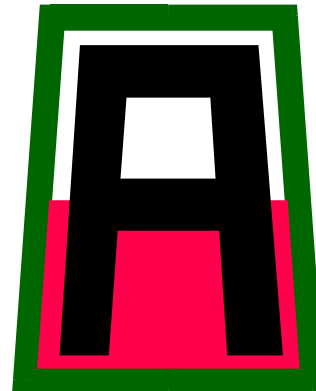
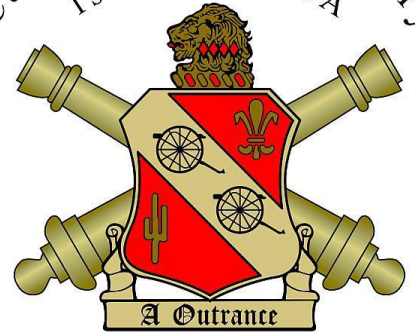
## **FACEBOOK PAGE**

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))