

Knights of the Roundtable **Lancers**

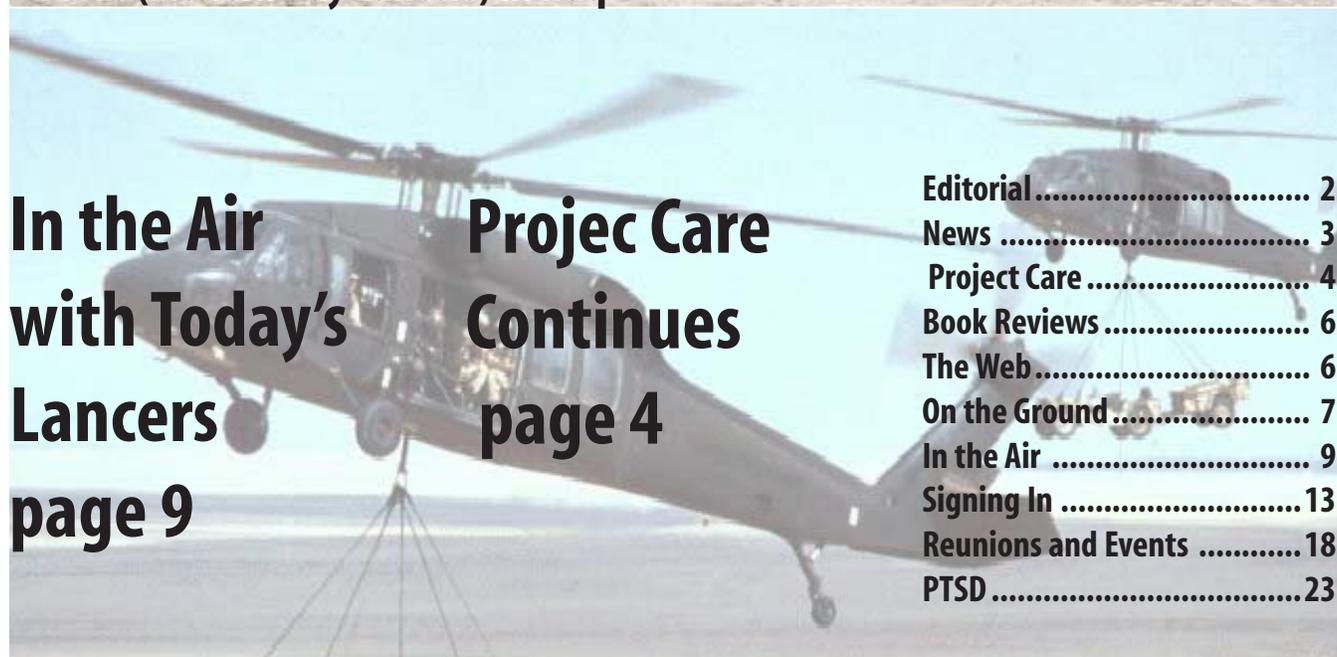
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B Co 158th Avn Bn 101st Abn Div

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MDLs (Modern Day Lancers) in Iraq



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Editorial

by Lance Ruck President and David Mussey Secretary Treasurer

President's Message

Welcome to the latest Edition of our Lancer Newsletter. The new sections which were added last quarter have been continued, including much information and pictures of the Modern Day Lancers.

I just arrived home from a 3 week vacation that included a Houston Mini-lunch Reunion, the annual VHPA meeting in Orlando, and some personal time at Disney World and my Brother's in Coral Springs. Upon my return, I did have a letter from SPC Terran Towner who now estimates the Lancer return in late October "if all goes well"! He and all the MDL's have been very grateful for the numerous care packages they have received from us and most of their letters have been shared on the Yahoo site for all to read. The membership there has increased to 77 and I would urge any who have Internet service and have not yet joined to do so; many pictures and other items of news and information appear there constantly, albeit Dave does an excellent job of placing some pictures and information on the Lancer Homepage, which is available without any registration.

I will not address the Houston Mini-Lunch Reunion as pictures and an article by Walt White are in this newsletter and additional pictures appear on WW's site, Lancer Homepage, and the Yahoo site! It was a great time and the highlight for me was when Catzoela showed up unannounced with all types of war memorabilia! He also indicated he would try to make Reno. You should find a short article on the VHPA 2003 Orlando meeting with some pictures in this newsletter and more pictures on the Yahoo site. Among the Lancers there were Raymond Ashmon, Steve Crimm, Tim DeLong, Mike Kain, Dan Martin, and Honorary Lancer Stephen Smith. Curtis Smith and his wife joined us for the Swim Party and Jon Bean and his wife joined Lana and I for a nice dinner. Efforts to reach "Hotel Charlie" (Charles Grabon) were unsuccessful and we all missed the opportunity to see him again after 32 years.

As you can see in Dave's following article, the Lancer Association Fund is in excellent shape and more donations should be forthcoming from the recent reunions. I gave everyone a deck of Lancer Cards as appreciation for showing up and I shall probably continue that at Reno. After that, anyone who wants a deck may secure one from our current order form, which now includes Shirts, Hats, AO Maps, Lancer Patches, Decals, and Cards.

While I did finally file my VA claim in April, I have only



received one letter from them. Pursuant to a phone call as result of that letter, I may go to the VA Clinic and take a blood test for Agent Orange at any time and they will advise me by letter when I will have an appointment for PTSD? The other thing I know is that they may take up to one year to make a determination of any benefits, after one year any benefits received are retroactive to a year.

