



THE POWDER BAG

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

Volume 17 Issue 8

www.112FA.org

November 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 want to take this time to reflect on all of our Veterans this past Veterans Day and hope all of you took time out of your busy schedules to honor them. I attended my great-grandson's school on Veterans Day as I am the only one still living in my family who has served in the military and he wanted me to be with him to honor the Veterans. It was heartfelt to see all the Veterans who attended and gave so much of themselves with their service to this country.

My wife and I wish everyone a Healthy and Happy Thanksgiving and remember all the things that we should be thankful for – health, family, friends and all of our fellow members of the Armed Services who give of their lives every day to protect us and not able to be with their families this Thanksgiving.

Our officer nomination process started in October. If anyone is interested in running for office, please let Warren Strumpfer know. The positions up for election are the Unit Commander and Adjutant.

The Ad Book forms for the Dining Out in March 19th, 2016 are now available. Watch your emails for the forms. If anyone wants to nominate someone for an award, you must submit a letter about the nominee to the Executive Officer Richard Tomasso, no later than our December 2nd meeting/holiday dinner.

See you at the December Holiday, Covered Dish, Dinner, Wednesday, December 2nd starting at 5:30 pm at the Cherry Hill Armory.

SUMMARY OF THE 7 OCTOBER 2015 MEETING

The meeting was called to order by the Adjutant at 7:09 pm followed by the CO leading the Pledge of Allegiance and Invocation. Roll Call – all officers present except Logistics and Executive Officer who were absent with leave. Sick Call – Lum Harris sick with the Flu. No new attendees or guests were present. Motion was made and seconded to approve the October minutes. Financial Report - \$7,019.60 in the Association bank account. A motion was made and passed to accept the financial report. The second reading of the by-laws on the membership dues was read. The visit to the Veterans Home was a success with 16 members attending. Nominees for Commander and Adjutant – no names were submitted at this time. Ten wreaths were purchased from Wreaths Across America to be placed on graves at Finn's National Cemetery on December 12, 2015. If planning to attend to help place some of the wreaths, CO Ed Powell and his wife would like to invite you to their home at 10:00 am that morning for a small breakfast before going to Ft. Mott at 12 Noon. Please let Ed or Ronnie know by the December meeting. COL(Ret) 'Jake' Parvin made a

motion to help build our membership allowing the women of the association to join and be a voting dues paying member. Another suggestion to get more younger membership was to open our membership to family members. This was given to the by-law committee to look research. Letters are still being sent to members who have not paid their dues for 2015. Discussion of joining the Vietnam War Commemoration Committee was set aside for further discussion. A possible trip to the Pentagon in the Spring was discussed and including the 114th INF Association so we would be able to hire a bus. The Dining Out will be held on March 19th, 2016 at the Tavistock Country Club. Ad Book forms are available and we need as many as possible to help pay for the Dining Out. The Commander presented the Commander's Award to Rich Zacamy for all that he has done for the Association. The Unit Commander, Ed Powell, and Marc Kantor presented the new unit Challenge Coin, that represent the 112th FA-Camden Light Artillery Association, to our life-members; 1SG(Ret) Joe Scioli, LTC(Ret) Lou Bovino and LTC(Ret) 'Jake' Parvin. The meeting was adjourned at 8:15 pm followed by refreshments.

ACTIVITIES

2016 ANNUAL DINING OUT AND ARTILLERY REUNION

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.

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.



M1 Carbine

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.

Wrist Curl

Targeted Muscles: Wrists and forearms

What You Need: Hand-held weight



This exercise will strengthen your wrists. It also will help ensure good form and prevent injury when you do upper body strength exercises.

1. Rest your forearm on the arm of a sturdy chair with your hand over the edge.
2. Hold weight with palm facing upward.
3. Slowly bend your wrist up and down.
4. Repeat 10-15 times.
5. Repeat with other hand 10-15 times.
6. Repeat 10-15 more times with each hand.

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 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>

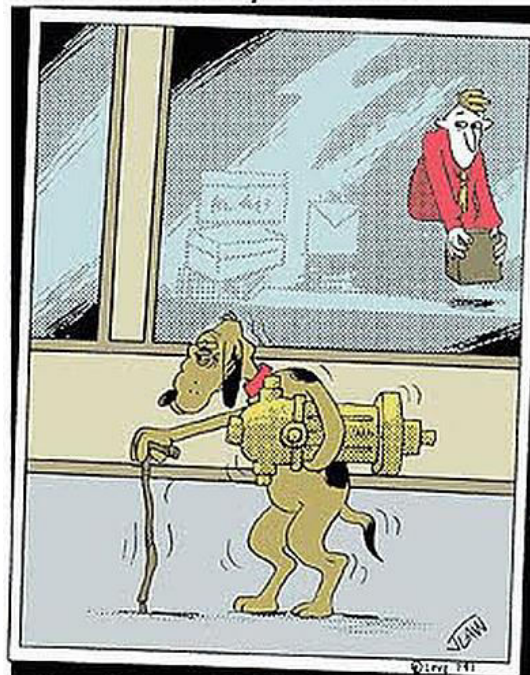


QUOTE FOR THE MONTH

"Your shoulder is but a few inches from your back side, but a pat on the back is miles ahead of a kick in the ass."

