



# THE POWDER BAG

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

Volume 19 Issue 4

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

July-August, 2017



"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 McCarty
Executive Officer:	Ed Powell, III
Adjutant:	Sydney Silverman
Finance Officer:	Marc Kantor
Logistics Officer:	Richard Tomasso

## THE CAMDEN LIGHT ARTILLERY ASSOCIATION

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Publication Staff: Ed McCarty, Marc Kantor



## **COMMANDERS COMMENTS**

**Ed McCarty, Commander-CLAA**

Looking around the room we see a few extra empty seats from those who we would ordinarily see. But surprisingly, a good turnout, considering the mini storm and flooding that rolled through as we were trying to get here tonight, everyone, on time, on target.

That's surprising considering our.... age. Yes, we are aged, but with various levels of agedness. But look who is here! Look who wouldn't be stopped... with a little help from a Red Leg buddy. Someone so selfless as to put his own afflictions aside and power through it. These guys can't be stopped!

Man, what a resilient crew we have here, I'd go into battle with these guys and gals. A trooper who is three decades older than some of us. Are we going to be so dedicated, so healthy, so mindful at his age? Boy, that really makes you think... and put things into perspective.

We're battered and we're bruised from this affliction or that malady. Some of us even carry the scars and scrapes of a battle or accidental encounters serving ourselves, our families, our nation... got real respect for those guys.

The sick call list is longer than usual, surprising for this beautiful summer season. And, that just shows the kind of character, tenacity and drive from those who led the 112th and the American soldier.

But despite the afflictions, we are here. We continue every day to deliver for ourselves, our families, our brothers and sisters. Let us count the blessings that led us to this group of men and women in our mature years, wish everyone could be associated with this group of special friends and have the kind of drive and leadership they have.

God Bless America and all the members and families of the Camden Light Artillery Association, specially, LTC(Ret) John (Jake) Parvin.

Yours in Brotherhood.

## **SUMMARY OF THE 2 AUGUST 2017 MEETING**

**Sydney Silverman, Adjutant**

### **CALL TO ORDER**

The meeting was called to order at 7:15 PM

### **ROLL CALL OF OFFICERS**

All present or accounted.

## **ATTENDEES**

There were no new or guest attendees present.

## **SICK CALL**

Al DeMasi

Larry LaFrenz

Brian Strecker

Ronnie Powell

Pat Minchin

## **APPROVAL OF MINUTES**

Previous meeting minutes approved.

## **FINANCIAL REPORT**

Available from the finance officer.

## **NEW BUSINESS**

The finance officer reports that our ad book is our primarily fund raiser at the yearly dining-out and offered thanks again to the 114th for the use of their meeting room.

The 114th has their golf outing 9/18/17 and we should support them, since that is their yearly. This supports many organizations as structured. A motion was made and seconded that we contribute to the golf outing supporting the 114th fund raiser.

Our dining out will be held Saturday, April 14, 2018 at Tavistock Country Club to better avoid bad winter weather and assure the snow birds can attend.

Marc Kantor reports that the work on the armory proceeds at a slow pace due to problems with supplies coming in that do not meet specifications. A letter was sent out to Lawrenceville about our club room requirements. We will be sharing this room with the 328thMP. The 1-112th and the 328thMP will be the only organizations with access to this room once completed. The boilers and the air-conditioners are installed and the ductwork is in place. We have made a suggestion for the duct work to be moved in the Club room for better utilization of height restrictions. The drill floor will not be air-conditioned. New doors and windows will be installed and a new front entry way will be placed on the building. The old range room will remain as storage and the arms rooms will be made more secure.

23 September is the Stand Down and it will be held at the armory, per the sponsoring group. Bill Finck and Frank Brown were told that the stand down will go on at the Armory, as planned.

First Sergeant McCarty suggests that our club room be outfitted as the 114th's is in the Woodbury Armory, as a resource room. The bar will be removed and modern modular furniture will be installed. The room will be outfitted as a distant learning center for the 328thMP, with computers as a learning and developmental training center, etc. The state will supply furniture and there is funding for this.