Last but not least - RENO - ARE YOU READY TO PARTY? This will be the last major reunion of 2003 and I hope all who have signed up as "yes" or "maybe" will finalize your plans and join us in Reno. We expect between 30 and 40 Lancers, which will be the biggest reunion to date. Hang in there, make a reunion, join the Yahoo Group, tell a war story, share your pictures, and ALWAYS have a nice day!

Lanny Ruck - Lancer 13



From the Secretary-Treasurer

Welcome again to the Lancer, Knights of the Roundtable, newsletter. The summer is just flying by and two big reunions have past and the Reno reunion is just ahead. It looks to be a big reunion for the Lancers again this year. We have the unit dinner night all set up except for the final head count to the restaurant. So if you're planning on being at the dinner and haven't let be know yet, please do so ASAP. The cost, \$28 a person and checks should be sent to the Lancer association's address.

Many mini-reunions, between Lancers, have been taking place around the country. Some of those reports are in this issue. Mini-reunions and updates on the Modern Day Lancers also appear on the Lancer website. I try to keep the site updated as often as possible.

The Lancer fund is, as of 20 July, at \$2236.13 with \$212.00 in checks to be deposited. Of that amount, \$780 is due out to the restaurant for our unit dinner. I wish to thank all who have made contributions to the fund over this last quarter. It has helped plus up the fund for the newsletters and other projects. Our main expenses this past quarter include, newsletter mailing and memorial plaques.

Looking forward to seeing many of you at the reunion in Reno.

Dave Mussey

News

From your fellow Lancers.



George Barry



Had a nice visit with George Barry's mother in Quincy Mass. With me were Bob and Willa Hamilton of Louisville, KY. and Dan O'Brien of East Falmouth, Mass. I'm sure you remember the story. Mrs. Barry is doing well at 83 and provided us with a great lunch and hearty discussion. You will notice another presentation on her living room wall. It's of a rubbing of George's name from the Wall the three of us gave to her 3 years ago.



William Weiss



On 05/17/03 my youngest son (Jason) and I got to gather with Cindi (Weiss) Skinner and presented her with the memorial plaque. The presentation was done in her home. My son Jason did the presentation in his full dress uniform and delivered a short speech to Cindi, which went something like this:

On behalf of the United States Army and the Lancer Association, we would like to present this plaque to you in memory of your brother William Weiss Jr. Although he is lost he will never be forgotten.

He then took a step to the rear and delivered a salute to Cindi.

We then chatted a bit then said our goodbyes. Cindi was a very wonderful lady and seemed very pleased the gesture was made by the Lancers to honor her brother.
John Fordyce

Project Care



Keep Sending the Letters and Packages

Flight,

Following is an excerpt from a news article that Bill Griffith posted on the Lancer list server. I ask all not to forget about our troops in Iraq. Keep sending letters of support and the all important care packages. I have included several letters or excerpts from letters that have been received by the Viet Nam era Lancers from the MDLs. There should be no doubt that our efforts are appreciated. I am sure all of you recall how much that package from home meant to you. No doubt a letter of support and thanks will help make their stay more tolerable.

About eight pages of the newsletter is dedicated to the MDLs in Iraq. Hopefully our next issue will contain more photos and operational stories from the Modern Day Lancers.

Best regards,
Gary W.

101st Airborne Staying In Iraq Until March

Families Disappointed But Supportive Of Troops

Lexington Herald Leader
July 27, 2003

By Jim Warren, Herald-leader Staff Writer
Army Pfc. Michael Pettit called his mother, Dorinda Pettit, in Lexington in the wee hours of Wednesday morning to deliver some "not-so-welcome news."Pettit, along with other members of the 101st Airborne Division,-wouldn't be coming home from Iraq until next year.

"It's kind of hard and rough," Dorinda Pettit said of the news. "But it's one of those things. We're pulling together as a family. We'll wait it out and stand behind him."Hundreds of other families around Kentucky will be doing the same, following word this week that the 101st Airborne Screaming Eagles, based at Fort Campbell, will be staying in Iraq until March.

If that projected date holds up, Michael Pettit and the division's other troops will have been gone from Fort Campbell a full year by the time their tour in Iraq ends. In contrast, the crack division was in the Middle East for about nine months during Operation Desert Storm in 1990-91. It means youngsters will have to wait longer to meet fathers they've never seen. Weddings will be postponed; homecoming ribbons and balloons will have to be stored away to wait for another day.

Letters from the MDLs

Note: These letters are not in any special order (date or name). There are many that did not make these pages. The selection process in regards to include or leave out was very random.

Dave (Mussey),

It's good to hear from a Lancer brother. The things you sent were great and I spent the time to spread the wealth to fellow Lancers. We all thank you and the other Lancers for the packages and letters. Let them all know that the Lancer Head has been on the nose of every Lancer bird throughout the war. Lets just say, we are riding in style. Again thank you for the support.....

James "Topper" Duncan
Lancer 431

Hello Gary and Ginger Bowman,

Thank you from me and the guys in the company. We all enjoyed the goodies and comics. The jerky went the quickest. Still working on the crossword. They are not as easy as the cover says.

I thank you and I know the other guys in my company feel the same way about the support from you and your wife and other families like your own. The support is overwhelming and all appreciated.

We are doing well and doing good about keeping cool in this hot climate. They say it will get much worse. We in B Co 5th 101st fly mostly during the daytime so that at least we have the helicopters to keep us some what cool.

Never thought you can get use to drinking hat water, but that is all we have. Pre made mixes are high value and sometimes used to trade for other things. I guess people are getting tired of the taste of water. That's what I hear everyone ask for when the question is asked what should people send. They all say pre made drink mixes and baby wipes.