PICTURE OF THE MONTH

SNAPSHOTS by Jason Love



Tiger had reached that age when you just never know.

BENJAMIN FRANKLIN QUOTE

Al DeMasi



"All would live long, but none would be old."

SOMETHING TO PONDER

ACTIVITIES WHERE REQUIRING A PHOTO ID IS APPARENTLY NOT RACIST:	ACTIVITIES WHERE REQUIRING A PHOTO ID MUST BE RACIST:
PURCHASE ALCOHOL PURCHASE CIGARETTES OPEN A BANK ACCOUNT APPLY FOR FOOD STAMPS APPLY FOR WELFARE APPLY FOR MEDICAID APPLY FOR SOCIAL SECURITY APPLY FOR A JOB APPLY FOR UNEMPLOYMENT RENT A HOUSE BUY A HOUSE APPLY FOR A MORTGAGE DRIVE A CAR RENT A CAR BUY A CAR GET ON AN AIRPLANE GET MARRIED PURCHASE A GUN ADOPT A PET RENT A HOTEL ROOM APPLY FOR A HUNTING LICENSE APPLY FOR A FISHING LICENSE BUY A CELL PHONE VISIT A CASINO GET A PRESCRIPTION HOLD A RALLY OR PROTEST DONATE YOUR BLOOD BUY AN "M" RATED VIDEO GAME	VOTING

WHY WE MISS RODNEY DANGERFIELD

My wife only has sex with me for a purpose. Last night she used me to time an egg.

**Last night my wife met me at the front door. She was wearing a sexy negligee.
The only trouble was, she was coming home.**

My wife likes to talk to me during sex; last night she called me from a hotel.

**The other day I came home and a guy was jogging naked in front of my house. I asked him,
'Why?' He said, 'Because you came home early.'**

**I was making love to this girl and she started crying.
I said, 'Are you going to hate yourself in the morning?'
She said, 'No, I hate myself now.'**

A hooker once told me she had a headache.

I went to a massage parlor. It was self-service.

If it weren't for pickpockets, I'd have no sex life at all.

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



TEN TIPS TO HELP YOU REDUCE YOUR CARBS AND WHY YOU SHOULD!

Stew Smith (<http://www.stewsmithfitness.com>)

16 November 2005 (military.com)

The near immediate results of dropping simple sugars from your diet far outweigh the cravings you may have when you initially start decreasing or eliminating them. You have to treat them like a drug that you are addicted to. You will always want, sugar especially for the first 48-72 hours, but that want will decrease significantly in a few days.

Here are more reasons why we should eliminate sugar from our diet followed by some tips to help ease the cravings.

First, the main reason why you should consider dropping simple carbohydrates, sugar, and sweets is for your health. This page on insulin resistance explains how it's one of the biggest health issues we face today. Insulin resistance is a precursor for heart disease, stroke, and diabetes. Reducing sugar is critical for preventing this disease.

Second, reducing your sugar intake will help you tremendously with weight loss. Getting lean, having less body fat, and maintaining your weight all starts in the kitchen. Reducing sugars and sweets, breads, white rice, and potatoes will produce weight loss results fast. Try to eliminate bread, rice, and potatoes from your diet for two weeks and see the difference it makes in energy levels and inches around your belt.

Here is how you do it. Trust me, quitting sugar is easier said than done. Science has compared the withdrawal cravings of sugar to that of cocaine and heroin as it stimulates the same pleasure centers of the brain and dumps serotonin (feel good neurotransmitter) into the blood stream. It helps us to regulate sleep, mood, and appetite. The following not only helps us reduce the sugar cravings, but can also increase serotonin levels naturally helping ease the withdrawal and daily cravings as well:

1. Replacement

Replace simple carbs and sugar with complex carbs that contain fiber and protein like brown rice, sweet potatoes, nuts, almonds, and fruit like apples and vegetables like broccoli, onion, green leafy salads. When cravings hurt the most (mid-afternoon typically), eat a fruit and go for a walk outside for 5-10 minutes and drink a bottle of water.

2. Eat More Protein

Through the day, add in lean meats, fish, chicken, and eggs. For people who prefer less or no meat, try protein powder, nuts, beans, and other plant proteins. Try to have more snacks in between meals so you are eating something small every 3-4 hours. A handful of almonds, a boiled egg, or a piece of beef jerky can go a long way in reducing sugar cravings.

3. Exercise

Obviously exercise burns calories and is a key factor in your weight loss and health. But, it also helps you release many “feel good” hormones as well as the ones we seek from eating sugar.