Tom Monaghan discussed the Oaks Gun show August 5 and sixth in Oaks Pennsylvania. He mentioned the NRA event in June in Lumberton and that we might get a speaker to come to our Armory.

The finance officer made mention of his success in getting hearing aids from the veterans administration and to not give up on getting benefits for service related medical issues, more information at the next few meetings, please join us.

Sunday, September 10 Patriot Day brunch will be held at Kaminski's Ale House supporting the memory of those who perished during the 9/11/2001 attacks on our country. Please join us and always remember what happened that day!

**OLD BUSINESS**

The 112FA Sports Club met two weeks ago at the Range14 JBFD, a good time was had by all.

**STAFF REPORTS**

None to report.

**COMMENTS FROM THE FLOOR**

none

The motion to adjourn was unanimous approval at 2030 hrs.

**BENJAMIN FRANKLIN QUOTE**

Al DeMasi, Franklin Historian



**"Keep your eyes wide open before marriage  
and  
half shut afterwards."**



**MG STEVEN FERRARI**



Steven Ferrari takes command of the 42ID and is promoted to Major General.

This year, MG Steven Ferrari, during Change of Command ceremonies in Albany, NY, took command of the 42ID which celebrates 100 years as a decorated US Army Infantry Division. At the Rainbow Division Veterans Memorial in Garden City, NY, he was promoted to MG. Members of the 1-112FA Camden Light Artillery Association were pleased to attend and help honor MG Steven Ferrari. Earlier in his career, he served as our Battalion EXO.





### **AAFES Online TO BE AVAILABLE TO ALL VETERANS**

On Veterans Day, 11 November 2017, all veterans are being encouraged to confirm veteran eligibility status at <https://www.vetverify.org>. This might be a multi-step process if the Defense Manpower Data Center lacks information to verify that a veteran served and received an honorable discharge. All veteran records are not currently in this system, but will be by the announced start date. Go to the website and enter the required information to see if you are eligible to use this new system.

For additional information, visit the following website:

<http://www.militarytimes.com/articles/your-questions-answered-about-the-new-veterans-online-shopping-benefit>

### **LARGER DoD BUDGET REQUESTS FROM THE TRUMP ADMINISTRATION**

The White House budget office has directed all federal departments and agencies to submit 2019 budgets no more than five percent above their 2018 budget requests.

The 2019 budget guidance, dated July 7, may be a sign that Office of Management and Budget Director Mick Mulvaney — known for prioritizing deficit reduction — is open to higher levels of defense spending in future years.

At first blush, the guidance seems to align with senior Pentagon leaders' requests to Congress for 3 percent to 5 percent budget growth annually. Base discretionary spending for the Department of Defense in the president's fiscal 2018 request was \$574 billion, and that's projected to increase by roughly 2 percent to \$587 billion in 2019 — which jumps to \$616 with 5 percent more added.

The defense budget could fall in other ways. The president’s budget gradually reduces the wartime Overseas Contingency Operations fund from \$77 billion in 2018 to \$12 billion in 2022 — though OMB has described these numbers as a placeholder, which suggests some flexibility. Either way, such growth would violate spending caps set by the 2011 Budget Control Act.

Todd Harrison, a defense budget analyst with the Center for Strategic and International Studies, said that while such a one-time budget increase would put the DoD on a trajectory to grow in size, it would take several years of increases to achieve the military buildup President Donald Trump talked about on the campaign trail.

“Under the previous administration we used to see requests for cut lists rather than add lists,” Harrison said. “It was common for OMB to ask for budgets showing how DoD and other agencies would adjust to a 5 percent cut in funding. It looks like Mulvaney is taking the opposite approach — start low, and then make them justify going higher.”

The OMB chief’s letter said the 2019 federal budget will be aimed at implementing a government reorganization and civilian workforce cuts — and “working with agencies to help deliver the fiscal restraint necessary to achieve 3 percent economic growth over time.”

The DoD and other agencies are directed to submit budgets in line with their top lines in the 2018 budget and “additional investments” of no more than 5 percent above their submission.