So thank you and your wife for the care package and you support.

Daniel Sharts

Gary (Whitty),

Hello there! I want to say "Thank You" for all of your dedication and support from all of us at B Co. We are



overwhelmed with your kindness!

I have to say that I am very proud to be serving with the 101st, in the best company they have! We have flown over 1300 hours without any problems. Our biggest threat thus far is the elements and ourselves. Six Blackhawks and seven Apaches have been lost due to the sand and dust thanks to the Lord!

I would like to extend my best wishes to you and yours. I hope you had a very happy Easter and I look forward to visiting with all the "Old Lancers" in the near future! God bless you and your family.

P.J. Pitman

Dear Lanny (Ruck) and Family,

Hello folks. I have been trying to write and say thank you for about a week now. Today was the first day I've not had to fly or attend some type of briefing. We have all received cards, letters, and packages from the "Lancer" family. I would like to extend my humblest gratitude to all of you for your kindness and support

I thank you, your family and all in the association for everything you all have done to keep up the morale. Some of the soldiers walked a little taller, smiled a little brighter and reflected a little more when they received your letters, packages and cards. You all have helped more then you could even know in making us even stronger unit then we are already.

John Nikolao

Dear Fellow Lancer & Family (Lance Ruck)

What a great surprise to get the box you sent. The support that you and the rest of the Lancers have shown has and will always be on of the best memories of this journey. It meant so much to see and hear from you. I really value your support. I hope that one day we shall all meet again. We have been receiving letters from you guys and please pass my thanks to them all, I'm not a big letter writer but being adopted by you gave me a lift so I'm taking the time to thank you personally.

I'm doing good and don't really need anything else unless you can send a 747 to bring us home? Truthfully, this pales in comparison to what you and our other brothers went through so I send my salute to you for your service. We got three newer pilots: CW2 George Phillips, WO1 James Hagerty, and WO1 Doug Adams who arrived two

days ago. I hope we here in Iraq have lived up to the standards you and those before have set and have made you proud. God's blessing on your family and I will keep you all in my prayers and thoughts. Thank you again -

Sincerely your Brother -
Matthew Hernandez

30 April 03

Dear Mr. Crandall,

I just received the package you sent today and wanted to drop a quick line to say thank you and your generosity is greatly appreciated. I shared a lot of the items with the guys in the company and they took your address so they could write a letter of thanks. The conditions here are sometimes difficult but when we get letters of appreciation and packages from people like yourself, it makes life a whole lot better.

I've placed a couple of your bumper stickers on my aircraft and took some pictures. When I get them developed I will send you one. For the package you sent, I felt the least I can do is give you some international advertisement.

I know that you are a former Lancer, I would love to hear about some of your past experiences. Things here are starting to wrap up, but I can only think of your tough times in Vietnam for the whole year, or the soldiers of the Korean War, or World War II. Our stay here cannot compare, but it is our job and duty to do so now. You and all other veterans served your country and now it is my turn as well as my generation to do the same. And I do so without reserve. I feel we owe that to you and our children.....

CW3 Matt Rogers

Book Reviews



The Web

Interesting links and web page reviews.



Afternoon of the Rising Sun The Battle of Leyte Gulf

By *Kenneth I. Friedman*

Presidio Books 414 pages

Reviewed by Dave Mussey

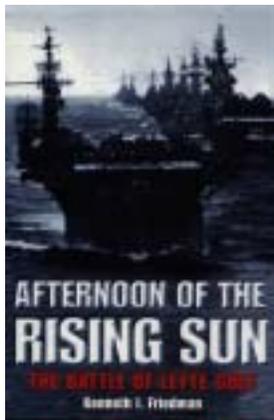
For the military history enthusiast, this book is an outstanding chronicle of the Battle of Leyte Gulf. In late October of 1944 the United States Navy and the Imperial Japanese Navy meet in the waters off the Philippine Islands for what is to be the last great Naval battle of World War II.

Many books about historical events can be very dry but this book by Mr. Friedman is actually riveting. Sure we all know the final outcome of the war with Japan. And many of us may know much about the naval battle off the shores of the Philippines, but this story is told in amazing detail with interviews and from the journals and records of the men, on both sides, who fought the battle.

The Battle of Leyte Gulf arises out of the Japanese need to stop General MacArthur's return to liberate the Philippine people. This would put the Allied forces on the doorstep of the Japanese home islands. The Imperial Japanese Navy had come up with a desperate plan to stop the Americans from extending their foothold on Leyte Island and ultimately driving them out of the islands. The plan was brilliant and could have worked if it were not for the determination of the American tactical commanders and their dedicated Navy crews. Luck and mistakes happened on both sides during this battle. And even though the Japanese did not succeed in their main objective of destroying MacArthur and the American army on the beaches of Leyte, their plan did come very close. If the Japanese had succeed in their aim, the final

outcome of the war would not have changed. Ten months later, the first Atomic Bombs to be used in wartime would see the end of Japanese imperialism and terminate the war anyway. But perhaps at a much greater cost of American lives.

A highly recommended book for all readers of military history.



American Red Cross, Vietnam Donut Dollies

[Http://www.donutdolly.com](http://www.donutdolly.com)

Webmaster: *Patty Bright*

review by *Dave Mussey*

Reviewing this site brought back some of the more pleasant memories of my tour in Vietnam. It was always the best flight assignment of the day when we were ferrying the Donut Dollies to the different Firebases.

