



# THE POWDER BAG

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

Volume 17 Issue 7

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

October 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**

A group of 16 of our members and wives visited the Veterans Memorial Home in Vineland on 21 October. We had a very informative tour of the premises by their staff. They have rebuilt the Veterans Home and it is a beautiful place with beautiful surroundings. We met with many of the Veterans. It was very moving to see them and talk with them about their experiences and life conditions. They all were appreciative of our donations of personal care items that were needed. I want to thank everyone who made the donations for the Home and thank you for being a part of the day.

The Nominations process for election of certain positions in 2016 started on 1 October. If anyone is interested in running for the office of Commander or Adjutant, please advise Warren Strumpfer.

The Ad Book forms for the Dining Out in 19 March 2016 will be available at our 4 November meeting and will be sent out to everyone by email. If anyone would like to nominate a person for an Artillery Association award, you must submit a letter about the nominee to our Executive Officer no later than the 2 December meeting. Recognized awards are the Ancient Order of St Barbara, the Honorary Order of St Barbara and the Molly Pitcher medal.

We wish a quick recovery for Nick Marino and Joe Logeren from their recent illnesses.

See you at our NOVEMBER meeting on Wednesday, 4 November 2015 at 7:00 pm at the Cherry Hill Armory.

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

The meeting was called to order by the Adjutant at 7:07 pm. The Pledge of Allegiance and Invocation were given by the CO. Staff Roll call followed; all officers were present. Sick call report Nick Marino is back in rehab and Joe Logeren is recovering from a heart attack. Cards were signed and sent by the membership to each man. No new attendees or guests were present. A motion was made and approved to accept the minutes of the September meeting. The Financial report was given and indicates a balance of \$8,200.48 in the bank. A motion was made, seconded and the group voted to approved and accept the Financial report. A discussion on changing the dues structure and by-laws followed. Warren Strumpfer and Lum Harris are on the committee to review these changes and modifications. Warren Strumpfer read the first draft of the changes being made to the by-laws pertaining to the dues structure. Several changes had to be made and the second draft will be read at our November meeting. A motion was made by Tom Monahan and seconded by Chet Malik to approve the changes being made. The motion was approved by membership attending. Renovations to the Armory are in progress. State officials were here and

witnessed the rain coming through the roof. A visit to the Vineland Veterans Home is planned for Wednesday, October 21<sup>st</sup> at 1pm. We will meet at the Armory at 11:00 am if car pooling or meet at 1:00pm at Veterans Home if going on your own. Members are donating articles that are needed for the Veterans and will be bringing them on that day. Nominees for Commander and Adjutant are open. Contact Warren Strumpfer if interested in becoming more involved in the unit process. The Sports Club's next shoot will be on Saturday, October 24<sup>th</sup> on Range 14 at Ft. Dix. Wreaths Across America (placing wreaths on Veterans graves) – A motion was made by Tom Monaghan and seconded by Brian Strecker that the Camden Light Artillery should donate \$150.00 toward the purchase 10 wreaths to be placed on the Finn's Point National Cemetery which is located near Ft. Mott State Park in Pennsville, NJ on December 12<sup>th</sup>, 2015. Anyone interested in helping to decorate the graves on that day are welcome to meet at Ft. Mott at 12 Noon on that day. Ad Book forms for the 2016 Annual Dining Out will be sent out this month. The meeting was adjourned at 8:22 pm followed by refreshments.

## ACTIVITIES

### TRIPS

We made a trip to the Vineland Veterans Memorial Home to donate personal care items to the residents of the facility. The staff took us on a tour of the unit and introduced many of the WWII and Korean era veterans to us. We were honored to meet them and we enjoyed the smiles our visit brought to their faces. Each year a resident of the Home is invited as our guest at the Annual Dining Out and Artillery Reunion. It means a great deal to these men and women. Here is our group with one of the men we honored at our Dining Out.



## **112FA SPORTS CLUB**

**Ed McCarty, Chairman**

The 112FA Sports Club met at Range 14 (<http://shootnj.com/ftdixdirect.html>) at Ft Dix, NJ on **Saturday, 19 September 2015** and again on **Saturday, 24 October 2015**. A great time, good friends. Our next outing will be scheduled for mid November.

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.

