



THE POWDER BAG

THE CAMDEN LIGHT ARTILLERY ASSOCIATION NEWSLETTER

1st Battalion 112th Field Artillery

Volume 18 Issue 1

www.112FA.org

January-February, 2016



"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 hope everyone had a safe, healthy and happy New Year. I am looking forward to a new year where I will be stepping down as your Commander but know that I will still be available and involved with the unit.

I am leaving my position as Commander in good hands, elections at the February meeting.

I want to take this time to thank the members who came out to help place the Wreaths on the graves at Finn's Point at Ft. Mott – Tom and Loretta Monaghan, Warren and Nancy Strumpfer, and my wife Ronnie. It was a very moving experience. Over 300 people showed up to place over 700 wreaths on the graves.

Two members have stepped up to run for Office: Ed McCarty for Commander, Sid Silverman for Adjutant. Elections will be held at our 3 February 2016 meeting.

The Ad Book forms for the Dining Out in 19 March 2016 are now available. They can be obtained either on-line or at the monthly meetings. The forms are attached at the end of this newsletter.

Hope to see you at our next meeting on Wednesday, 3 February 2016 at 7:00 pm at the Cherry Hill Armory – it is our ELECTION MEETING.

SUMMARY OF THE 2 DECEMBER 2015 MEETING

The meeting was called to order by the Adjutant at 7:06 pm followed by the Pledge of Allegiance and Invocation by the Commander. Roll Call – all Officers were present and or accounted for. There was no one listed on sick call. We had two members who attended tonight's meeting – one was Bill Gibison visiting us from North Carolina and the other was Len Saltzgueber, who has been on sick call. Motion was made and approved to accept the 2 December meeting minutes. Financial report – there is a balance of \$7,022.80 in the association's bank account. This amount is larger than usual because of everyone paying dues for 2016, Ad Book, and Dining-Out. Motion was made and approved to accept the Financial Report.

Discussion followed in length regarding the by-laws change and dues. The voting for this dues change was postponed until the 3 February meeting due to absentee ballots to be sent out to members who cannot attend the meetings.

This is the last meeting for nominees for Commander and Adjutant. There were two nominees: Ed McCarty for Commander and Sid Silverman for Adjutant.

The Financial Audit for the year will be done after the elections in February, 2016 and the dues structure will be determined at that time.

Again, the Dining Out will be held on Saturday, 19 March 2016 at the Tavistock Country Club.

Ad Book forms are now available and we ask that anyone putting an Ad in, please do this as soon as possible so we may have time to print the Ad Book.

Motion was made and passed to adjourn the meeting at 8:07pm with refreshments following.

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.

WREATHS ACROSS AMERICA

additional pictures
(Matt Carroll)



ARMY REMOVES SOCIAL SECURITY NUMBER FROM DOG TAGS

(military.com by Amy Bushatz)

U.S. Army dog tags will no longer include soldiers' Social Security numbers, the Army announced on Tuesday, ending a more than 40-year identification system.

The tags will instead display the 10-digit Defense Department identification number currently included on Pentagon ID cards, and will be issued to soldiers on an as-needed basis, with those deploying getting priority.

"This change is not something where Soldiers need to run out and get new tags made," Michael Klemowski, the soldiers programs branch chief at U.S. Army Human Resources Command, said in the release. "We are focusing first on the personnel who are going to deploy. If a Soldier is going to deploy, they are the first ones that need to have the new ID tags."

The change was first published in Army Pamphlet 600-8-14 on Nov. 30, officials said. The switch is being done in an effort to reduce the use of Social Security numbers and curb identity theft, they said.

"I think removing the social will help," Klemowski said. "If you find a pair of lost ID tags you can pretty much do anything with that person's identity because you now have their blood type, their religion, you have their social, and you have their name. The only thing missing is their birth date and you can usually get that by Googling a person."

The Defense Department in 2007 announced plans to move away from using Social Security numbers. The Pentagon in 2009 began removing the number from military ID cards. Social Security numbers, however, continue to be used throughout the Army and military, including in the Defense Eligibility and Enrollment system, or DEERS, to identify service members and their dependents.