Their site is a really nice and full one. The home page is broken into three frames, the top frame shows the page title. The right frame contains a listing and pictures of the Donut Dollies that have been in touch. Most of the picture sets (then and now) link to a separate bio page of that Dolly. The only one that I found, of the current contacts, that served in our AO is Penni Evans. Penni was stationed at Quang Tri from December '70 to March '71. Maybe one or two of you had met Penni. The third, and left, frame contains the links to most of the other parts of their site. Most of the site is easy to navigate, the only word of caution I would give is that you use the 'back' or 'home' labels on the pages you visit. Using your browser's back button or mouse 'back' function can take you to pages you visited previous to the Donut Dolly page.

Within the left frame are a number of links. The 'Where are they now' section is similar to the 'Looking for' page on the Lancer site. The 'About us' section gives a historical review of the Donut Dollies. There is also a very neat picture of helicopters on a flight line near some shimmering water. The 'Our Scrapbook' section has lots of pictures taken by the Donut Dollies themselves. And a 'Our GI Scrapbook' is included with soldier submitted pictures.

Other links from the left frame include a Guestbook (if you visit the site, please sign it), a forum, a links page to other sites, a newsletter page, a locator page where you can submit info to try and locate a Donut Dolly, a reunion info page and a chat room. Other links to note include, a Memory page of Donut Dollies who lost their lives in Vietnam and Poetry and Reflections pages by the Dollies themselves.

A must see site for all of us who have fond memories of the Donut Dollies of the American Red Cross

On the Ground

Stories, history and tactics of the ground troops.



History of the 101st during the Lancer period Part XI

*Reprinted with permission from:
101st Airborne Division Screaming Eagles
Turner Publishing Company*

On July 18, 1970 a fourth chinook was shot down. Unfortunately, it crashed into the main artillery ammo dump on Ripcord and burst into flames. Over 400 rounds of 105mm ammo began to cook off and explode. The detonations lasted for eight hours, destroying all six of Bravo Battery's howitzers, a pair of 106mm recoilless rifles, a counter-mortar radar set, a VHF radio, numerous bunkers, and operations centers on Ripcord's south side. The perimeter itself was intact but the heart of Ripcord's defenses was a shambles.

On July 19th, Alpha Company killed two NVA and discovered a bonanza of valuable information on the bodies of the two dead NVA. The intell was quickly passed on to Col. Lucas on ripcord.

Delta Company 1/506th, commanded by Capt. Don Workman, was placed OPCON to the 2/506th and inserted on a LZ a couple of kilometers east of Hill 805. Their insertion was "hot" as they encountered intense small arms, mortar, RPG. and heavy machine-gun fire going in. It appeared the NVA had strong defenses and adequate manpower covering every potential LZ within six clicks of Ripcord. Capt. Workman succeeded in getting his company on the ground intact, and then moved them 600 meters away from the clearing and into a defensive perimeter. Secure for the moment, but burdened with several dead and nearly half the Company wounded, Capt. Workman radioed for help. Delta Company 2/506 would answer the call, combat assaulting into another LZ nearby. They, too, were met by hail of small arms fire. Delta quickly established fire superiority, then assaulted the enemy's positions driving them off. The NVA left behind several of their dead along with a .51 cal machine gun. Charlie Company, now under the command of Capt. Kenneth Lamb, CA'd right behind Delta and secured the LZ for the extraction of D/1/506th. Capt. Workman, D/1/506th's commanding officer, was killed during the final moments of the evacuation. But by nightfall all three companies were out with their dead and wounded. In the meantime, Alpha company had been pushing deeper and deeper into "Indian Country," and discovering more and more enemy fortifications. Feeling a lot of sympathy for George Armstrong Custer, Capt. Hawkins knew that his position was precarious. But he had come to fight. By midmorning on the 20th, he had his troops at the base of hill 805. Hawkins sent half his company across the river which

ran along the south base of the hill, and placed the remainder of this company in an ambush position on the bank above the water. His element across the river located a string of commo wire across the river and tapped into it. Setting up a hasty ambush around the wire tap, the Currahees stayed in position for five hours while the company interpreter and one of their Kit Carson Scouts listened in. The Americans initiated contact twice during the time the wire tap was in service. Across the river, the other half the Company had busted two watering parties as they approached the stream.

The information gathered by the wire tappers proved invaluable. They stated that an entire NVA division, not just two regiments as previously thought, was waiting to hit Ripcord. It also revealed at the NVA division headquarters was at one end of the wire, while in regimental headquarters waited at the other end. Alpha company pulled back and set up a defense perimeter for the night, calling in heavy artillery on the suspected enemy headquarters locations. During the 21st, Alpha company elements killed several NVA, including a courier to division headquarters carrying with him diagrams and a plan of attack for the NVA forces scheduled to hit Ripcord. After dark, Capt. Hawkins moved his company a couple hundred meters away and set up in a defensive perimeter. He knew they had been in too long and had done too much damage to the enemy. The NVA would soon come in force to find them. When daylight arrived he planned to move west across to river and get away from the NVA hunting grounds they had stumbled into.

That same day, Brigadier General Sidney Berry, the acting Division Commander, made the decision to evacuate Fire Base Ripcord. It was obvious that the NVA had made the commitment to take Ripcord at all costs. Its position over their major northern infiltration route into the coastal areas was too much of a threat. For Gen. Barry the cost of holding Ripcord was not worth the price in American lives. He gave Col. Lucas orders to draw up plans to execute the evacuation on July 23rd. Charlie and Delta companies had already been returned to Camp Evans after the rescue of D/1/506th. Alpha Company and the Screaming Eagles manning the perimeter on Fire Base Ripcord were the only troopers left to bring in.