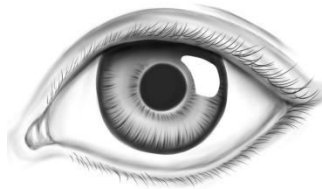
Defense Secretary Jim Mattis and Gen. Joe Dunford, the chairman of the Joint Chiefs of Staff, testified before Congress last month that anything less than 3 percent annual growth through 2023 could lead to America falling behind near-peer competitors such as China or Russia.

Under the first budget request from the Trump administration, the Pentagon’s budget rose \$18.5 billion above what the previous administration projected for 2018 — a sizable increase for most government agencies, but relatively small for the DoD, especially in light of promises from Trump that he would rebuild the military.

House Armed Services Committee Chairman Mac Thornberry, R-Texas, said last month that he secured a commitment from House GOP leaders for 5 percent annual defense budget growth over three years as part of a budget deal in Congress that was still in flux as of July 10.

### **SOMETHING TO PONDER**

"It's better to be seen than to be viewed"



## **112FA PHYSICAL FITNESS**

**Brian Strecker, Chairman**

### **THE FACTS ON FRUITS**

Rachael Link, MS, RD

**Fruit is a nutrient-dense food, meaning it is low in calories but high in nutrients like vitamins, minerals and fiber.**

**One large orange can meet 163% of your daily needs for vitamin C, an essential component of immune health.**

**On the other hand, a medium banana provides 12% of the potassium you need in a day, which helps regulate the activity of your nerves, muscles and heart.**

**Fruits are also high in antioxidants, which help protect the body from oxidative stress and may lower the risk of certain chronic diseases like cancer and diabetes**

**What's more, they also contain fiber, which can promote regularity, improve gut health and increase feelings of fullness .**

**And because fruits are low in calories, including them in your diet may help decrease your daily calorie intake, all while providing essential nutrients.**

**For example, one small apple contains just 77 calories, yet provides nearly 4 grams of fiber, which is up to 16% of the amount you need for the day**

**Other fruits are similarly low in calories. For instance, a half cup (74 grams) of blueberries contains 42 calories, while a half cup (76 grams) of grapes provides 52 calories**

**Using low-calorie foods like fruit to replace higher-calorie foods can help create a calorie deficit, which is necessary for weight loss.**

**A calorie deficit occurs when you expend more calories than you take in. This forces your body to use up stored calories, mostly in the form of fat, which causes weight loss**

**Snacking on whole fruits instead of high-calorie candies, cookies and chips can significantly reduce calorie intake and promote weight loss.**

#### **Summary:**

**Fruit is a nutrient-dense food, low in calories but high in vitamins, minerals and fiber. Because fruit is high in fiber and water it helps increase fullness and decrease appetite.**

**Eating fruit instead of a high-calorie snack can help with weight loss.**

## **112FA SPORTS CLUB**

**Ed McCarty, Chairman**

**The 112FA Sports Club meets at Range 14 (<http://www.range-14.com/>) at Ft Dix, NJ throughout the year. Outings and events will be posted on our web site and sent to the membership via email.**

**Watch your emails and the web site for additional Outings. Next trip to Range 14 at Ft Dix is Saturday, 23 September 2017.**



## NEVER TO BE FORGOTTEN

**Announcer:** Faster than a speeding bullet! More powerful than a locomotive! Able to leap tall buildings in a single bound!

**Voices:** Look, up in the sky! It's a bird! It's a plane! It's SUPERMAN!

**Announcer:** Yes, it's SUPERMAN, strange visitor from another planet, who came to Earth with powers and abilities far beyond those of mortal men. Superman, who can change the course of mighty rivers, bend steel in his bare hands, and who, disguised as Clark Kent, mild-mannered reporter for a great metropolitan newspaper, fights a never-ending battle for truth, justice and the AMERICAN WAY.



## **WHY WE MISS RODNEY DANGERFIELD**

My doctor asked me for a urine sample, a stool sample and a semen sample, so I left him a pair of my underwear.