### **Toe Stand**

**Targeted Muscles:** Calves and ankles

**What You Need:** Sturdy chair



**This exercise will help make walking easier by strengthening your calves and ankles. For an added challenge, you can modify the exercise to improve your balance.**

- 1. Stand behind a sturdy chair, feet shoulder-width apart, holding on for balance. Breathe in slowly.**
- 2. Breathe out and slowly stand on tiptoes, as high as possible.**
- 3. Hold position for 1 second.**
- 4. Breathe in as you slowly lower heels to the floor.**
- 5. Repeat 10-15 times.**
- 6. Rest; then repeat 10-15 more times.**

**Tip: As you progress, try doing the exercise standing on one leg at a time for a total of 10-15 times on 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](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**

### **JUST A COMMON SOLDIER**

**(A Soldier Died Today)**

**with permission**

**A. Lawrence Vaincourt**

**[www.vaincourt.homestead.com](http://www.vaincourt.homestead.com)**

**He was getting old and paunchy and his hair was falling fast,  
And he sat around the Legion, telling stories of the past.  
Of a war that he had fought in and the deeds that he had done,  
In his exploits with his buddies; they were heroes, every one.**

**And tho' sometimes, to his neighbors, his tales became a joke,  
All his Legion buddies listened, for they knew whereof he spoke.  
But we'll hear his tales no longer for old Bill has passed away,  
And the world's a little poorer, for a soldier died today.**

**He will not be mourned by many, just his children and his wife,  
For he lived an ordinary and quite uneventful life.  
Held a job and raised a family, quietly going his own way,  
And the world won't note his passing, though a soldier died today.**

**When politicians leave this earth, their bodies lie in state,  
While thousands note their passing and proclaim that they were great.  
Papers tell their whole life stories, from the time that they were young,  
But the passing of a soldier goes unnoticed and unsung.**

**Is the greatest contribution to the welfare of our land  
A guy who breaks his promises and cons his fellow man?  
Or the ordinary fellow who, in times of war and strife,  
Goes off to serve his Country and offers up his life?**

**A politician's stipend and the style in which he lives  
Are sometimes disproportionate to the service that he gives.  
While the ordinary soldier, who offered up his all,  
Is paid off with a medal and perhaps, a pension small.**

**It's so easy to forget them for it was so long ago,  
That the old Bills of our Country went to battle, but we know  
It was not the politicians, with their compromise and ploys,  
Who won for us the freedom that our Country now enjoys.**

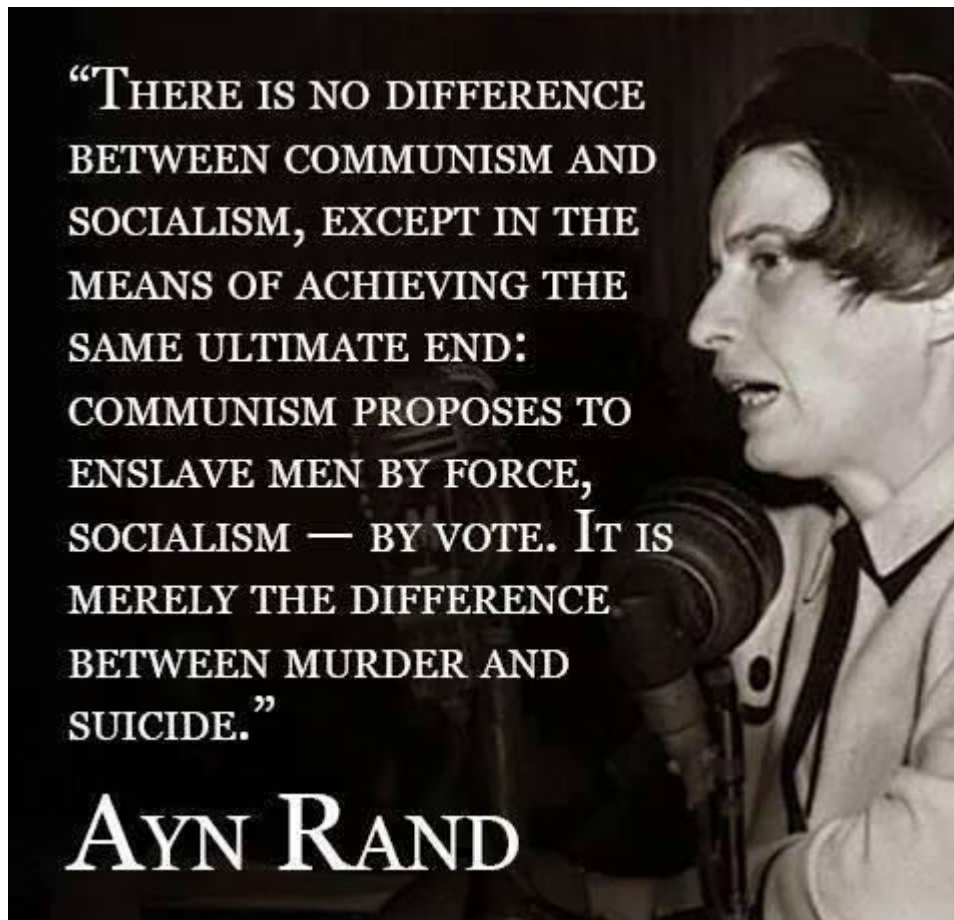
**Should you find yourself in danger, with your enemies at hand,  
Would you want a politician with his ever-shifting stand?  
Or would you prefer a soldier, who has sworn to defend  
His home, his kin and Country and would fight until the end?**

He was just a common soldier and his ranks are growing thin,  
But his presence should remind us we may need his like again.  
For when countries are in conflict, then we find the soldier's part  
Is to clean up all the troubles that the politicians start.