On the morning of the 22nd, Capt. Hawkins received a coded message from Col. Lucas to move this company to an LZ located just east of Ripcord. His point element moved no more than 100 meters before surprising and killing three NVA. Moving up to exploit the situation, the point platoon ran broadside into an NVA battalion on the move. The enemy battalion immediately pivoted and assaulted Alpha Company with human wave attacks supported by mortar fire. Capt. Hawkins's troopers were immediately embroiled in a fight for their lives, as they slowly constricted into a defensive perimeter. Outnumbered better than 6 to 1, the Screaming Eagles fought with the desperation of men



marked to die. Air strikes called by Capt. Hawkins on his own positions and the timely arrival of helicopter gunship cover saved the day and the remainder of Alpha company. Airpower broke the back of the NVA battalion. When it was over, Alpha company suffered 90% casualties, and the NVA left over 100 dead on the battlefield. Col. Lucas, knowing that Alpha company would not be able to evacuate with out help, ordered in Delta Co. 2/506th to reinforce battered Alpha.

As darkness fell on the battleground, Delta was forced to abort its rescue attempt. The LZ was still a flame from the burning napalm. They would be back at the first light to try again. In the meantime, Alpha company had to hold out during the night.

Delta Co. was on the ground at first light on the morning of the 23rd and force marched cross country to get to Alpha company. Delta Co. made the link up, hijacking and blowing a LZ in the middle of the jungle while Alpha provided security and treated its wounded. Twenty-one Huey helicopters later, Delta and Alpha companies had been plucked from the gates of hell and returned to Camp Evans to see to their wounded and bury their dead.

Up on Ripcord, the final evacuation was proceeding with dispatch. Pathfinders from the 101st were skillfully guiding the evacuation ships in, around and between incoming enemy mortars. Unbelievably, only one helicopter was lost to enemy fire. However, the enemy got in a heavy parting shot, as one of their mortar rounds found Col. Lucas and his S-3, Maj. Tanner, as they stood discussing the final moments of the operation. Col. Lucas had landed on Ripcord during the extraction to supervise and to set an example for his men. The battle for Fire Base Ripcord was over.

Ripcord was not a U. S. victory nor was it a defeat. However, it was the last major ground battle of the Vietnam war involving only American forces against the enemy.

Lt. Col. Andre C. Lucas would posthumously receive a Congressional Medal of Honor for repeated displays of unparalleled bravery during the siege of Fire Base Ripcord. The citation reads: Lt. Col. Lucas distinguished himself by extraordinary heroism while serving as the commanding officer of the 2nd Battalion. Although the fire base was constantly subjected to heavy attacks by a numerically superior enemy force throughout this period, Lt. Col. Lucas, forsaking his own safety, performed numerous acts of extraordinary valor in directing the defense of the allied position. On one occasion, he flew in a helicopter at treetop level above an entrenched enemy directing the fire of one of his companies for over three hours. Even though his helicopter was heavily damaged by enemy fire, he remained in an exposed position until the Company expended its supply of grenades. Then he transferred to another helicopter, dropped critically needed grenades to the troops, and resumed his perilous mission of directing fire on the

enemy. These courageous actions by Lieut. Col. Lucas prevented the company from being encircled and destroyed by a larger enemy force.

On another occasion, Lt. Col. Lucas attempted to rescue a crewman trapped in a burning helicopter. As a flames in the aircraft spread, and enemy fire became intense, Lt. Col. Lucas ordered all members of the rescue party to safety. Then, at great personal risk, he continued the rescue effort amid concentrated enemy mortar fire, intense heat, and exploding ammunition until the aircraft was completely engulfed in flames.

Lt. Col. Lucas was mortally wounded while directing the successful withdrawal of his battalion from the fire base. His actions throughout this extended period inspired his men to heroic efforts, and were instrumental in saving the lives of many of his fellow soldiers while inflicting heavy casualties on the enemy.



photo from summer / fall 1971 Rendezvous with Destiny and probably was not taken on the operations in the story.

In the Air

Stories, history and tactics of the aviation units.



1st Combat Mission Iraqi Freedom

by *Jimmy McElhaney*

The night is filled with sleepless anxiety, tossing, turning, fear of the unknown. Fear of failure, failing those who come before us, failing those to our left and right. Flight suit wetting fear of the thought of being slimed with chemical or biological agents. Endless possibilities, will I perform as imagined or will I fail? Questions that swirl like the rotor blades overhead.

The TOC guard approaches to wake everyone from their listless slumber. Update brief, last minute changes, weather, S2, special instructions, call signs the list of information seems overwhelming. Coffee, the constant of all warriors past present and surely future. The familiar face of a friend in a canteen cup, the crutch that is always there. The warm friendly coffee telling us assuring us all will be well. Finished with the brief and your coffee and it's off to wait on a Humvee for a ride out to the flight line.

It would be a long hump with your helmet and bag, protection mask, night vision goggles, rucksack, load bearing equipment, Kevlar, chemical protective over garments, combat lifesaver bag, water, water, and water. See the other faces on the back of the Humvee, some with tight lipped smiles, some with false bravado and some with no expressions at all.

Arrive at the Aircraft and the sun is just beginning to peek over the endless sand. Preflight complete begin the crew brief, give out all the info and back brief. It's now even closer to begin our 1st combat assault. My PI (copilot) for this mission is a CW5 Viet Nam vet. I am a 28 year old PC (pilot in command) with 0 combat hours and he is close to 1800 combat hours. How does this war compare? Does it compare? Can he see success in my face? Does he see in me what it takes to accomplish the mission? Is he still feeling who I am anxiety, fear, apprehension? Start the apu, load the radios and the KY58s, check the Kit 1C fills to ensure we aren't shot down by friendly fire, load the gps.

