



THE POWDER BAG

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

Volume 17 Issue 6

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September 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

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COMMANDERS COMMENTS

It is with a sad heart that I had to announce at our meeting that our past Commander of the Camden Light Artillery, Tony Radice passed away on 29 August, 2015 after a long battle with cancer. Our heartfelt sympathy goes out to his wife, Sue, and his family.

I am pleased that even for such a hot evening, we had 37 members attend our last meeting. I am hoping to see more of you at our upcoming meeting on October 7th and our Visitation to the Vineland Veterans' Home on Wednesday, October 21st, 2015. Let me know if you are interested in going.

Patriot's Day this year was held on September 11, 2015 and it was the 14th year since the attacks on the World Trade Center. My wife and I attended a ceremony at our township and they dedicated a memorial which held a steel beam from one of the towers of 9/11. They placed a wreath at the memorial and the local high school band played many patriotic songs along with taps at the end. Let us not forget.

Our Patriot's Day Brunch was held on Sunday, September 13th at Kaminski's on Brace Road in Cherry Hill. Everyone enjoyed the delicious buffet. We had 30 people attend.

Nominations and Ad Book will be starting in October. If anyone is interested in running for an office, please let Warren Strumpfer know. The Commander and Adjutant positions are up for re-election.

I am glad to report that Joe Scioli is doing well and recovering from his knee surgery.

See you at our next meeting on Wednesday, October 7th at 7:00 pm.

I hope everyone had a healthy and happy summer.

SUMMARY OF THE 2 SEPTEMBER 2015 MEETING

The meeting was called to order by the Adjutant at 1908 hours. Pledge of Allegiance and Invocation were given by the CO. Roll call – all officers were present. Sick call report – MG(Ret) Mark Mullin, Joe Scioli, and Len Saltzgueber are recovering and doing well. COL(Ret) Tony Radice passed away on 29 August 2015. He was a former CO of the Camden Light Artillery. Viewing will be Friday, 4 September and funeral burial will be held at Doyle Veterans Cemetery at 0900 hours on Tuesday, 8 September with full military honors. There were no new attendees or guests. A Motion to approve the August minutes and was seconded and passed. Financial report – at this time there is a net worth balance of \$3,941.56. CO made a motion for approval of the financial report was approved and seconded.

Warren Strumpfer gave a report on the progress made to change the yearly dues. In doing so he also mentioned the by-law change which would have to take place also regarding the dues. A full report will be submitted to the association at the October meeting. The monies set aside for the renovation of the Cherry Hill Armory were redirected to Jersey City for a new roof at that location. There is money set aside for our Armory and bids are now being made to do so. When more information comes from the State, we will inform you. Stay tuned! We are planning a visit to the Vineland Veterans Home on Wednesday, 21 October. Anyone interested in going, please let us know definitely by the October meeting. Also, those of you attending the 7 October meeting, the Veterans are in need of bottles of body wash, shaving cream, deodorant, large boxes of tissues, polident and mouth wash are mostly needed. Nominations for Commander and Adjutant for 2016-17 can be submitted starting with the 7 October meeting.

Our Dining Out will be held on Saturday, 19 March 2016 at Tavistock CC. At our next meeting in October we will be starting to submit the forms for the Ad Book. It would be appreciated to have the Ads sent in as soon as possible after the October meeting. Patriot's Day Brunch will be held at Kaminski's on Brace Rd in Cherry Hill on Sunday, September 13th at 10:00 am. It will be a full buffet including drinks for \$20.00 per person. A dues reminder letter was sent out and we had a very good response. The next Sports Club Shoot will be held on 19 September at 0900 hours at Range 14 at Ft. Dix. There followed a discussion on ways to encourage younger members of the Armed Forces and others to join our association or any Veterans of the Wars who may be interested in our association.

The meeting was adjourned at 1957 hours followed by refreshments

GEN MARK A. MILLEY



Army Chief of Staff Gen. Mark A. Milley has reinforced his support for reserve components, saying, **“There is only one Army.”** He made his remarks Friday during a meeting of the National Guard Association of the United States in Nashville, Tenn.