4. Be Social

Get outside and get some sunlight. Or get under bright lights inside with friends. Increased light exposure and having people to bond with both help with feel good hormone releases. If at a party with friends, try to go no carb! It is tough during the Holidays, but try.

5. Try to Go Cold Turkey

Drop sugar entirely, not even fake sugars, for the first few days. It is tough but works the best statistically. Suck up the first 48 hours and you are home free.

6. Think DENTIST and Money!

Any prolonged consumption of sugars and simple carbs can break down the teeth and lead to the dentist drilling and filling in cavities. Maybe this will motivate you to lay off the sugars and breads that linger and break down in the mouth.

7. Cheat Day

Many do well with eliminating sugar completely during the week, but on one day of the week have your favorite food or drink. Remember though – everything in moderation. Have some discipline if you want results.

8. Need a number

If you are more analytical with your thinking, try to limit any sugar you have in a day to less than 50 grams. Fruits and vegetables do not count.

9. Lay off Salty Foods

After eating salty foods, you may have a craving for sugar within minutes.

10. Sleep Well

Lack of sleep makes you crave energy and your body will gravitate toward sugar and caffeine. Reduce caffeine at least 5-6 hours before your bed time. Sleep in a quiet, dark and cool room. Stay away from electronics at least an hour prior to sleeping. Read a book or magazine (not an ebook or something on the computer) prior to turning off the lights to get your mind in a better sleeping mode. If you are having things pop into your head about the following day of to-do's, make a list and go to sleep with a plan to tackle them the next day instead of worrying about them in bed.

There are many low carb plans on the market. The Paleo Diet, Atkins Diet, The Zone Diet and many others all succeed by limiting or eliminating carbohydrates for a period of time. I have never been a fan of eliminating any macronutrients as the possibility for missing vital nutrients exist. But eliminating sugar, sweets, candy, white bread and rice, enriched grains, and white potatoes is a step toward being healthy that will never regret.

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.



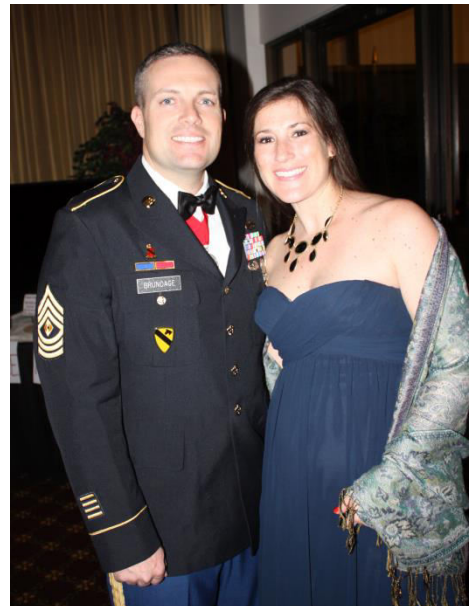


3-112FA MORRISTOWN, NJ

**LTC Robert Hughes
Commanding Officer**



3-112FA held their St. Barbara's Dinner at Tommy B's at McGuire AFB. Here are some of the members of the unit enjoying the evening.







RRNCO
NJARNG Recruiting and Retention Battalion



SSG Joseph A Cavanagh

609-519-6449

www.njarmyguard.com

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



Veterans Day 2015

Glen Landing Middle School Blackwood, NJ

Left to Right:

SSG(Ret) Joe Emma 1-114th INF

SSG Joseph Cavanagh Recruiting

PFC Jacob Merendino 1-114th INF



Veterans Day 2015

Glen Landing Middle School Blackwood

Left to Right:

SSG Joseph Cavanagh Recruiting

PFC Matthew Lindsay 350th Finance

NJDMAVA Highlights

courtesy of

BG Steven Ferrari, USARMY NG NJARNG (US)

MSGT Mark C. Olsen, NJDMAVA/PAO

**This is the cover of the 19 November 2015 issue. See the complete text and the newest issue at:
<https://www.dvidshub.net/publication/683/njdmava-highlights#.VQBMq-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

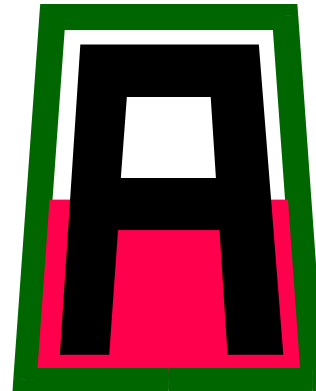
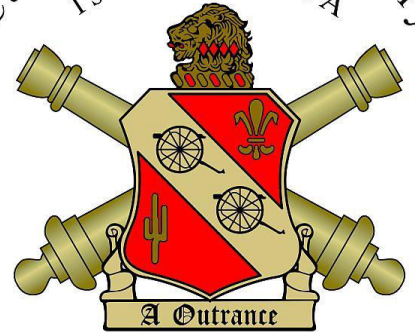
FACEBOOK PAGE

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))



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: _____

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