Its time to start the engines, going from idle to fly causes the dust to enter yet again. The ever present dust is in everything, on everything, a part of everything. It becomes one with you whether you like it or not. It's in and on your helmet, visor, mic boom. It is exhaled when you breathe out. It comes out of your pores, in your sweat, spit and tears. The name Sandman or Sandcookie comes in a flash and seems appropriate. The up call and the T/O go by in a blur. Mission altitude is 50ft above highest ground feature. 110knots at 50ft is the blink of an eye, the half exhalation of breath. 50ft is close enough to see the sheep's wool blown on their back. Close enough for a flee to jump from a camel onto our Hawk if their timing is right. Cross the berm into Iraq. Flying has a

way somehow of easing my self doubt, fear, and the unknown. Flying has a way of putting you at ease making everything but the task at hand unimportant. I am flying my 1st combat mission into the ever present unknown. Coming back across the berm into Kuwait a big sigh of relief. Knowing tomorrow will be more of the same.

1st combat mission complete.

"Mission Change"

by *CW3 Clint J. Estes Lancer 67*

I was getting ready to call it a day and decided to check the flight schedule before nodding off. What luck I drew an afternoon mission out at OBJ Wheaties. That was good and bad news. The good news was I would get to sleep in tomorrow; the bad news was another boring day flying over the wheat fields of northern Iraq. My crew was CW2 Mike Dandaneau, Crew chief SPC Welch and the door gunner was PFC Camp, with tail number 526. Otherwise know by some in the company as "the P.O.S." bird.

The morning came; the weather was again sunshine with light wind and temperatures in the low 100's. The crew got the bird ready as CW2 Rob Goebel (PC of the other aircraft) and I did all the paperwork for the day's mission. We took off as a flight of 2 from Q-west airfield at 1300, en-route to OBJ Wheaties. As we crossed the Tigris River 1 made a call to ABU 06 on FM and gave him the 10-minute inbound for the PZ call. He responded with "Did you get the mission change?" Mike and I looked at each other and said "what mission change?" I called him back and told ABU 06 that we had not received any mission change but would get a brief after we landed at the PZ.

The grunts were waiting in PZ posture as we landed. ABU 16 climbed on my aircraft and grabbed the dog bone to explain what the mission was. Apparently a local farmer had reported that he and other farmers were being shot at out in their fields while trying to harvest wheat. He knew who the people were and where they lived and was willing to ID the individuals if the soldiers would help him. After getting a flight up from chalk 2 we departed for the farmers house. We were told it was in sector 15 somewhere but did not have a grid for the house. As we were flying the farmer was giving ABU 16 hand and arm signals to his house. After a few turns and ending up in sector 17, we found his house. The perpetrators house was approximately 800 meters to the south so we landed in the wheat field and let the grunts get out. Just as ABU 16 was getting ready to climb out he said "Give us over head cover support and we will signal when we want you to land."



We took off and circled overhead the troops and the house as the grunts moved in to take it down. It only took 20 minutes for the infantry to seize the house, weapons and 3 suspects. We circled overhead and used rotor wash to keep bystanders away. The locals came out from everywhere to see what was going on and were all smiles, waving to us each time we flew by. As the signal to land was given, the suspects and confiscated equipment were loaded. The locals were signaling to SPC Welch to take off and push the 3 men out once we got to altitude! Of course SPC Welch said no. So then they wanted us to shoot them in the head instead, again SPC Welch said no! Once ABU 16 said he was ready for departure, we returned to the PZ and dropped off the Infantry, the detainees and the confiscated weapons for processing.

As the flight of 2 returned to base it occurred to me that today's mission was just another days work for the Lancers, but a life-changing event for the people of a small village in Northern Iraq.

From P.J. Pittman

The biggest things going on right now are aerial gunnery and Operation Wheaties. The latter is the Army's way of stopping illegal wheat harvesting. We fly two squads of infantry around looking for combines. When we locate a combine, we land and the infantry boys check for permits and other papers insuring that the wheat farmers are not stealing someone else's crops. I had no idea I'd be working for the FDA!!!^{ha} Apparently the Iraqi Army used to fly their helicopters around picking up farmers and kicking them out at altitude! How awful that must have been. I'm sure some of the Iraqi farmers have flash backs when our Blackhawks show up.

From Lancer 06

I am *sorry* it took so long for me to reply. Our company has been very busy and I have gotten caught up with the missions. So far the company has flown over 1500 hours in a 2-month period and maintained a 90% mission capable rate, which is a true credit to the crewchiefs and pilots. We have performed the two longest air assaults in history from Camp Udari, Kuwait to An Najef, Iraqi over 450 km's and from Iskandariyah, Iraq to Qayyarah West, Iraqi over 650 km's. On both of these the Lancers were serials one and two (lead from the front). The soldiers are doing a great job and we appreciate all the support you have given us. We appreciate the care packages and letters. They keep us in touch with the home front and remind us of why we are over here. We also appreciate the cards and stickers. They guys love handing them out.

Without support from all of you this would be a tough job; but because of your kindness and love for the country it makes the job a lot easier. We currently are living out of a hangar on a bombed out Iraqi Air Base. Our primary mission now is to stabilize the country and try to bring normalcy back to the citizens of the country. It is a great thing to go fly in a country and have the children and parents wave and say thank you. It makes everything worthwhile. The people really appreciate the U.S. efforts to liberate them.