“We are, in fact, one Army. We have three components, but it is one Army,” Milley said. “As we are one nation indivisible, we are, in fact, one Army indivisible. I want to reinforce that, 100 times over. I mean what I say, and I say it in every meeting.”

A former Army Forces Command commanding general who became the Army’s 39th chief of staff Aug. 9, Milley said the Army has been constructed since the end of the Vietnam War so that it cannot conduct sustained combat operations without the Guard and Reserve. “It is impossible for the United States to go to war today without bringing Main Street, without bringing Tennessee and Colorado and Massachusetts and California. You just cannot do it.”

“We are not 10 divisions, we are 18 divisions,” he said, referring to the National Guard’s contribution to forces. “We are not 32 brigades, we are 60 brigades. We are not 490,000 soldiers, we are 980,000 American soldiers.”

Milley said he does not like hearing the Army referred to as 490,000 soldiers. He also said he doesn’t like hearing people say the Army is small because the Total Army is both large and capable. “We are ready to win on the battlefield,” Milley said. “We are not the Army of the past. We are better than that.”

In an all-Army message sent Aug. 27, Milley said his top priority is readiness. “This is readiness across the total force,” he said. “It is readiness across the entire Army.”

A Boston native, Milley couldn’t help but joke about the National Guard’s roots going back to the forming of the Massachusetts Bay Colony militia in 1630. “Without the National Guard, there probably wouldn’t be the Red Sox,” Milley said, adding that the New England Patriots would not exist, either. (AUSA.org)

ACTIVITIES

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. A great time, good friends, a little foggy in the morning then sunny the rest of the day.

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.

Hand Grip

Targeted Muscles: Hands, forearms, wrist

What You Need: Tennis ball or other small rubber type ball



This simple exercise should help if you have trouble picking things up or holding on to them. It also will help you open things like that pickle jar more easily. You can even do this exercise while reading or watching TV.

1. Hold a tennis ball or other small rubber or foam ball in one hand.
2. Slowly squeeze the ball as hard as you can and hold it for 3-5 seconds.
3. Relax the squeeze slowly.
4. Repeat 10-15 times.
5. Repeat 10-15 times with other hand.
6. Repeat 10-15 times more with each hand.

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

"There is nothing more unequal, than the equal treatment of unequal people."

**Thomas Jefferson
1743-1826**

SOMETHING TO THINK ABOUT

Two older retired artillery men were at lunch in a local diner a few weeks back. They had just returned from the funeral of a friend at the Doyle Military Cemetery and were in their dress blues. It was a hot day, so they removed their jackets and went into the diner for a late meal wearing blue pants with gold stripes, white shirts, black ties and rank on their epaulets. While seated, a number of patrons came over and offered the men "Thanks for your service". With the meal finished, the two got up to pay the bill and go about the remainder of the day. They were told their bill had been paid by others and the management again thanked them for their service. Both were thankful, but embarrassed. The lesson is that sometimes it is better to receive than to give because you must allow for the pleasure that the giver receives. Next time, be the giver.

PICTURE OF THE MONTH



BENJAMIN FRANKLIN QUOTE

Al DeMasi

"Leisure and laziness are two different things."

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



SSG Joseph A Cavanagh
RRNCO
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 25 September 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

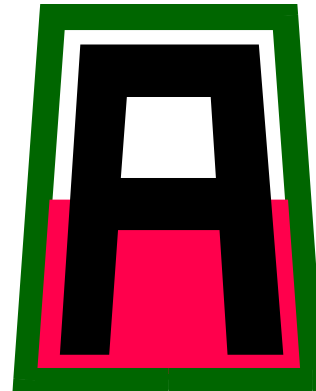
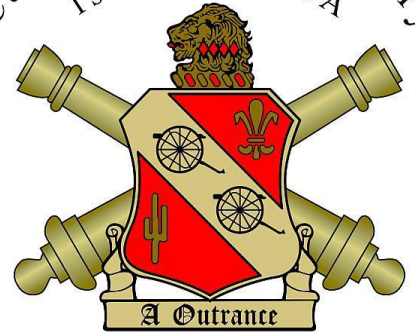
FACEBOOK PAGE

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))