BENJAMIN FRANKLIN QUOTE

Al DeMasi



"He that has a trade has an office of profit and honor"

THE NATIONAL GUARD TURNS 379



**By Bill Boehm
National Guard Bureau**

The military organization we know today as the National Guard came into existence with a direct declaration on December 13, 1636. On this date, the Massachusetts General Court in Salem, for the first time in the history of the North American continent, established that all able-bodied men between the ages of 16 and 60 were required to join the militia. The North, South, and East Regiments were established with this order. Simply stated, citizen-soldiers who mustered for military training could be and would be called upon to fight when needed.

Laws often evolve from well-intentioned actions, yet sometimes prove themselves to be ineffective. Given such odds, how could this possibly work?

Owing to many failures in the time that English settlers had attempted colonization in the Massachusetts frontier and elsewhere in North America, leaders decided that a proactive and ready state of mind must be kept by all citizens, particularly those training in military tactics. Being part of citizenry in the small villages meant that a price must be paid for the freedoms that could potentially be enjoyed, were the colony to ultimately succeed. That price exacted meant taking responsibility for defending the settlements of the Massachusetts Bay Colony.

Soon after the establishment of the militia in Massachusetts, the entire New England region defended itself against the aggression of the Pequot nation. Other colonies such as Connecticut and Rhode Island mustered militia units to fight the Indian tribe, and succeeded in forcing the Pequots to capitulate in 1638. Ultimately, the militia enlisted from the many small villages proved a strong component in building confidence for the settlement as a whole.

Although other colonial settlements in North America such as those in Florida, Virginia, and New Mexico that would become part of the United States utilized military protection in order to allow settlers safe passage and to defend against aggressors, Massachusetts proved to be the first entity to have its government establish and raise a militia. Nor did these other colonies' militia service remain continuous. The tie to legal precedent in this manner remains to this day. That record of service has remained continuous and unbroken, no matter the change in each unit's function as a part of the militia or the National Guard.

This distinction qualifies it as the birthplace of the militia in the United States. With the North, South, and East Regiments established, its exemplary military tradition continues through this day with four Massachusetts National Guard units -- the 101st Engineer Battalion, the 101st Field Artillery, the 181st Infantry Regiment, and the 182nd Infantry Regiment. The tradition born in Salem continues today.

Much has changed since 1636, but one thing has not: the National Guard still consists of Citizen-Soldiers and Airmen providing protection from natural disaster, training regularly to uphold high standards of readiness, and also deploying to far-away countries to protect the United States' national interests abroad. Although the country's growth and expansion has made it a large military force around the world, the National Guard still remains a community cornerstone – just as it did when it was given birth on December 13, 1636.

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.

Benefits of Strength Training

In older adults, there is now strong evidence from randomized controlled clinical trials (RCTs) that even in the oldest old, muscle strength can be increased with a strength training program that uses a progressive overload. There is also evidence that strength training improves mobility (i.e. increased gait speed), simple functional tasks (i.e. standing up from a chair) and self-rated daily function in older adults. However, while the effects of strength training are large, the impact on function and disability is much more modest.

There are also a large number of RCTs that support the benefits of exercise in general, and strength training in particular, in people with OA. Recent systematic reviews and guidelines have summarized the evidence for the effectiveness of strength training in people with osteoarthritis, and have found that strength training has a significant benefit in improving strength and function and in reducing pain. However, these reviews have also found that the reductions in pain and improvements in function are modest.

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.

M79 Grenade Launcher



TRICARE FOR LIFE

TRICARE Health Plan officials have announced the 2016 premiums for TRICARE Young Adult Prime and Standard options covering beneficiaries 23 to 26 years old. These premiums are adjusted on an annual basis and go into effect 1 January 2016. For 2016, the monthly premium for TYA Prime is \$306 per month, and TYA Standard is \$228 per month. Lower-cost plans may be available depending on income and residence, and assistance with paying premiums may be available. Beneficiaries may also qualify for Medicaid. Go to www.healthcare.gov to evaluate eligibility and options. Open enrollment for the Health Insurance Marketplace begins Nov. 1 and runs through Jan. 31. For more information, visit the [TRICARE Young Adult website](#).

To learn more about TRICARE FOR Life, please visit their webpage at <http://www.tricare.mil/tfl>

TRICARE FOR LIFE PHARMACY

(military.com by Amy Bushatz)

A set of prescription drug price increases will hit Tricare users Feb. 1 as fee changes passed by Congress last year take effect.