The door gunner's had to leave us yesterday (21 May 03) because the Infantry wanted them back. They were a great bunch of guys and their help was immeasurable. We will miss having them in and around. The Lancers are proud of the heritage that all of you have built: and are doing our best to preserve and add a new chapter to the book. Without your previous sacrifices this unit and country would not be what it is today. We thank you for all of your efforts and hard work and only hope we can live up to the challenge.

I hope that this letter finds you and your family well and in good spirits. Once again thank you for your kind and generous efforts. The Lancers and myself, thank you for your support and hope that you are also shown the same kindness in return.

GOD BLESS,
Darrell A. Dorenus
"Lancer 06"



This picture is taken in Iraq outside a bunker that they have now turned into a rec room. They are at an old airfield outside of Mosul. Only one of the hangers was hit by the attacks so they have moved in and now have a little better living conditions and working conditions. photos provided by Kevin Easy's wife.



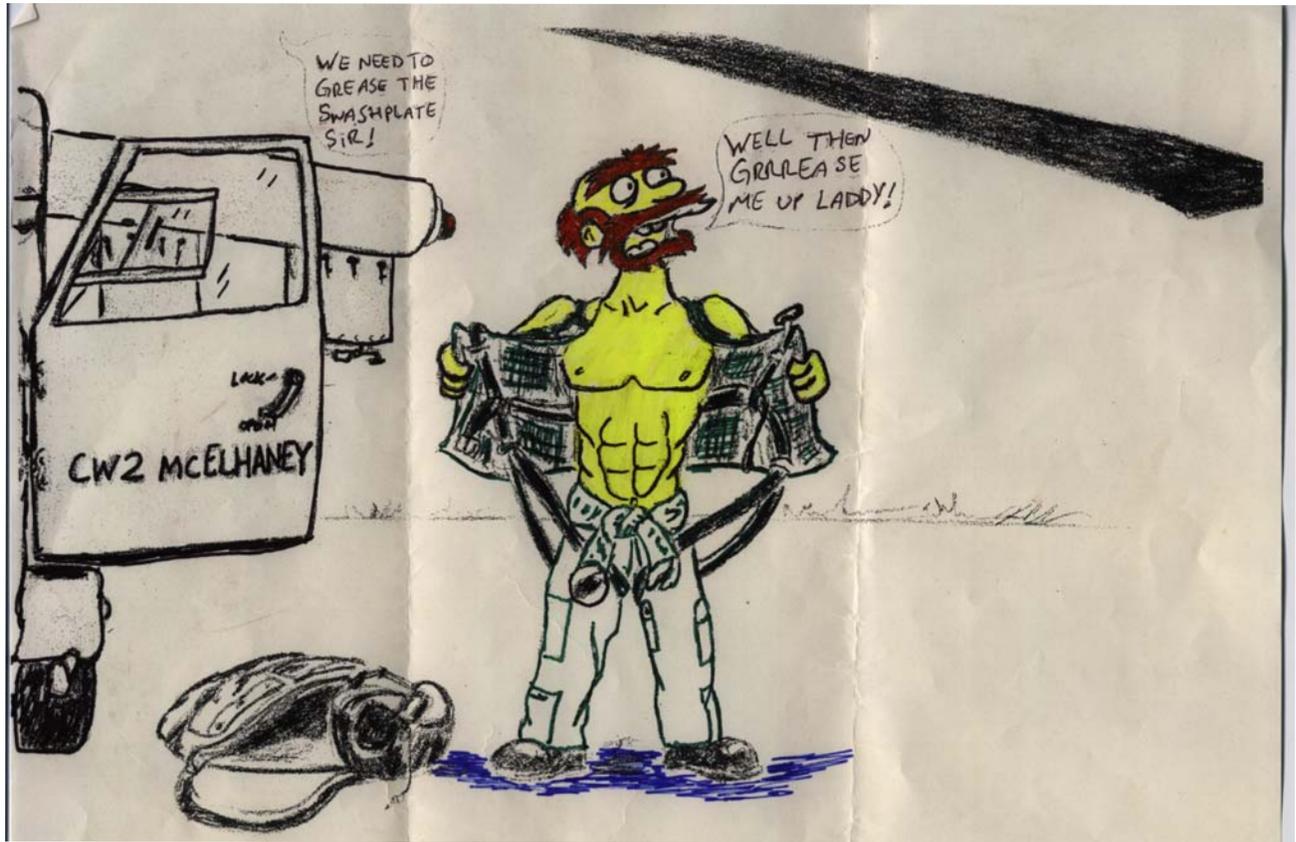


These were taken on Father's Day. The first one is of our Grandfather's in the Company. The second one is of all the Fathers. The only female in the picture with all the Fathers is our Bat. Commander. Photos provided by Kevin Easley's



Humor

The lighter side of military life.



CW2 McElhaney sent this art work with the following: By the way the cartoon was drawn by Spc4 Ken Barker and that's me (Grounds keeper Willie from the Simpsons).

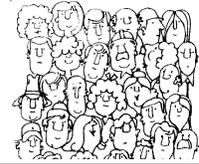


Bill Walker sent this photo titled

Military Cutbacks

Reunions and Events

The what, where, when and who.