If we cannot do him honor while he's here to hear the praise,  
Then at least let's give him homage at the ending of his days.  
Perhaps just a simple headline in a paper that would say,  
Our Country is in mourning, for a soldier died today.

© 1987 A. Lawrence Vaincourt

### PICTURE OF THE MONTH



**BENJAMIN FRANKLIN QUOTE**

Al DeMasi

*"One Today is worth two Tomorrows."*



**WHY WE MISS RODNEY DANGERFIELD**

"I was so ugly when I was born, the doctor slapped my Mother."

"I was such an ugly baby that my mother never breast fed me. She told me that she only liked me as a friend."

"When I was born, the doctor came into the waiting room and said to my father, 'I'm sorry. We did everything we could, but he pulled through anyway.'"

"I'm so ugly my mother had morning sickness AFTER I was born."

"I'm so ugly my father carried around a picture of the kid that came with his wallet."

"I was such an ugly kid! When I played in the sandbox, the cat kept covering me up."

"I could tell my parents hated me. My bath toys were a toaster and radio."

**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**



**The 3-112FA will hold their Annual St Barbara's Dinner on Saturday, 21 November 2015.  
See the invitation below for details.**



*Saint Barbara's Dinner Dance  
Saturday November 21<sup>st</sup>, 2015  
Tommy B's community Activities Center  
Building 2705, East Arnold Ave  
McGuire AFB, NJ 08064*

*Please join the Redlegs of the 3<sup>rd</sup> Battalion, 112<sup>th</sup> Field Artillery Regiment for  
Saint Barbara's Dinner Dance, Cocktails at 6pm, Dinner at 7pm. Cash Bar.*

Hotel reservations can be made by calling the All American Inn (609) 754-4667

Rates for overnight accommodations are \$60 per night

Rooms are held under confirmation number: 20150100363

**Ticket Information**

E5 and above: \$50  
-with guest: \$100  
E4 and below: \$30  
-with guest: \$60  
Retirees and Civilians: \$40

**Dinner Choice**

Roast Prime Rib \_\_\_\_\_  
Chicken Francaise \_\_\_\_\_  
Pasta Primavera \_\_\_\_\_  
Stuffed Flounder \_\_\_\_\_

**Reservations**

Money and reservations **by November 12, 2015**, Make checks payable to:

112<sup>th</sup> FA Officers Association and mail to: 1LT Jose Couselo  
c/o National Guard Armory  
430 Western Ave  
Morristown, NJ 07960

RSVP & Information: 973-631-6280 or [jose.e.couselo.mil@mail.mil](mailto:jose.e.couselo.mil@mail.mil)

Name: \_\_\_\_\_ Guest: \_\_\_\_\_ Unit: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

Amount enclosed: \_\_\_\_\_

Or pay through PAYPAL (Recommended). Please click on the appropriate link:

E5 & Above – Individual: [https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=ZFVEJ4W9SWG62](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=ZFVEJ4W9SWG62)

E5 & Above with Guest: [https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=C2SCFC7QNNKPY](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=C2SCFC7QNNKPY)

Retirees and Civilians: [https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=QMP5FVG37BDVU](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=QMP5FVG37BDVU)

E4 & Below-Individual: [https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=BAQ7YCKPTJJD2](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=BAQ7YCKPTJJD2)

E4 & Below with Guest: [https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=6DMSKGQXQ29F2](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=6DMSKGQXQ29F2)



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



**SSG Joseph A Cavanagh**  
**RRNCO**  
**[www.njarmyguard.com](http://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 20 October 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 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)

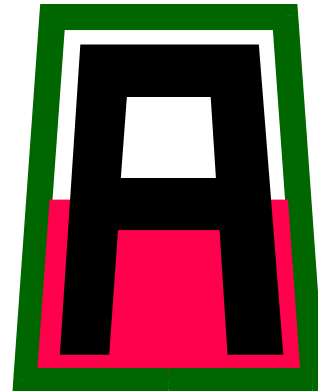
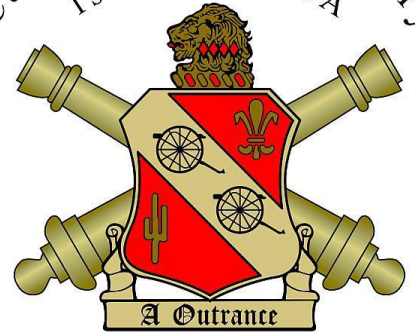
## **FACEBOOK PAGE**

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))