I knew a girl so ugly that she was known as a two-bagger. That's when you put a bag over your head in case the bag over her head comes off.

I found there was only one way to look thin: hang out with fat people.

I had plenty of pimples as a kid. One day I fell asleep in the library. When I woke up, a blind man was reading my face.

I drink too much. The last time I gave a urine sample it had an olive in it.

My cousin is gay, I always tell him that in our family tree, he's in the fruit section.

My cousin is gay, in school while other kids were dissecting frog, he was opening flies.

My cousin is gay, he went to London only to find out that Big Ben was a clock.

I was so ugly my mother used to feed me with a sling shot.

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



## **ARLINGTON NATIONAL CEMETERY CLOSE TO CAPACITY**



**Arlington National Cemetery will reach its burial capacity in about 30 years unless the Army makes some tough choices now.**

**A report to Congress about the cemetery’s capacity offers a dire prediction that veterans of current conflicts in Iraq and Afghanistan and the fight against terrorism, and those killed in action and recipients of the Medal of Honor, may not be buried there “within approximately three decades due to the lack of space.”**

**Options to avoid reaching capacity include redefining eligibility criteria, expansion beyond the cemetery’s current physical boundaries, and alternative approaches such as new burial techniques or increased use of above-ground interment.**

**The eligibility criteria for burial has changed at least 14 times in the past 15 decades but there hasn’t been a significant change in policy since 1980, states the report, which is careful to point out that any such change would require a “thoughtful approach” to make sure veterans who could be affected are made aware of the challenges facing the cemetery in the near future and informed of options available at other veterans’ cemeteries around the country.**

**The recent 27-acre expansion at the Virginia cemetery—the first since 1976—will grow capacity by more than 27,000 spaces, but there is only one additional planned expansion. Assuming that project moves forward, the first burial wouldn’t take place until 2023, the report says.**

**In more than 150 years, 400,000 people have been buried at the cemetery from every major American conflict. Currently, the cemetery conducts up to 40 burials a week. The Department of the Army controls the 624-acre cemetery, which was established during the Civil War.**

**Photo by: U.S. Army Tuesday, May 02, 2017**

## **RETIREMENT BENEFITS**

<http://www.military.com/benefits/veteran-state-benefits/new-jersey-state-veterans-benefits.html>

The online information contained at this site can be very important to the membership. Please visit the link above and review your options. You may wish to subscribe to the "military.com" web site. It always has interesting and current information on the country and all branches of the military.

## **TRICARE**

TRICARE is adding new services and screenings. Effective Jan.1, 2017, TRICARE will cover annual preventive office visits for all Prime beneficiaries 6 years of age and older. TRICARE Standard beneficiaries can receive preventive services with no cost-share or copayment through disease prevention examinations. Also, the annual well-woman exam will continue to be covered for all Prime and Standard beneficiaries under age 65 with no cost-share or copayment. If you have recently received any of these services, please be sure to save your receipts and file a claim. The regional contractors will be ready to process claims for the new preventive benefits on Nov. 14, 2016. (<http://www.tricare.mil/Resources/Claims>)

## **TRICARE FOR LIFE**

TRICARE For Life (TFL) is a Medicare wraparound coverage for TRICARE beneficiaries who have Medicare Part A and Medicare Part B, regardless of age or place of residence. With TFL, you have the freedom to seek care from any Medicare-participating or nonparticipating provider, or at a military hospital or clinic on a space-available basis. Enrollment is not required, but you must pay Medicare Part B premiums.

