

1 / 7 / 2015

"PTSD Counseling Group"

Hello world,

My last letter was in November and must not have posted yet. It was during the Ferguson, MO and New York City protests. Since then the terrible execution of two NYPD officers. This is horrible for all of us. The problem is not all police, but a justice "system" that has lost focus. As we face more real terrorist attacks (like Paris today) in the U.S. I hope and pray we work with prisons to prevent them from becoming recruiting grounds.

Good news! We've had our 2<sup>nd</sup> veterans only meeting for PTSD treatment. The 2-IDOC Counselors seem knowledgeable and sincere. There are 15-men in attendance and a list of 20-more waiting. Already, we've had more open discussion in 2-meetings than the past 4-years our larger monthly group has met.

A few times I've been told that I need to "help other veterans and their families" once I am released. It is always on my heart to help others so I will always strive to be supportive. But what can I, or should I, do on a larger scale? Any ideas? ... Where do I start? ...

We experienced a great loss on 12-26-14 when Mr. Eddie J. Price passed away. Eddie was

one of the "Volunteers" who visited the prison regularly for the last 2-years. He was a guest speaker at our GrahamVets meeting and was on our schedule for January 22 meeting. He also visited our Chapel once a month to deliver a Sunday morning Church service. He will really be missed. In such a short time Eddie made a big impact on many of us. He really cared and gave respect to everyone he met.

Eddie was a U.S. Navy, Vietnam veteran.

He served on river patrol boats (remember the movie Apocalypse Now) which is often called "Brown Water Navy". He was wounded and walked with a limp ever since. Yet he always had a smile and an encouraging word to share. He left us too soon at 63-years old.

I've heard he was very busy with the V.A. and helping other veterans groups. If it was not for Eddie's encouragement and help our current PTS support group would not have happened. We've worked together for 2-years trying to bring this need to the attention of the V.A., families and the I.D.O.C. system.

A toast to a fallen Brother,  
A toast to a good friend,  
A toast to his last deployment...

To calm seas  
and following winds.

Semper Fi!

Tom D. Coby