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REPLY ID - COURT BATTLE (edqk)

Hi Tari!

What an encouragement to read your response to my earlier posting. I know, over a month is not very "blog speed", but I must use snail mail as my link.

Now that I know how to reply to specific blog postings it makes things a bit more real. Does that make sense?

You asked, "what I am thankful for?" I used to be thankful for "BIG" things in life, like a job, good friends, health. There was so much I took for granted. As if I expected the every day things were always going to be a part of my life.

Even during the worst days overseas you always knew the misery you suffered would end and you would return to "the world". To live a Spartan life was a badge of honor and expected in the Marine Corps. You never felt alone or abandoned. Even Marines that didn't get along were still "brothers" in combat that looked out for each other.

In prison I have learned to be thankful for the "SMALL" things each and every day.

Following more than 3 years in the County

② Jail seeing the outside only through bars, razor wire and fencing and surrounded by concrete walls ...

I remember nearly crying and collapsing the first day I was able to walk on a grass field with only the sky and wind above me. To breath the fresh air and smell the scents of fresh grass and trees in the air. Even though still in prison, just to take my shoes off and sit on a grassy patch. There were 200 other men out there, but I just found a private spot and spent 45 minutes staring up into the sky so I couldn't see any fences, towers or people and I learned to be thankful for the little things.

If your baby brother is showing the symptoms of PTS you, and he, must know this ... It doesn't go away, like a cold, or a broken leg. He will certainly learn to bury it, hide it or avoid it, but it's not just a phase you ignore and it goes away.

Probably the worse indicator is if he begins to isolate himself from others. You can't force him to get involved, but what you can do is help create an environment where he can relax and open up.

No combat Marine is going to simply start talking with a Pastor, or a shrink, or even a "peacetime" member of the armed forces.

③ On the other hand, if you have members of your church who are Vietnam veterans that is a great connection to make.

I would even go as far as spending the money needed for him to meet up with 3 or 4 Marine buddies for a "weekend away". Like a fishing trip or something. Yeah, he'll probably get drunk one of those nights, but it's the deeper conversations they will have the next day over coffee or at dinner that they will be able to open up and figure things out. I would even communicate with his buddies before hand that your concerned with PTS issues he is showing.

If he's willing to listen and be honest about it give him the address, name and time of the nearest Vet Center to go visit. Call yourself to find out what programs or meetings they are setting up. Like "job skills, interviews, GI bill options or anger management classes.

Tell him "Semper Fi" from me 😊!

Sergeant - Iraq 91 + 04 (Al-Asad, Hadi thar, Hi T, Ramadi)

Hope to hear from you again mommy of 3

David