TFL is available worldwide, in the U.S. and its territories TFL pays after Medicare, in all other OCONUS areas TFL is the first payer. (<http://www.tricare.mil/tfl>)

## **HOW TO REQUEST A COPY OF YOUR DD214 or NGB22**

The process starts at the National Archives website:

<http://www.archives.gov/veterans/military-service-records/>

Simply follow the directions found on the website for online application or click on the SF 180, complete the 'fillable' Adobe version, sign the document and mail to the appropriate location.  
(suggested by Frank Brown)

**HOW TO REQUEST NJ RIBBONS AND AWARDS**

<http://www.nj.gov/military/veterans/>

**NJ Dept of Military and Veterans Affairs**

**ATTN: DVS-VBB(Medals)**

**PO Box 340**

**Trenton, NJ 08625-0340**

**For additional information contact:**

**Telephone: (609) 530-6868/7035**

**Fax: (609) 530-6970 State of New Jersey**



## **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.





**3-112FA MORRISTOWN, NJ**

**LTC Brian J Stramaglia  
Commanding Officer**



**3-112FA is currently on Annual Training**



**Past Battalion Commanders of 3-112FA  
LTC Henri Schepens and COL Rob Bryan  
at 2016 St Barbara's Dinner**



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



**SSG Joseph A Cavanagh**

**609-519-6449**

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

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



**PFC Aidan Curran and PFC Daniel Newkirk-Carpenter, both graduating seniors from Cherry Hill West High School, manning the NJ Army NG table at the 8th Annual American Collectors Insurance Car show at Camden Catholic High School on 10 June 2017. Attendees of the car show were able to meet soldiers from the NJ Army NG and sit in the M1165A1 Special Ops HMMWV.**





**328 MP COMPANY, CHERRY HILL, NJ**  
**1LT Domenico Lazzaro**  
**Commanding Officer**



**328MP Company at Ft Dix for live fire exercises**

## **2017 Monthly Meeting Dates**

All Meetings are temporarily at the  
**Woodbury Armory**  
**658 N Evergreen Avenue**  
**Woodbury, NJ**  
**7:00pm**

**Wednesday, 6 September 2017 Monthly Meeting**

**Wednesday, 4 October 2017 Monthly Meeting**

**Wednesday, 1 November 2017 Monthly Meeting**

**Wednesday, 6 December 2017 Christmas Party/Dinner - 6:00pm**

**See your emails and our web site  
for additional events and dates of the  
1-112FA and 1-112FA Sports Club**

## **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 Boulevard**  
**Cherry Hill, NJ 08002-2778**



The 1-112FA Camden Light Artillery Association is proud to be a Commemorative Partner. We held our first event earlier this year and are planning future events for the summer and fall seasons. Please watch for the announcements in your emails and on our website.

"The Department of Veterans Affairs (VA) conducted hundreds of events in VA facilities across the nation on March 29, 2016 to recognize, honor and thank U.S. Vietnam veterans and their families for their service and sacrifices as part of the national Vietnam War Commemoration. VA, along with more than 9,000 organizations across the country, has joined with the Department of Defense as a Commemorative Partner to help Americans honor our nation's Vietnam veterans. By presidential proclamation issued on May 25, 2012, the Commemoration extends from its inaugural event on Memorial Day 2012 through Veterans Day 2025. To learn more about the Vietnam War Commemoration, visit the U.S.A. Vietnam War Commemoration website."

(<http://www.vietnamwar50th.com/>) by military.com 4 April 2016



## **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**

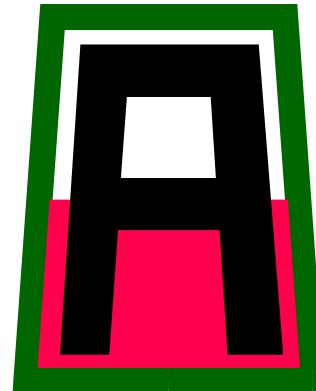
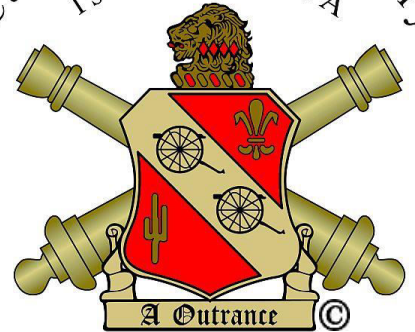
our name on Facebook is

**CAMDEN LIGHT ARTILLERY**





Camden Light Artillery  
1st BN 112th FA





**2010 Afghanistan - M777**  
((courtesy-SPC Gallegos via COL George Bannon(USA Retired))