Currently, a 30-day supply of a generic drug at an in-network retail pharmacy costs \$8, while brand-name drugs cost \$20. Brand-name drugs received through the Tricare mail-order pharmacy currently cost \$16 for an up to 90-day supply.

Under the new fee structure, however, a 30-day supply of generic drugs at an in-network retail pharmacy will increase by \$2 to \$10, while the same supply of a brand-name drug will increase to \$24. The price for an up to 90-day supply of a brand-name drug by mail will increase by \$4 to \$20.

Prescriptions filled at military pharmacies and generic drugs received by mail will continue to be free.

The co-pay increases were included in the 2016 National Defense Authorization Act. The increase size was a major sticking point in passing the legislation, which included funding guidance for all Defense Department programs.

The price increases comes on the heels of an Oct. 1 rule change that requires Tricare users to fill brand-name medications used to treat chronic conditions by mail or through a military pharmacy -- or pay for them out of pocket.

(For information on how to switch your medication to the Tricare mail order pharmacy, read this article on Military.com's Spousebuzz blog.)

Amy Bushatz can be reached at amy.bushatz@military.com

PICTURE OF THE MONTH



SOMETHING TO PONDER

A man and woman were married for many years. Whenever there was a confrontation, yelling could be heard deep into the night. The old man would shout, "When I die, I will dig my way up and out of the grave and come back and haunt you for the rest of your life!"

Neighbors feared him. The old man liked the fact that he was feared. Then one evening, he died when he was 98. After the burial, her neighbors, concerned for her safety, asked, "Aren't you afraid that he may indeed be able to dig his way out of the grave and haunt you for the rest of your life?"

(HERE IT COMES!!!)

The wife said,

"Let him dig. I had him buried upside down, and I know he won't ask for directions."



WHY WE MISS RODNEY DANGERFIELD

"With my old man I got no respect. I asked him, "How can I get my kite in the air?" He told me to run off a cliff."

"My family was so poor that if I hadn't been born a boy, I wouldn't have had anything to play with."

"I remember the time that I was kidnapped and they sent a piece of my finger to my father. He said he wanted more proof."

"My uncle's dying wish was to have me sitting in his lap; he was in the electric chair."

"Once when I was lost, I saw a policeman, and asked him to help me find my parents. I said to him, 'Do you think we'll ever find them?' He said, 'I don't know, kid. There's so many places they can hide.'"

"I'm so ugly, I once worked in a pet shop, and people kept asking how big I'd get."

"One year they wanted to make me a poster boy -- for birth control."

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

"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 22 January 2016 issue. See the complete text and the newest issue at:
<https://www.dvidshub.net/publication/683/njdmava-highlights#.VQBMq-GrFc>**





2016 Monthly Meeting Dates

All Meetings are at the Cherry Hill Armory

7:00pm

Wednesday, 3 February 2016

Wednesday, 2 March 2016

Saturday, 19 March 2016 Dining Out, Tavistock Country Club

Wednesday, 6 April 2016

Wednesday, 4 May 2016

Wednesday, 1 June 2016

no July meeting

Wednesday, 3 August 2016

Wednesday, 7 September 2016

Wednesday, 5 October 2016

Wednesday, 2 November 2016

Wednesday, 7 December 2016 Christmas Party and Dinner

See your emails and our web site for additional meetings and dates.

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 \$30 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

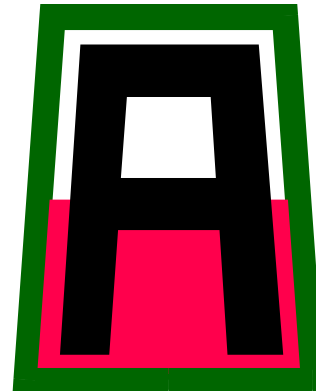
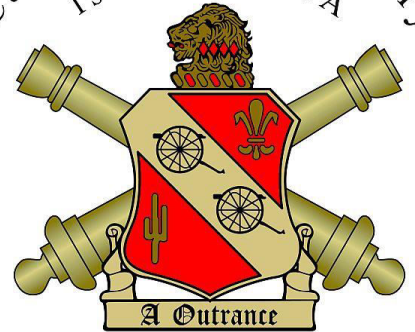
FACEBOOK PAGE

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