Reno, NV 2003

Two of the major reunions have already past and our biggest is coming in Reno, NV. As of the 20th of July, thirty five Lancers and guests have signed up for the Lancer dinner on unit dinner night. If you plan on attending the Lancer dinner at Famous Murphy's on the 14th of August, please let me know so I can give the restaurant an accurate head count. The dinner cost \$28 per person and checks should be made out and sent to the Lancer Unit Dinner Fund at: 7052 Tierra Roja St El Paso, TX 79912.

Those already accounted for are:

David Mussey
 Russ and Dorothy Balisok
 Walt and Nancy Fuller
 Lanny Ruck
 Mike Rocklen
 Roger and Inger Olsson
 Tom and Judi McGee
 Gene and Dianna Parks
 Steve Smith
 Eddie and Karen Hester
 Glenn and Sally Marr
 Randy and John Gilliam
 Joe Smith
 Terry and Karie Willman
 Dan and Carolyn Shea
 Reggie Kenner and Kate
 Dana and Betsy Lane
 Mike and Mary Ann Romer
 Dennis and Barbara Souza
 Paul and Margaret Cole
 Glen Weeks
 Herbert Malloy
 John Scarlett
 Ben and Connie Fisher
 Mike and Elaine Dorris
 Pete and Mary Jo D'Agostino

Looking forward to seeing you all and more in Reno.

Other smaller mini-reunions have been going on across the country as well. Look for stories on those on the website and else where in this newsletter.

Washington DC Memorial Day Mini

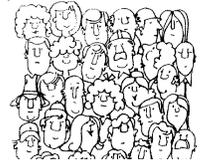
Just a quick word about the mini-reunion in DC. It was a resounding success. We caught up on old times, paid our respects at the Wall several times, and eventually settled down to deal fully with the issue of Lancer wine. Once that was settled satisfactorily, we dealt with the issue of Drambuie. Rest assured that the word Lancers will resound forever in the halls of the Arlington VFW. Bruce Pusey



Fellow Lancers Richard Crandall, Bruce Pusey and Kevin Moore meet in DC after many years.



And one special photo of Bruce with Nancy Sinatra.



06/29/03 Katy, Texas mini

by *Walter White*

Rita and I arrived at Bennigan's minutes before 11 am as per directions from Lanny. Upon arriving we found Lanny and Lana had already arrived.

We hugged and talked a few minutes then headed on in. The hostess ask Lanny how many to expect and he replied something to the effect of "5 to 25".

As we were waiting for them to decide how to handle our group Buddy Dietz and his family, wife, daughter and two grand daughters, walked in.

By this time they had picked a large area with several tables for us with the understanding they would add tables as needed.

We all picked a seat and started telling lies, oops, talking. Rita and Buddy's wife and daughter hit it off and were soon consumed in their own conversation, while Lana and Buddy's grand daughter struck up a conversation.

As we talked Barry "Greenhouse" Beard arrived. As Lanny, Buddy and I had sat down with the ladies intermingled among us, Rita told us guys to move to the end of the table where we could better talk.

Next to arrive was Catz and his group. Catz has a gold mine of memories with him, TM's Scrapbook, orders etc.

As we were looking though his "stuff" we see through the window a man and woman pull up on a motorcycle. As the man dismounted lo and behold he has on a Lancer shirt. When the helmet came off there was no denying it was Richard Powers and his wife.

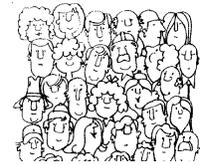
They find their way in a are soon knee deep in the tails.

Lanny wanting to check on his flock, calls Terry Kaufman, who we find out is close but has past the location. Lanny gives him the coordinates of the LZ and soon he is with us.

Many tales were told, most of which I can't recall. The ones I do remember were Barry telling us of his acquisition of the nickname "Greenhouse". Seems he was getting ready for, of



Barry Beard, Terry Kaufman, Richard Powers, Manuel Catzoela, Walter White, and Lance Ruck



all people, Lanny to take him on his check ride. Barry said he was scared of the reaction to come from Lanny, but to his surprise Lanny just turned around, got another bird, and off they went.

Another of the tails were directed at Richard. Seems it was a consensus that no one, but yet everyone, want to fly with "50" or as Terry called him "Coach". When Richard ask us why, we all said it was because he was a straight arrow, or words to that effect. Seems most feared his attitude, but respected his ability.

Barry brought up the time, while flying out of Quang Tri, Sugar Bear (Tony Byers) hung on the collective story while trying to dismount, but seems none of us recalled the incident.

After we had had our meal and we could tell they were anxious for us to clear the LZ, we pulled out the cameras and took several pictures inside the restaurant, then moved on outside for more.

We stood outside talking and shooting pictures for, I'm guessing, another 30 - 45 minutes. Seemed none of us were in a hurry to go.

Finally Buddy said his farewells and went on his way. After another 30-45 minutes we all said our farewells and lifted off.

More pictures on the web at <http://wawhite.net/Houston03.html>

Those in attendance were:
Lanny Ruck, Walter White, Buddy Dietz, Barry Beard, Terry Kaufman, Manuel Catzoela , Richard Powers plus family and friends



Catz and family



Buddy Dietz and family

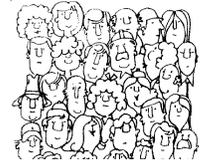


Catz, Terry, Lance, Walter, Barry and Buddy

Walter White

Just a note to let you know how much I enjoyed seeing you again. When I e-mailed Sugar Bear, he waxed nostalgic about you being flying with him. What a good sport your wife must be to travel around with you to meet up with rabble like myself. Next time I am in San Antonio we need to go to the Menger smoke cigars and drink Guinness, while we rewrite history. I think we could entice Tony to come over from Tennessee in the not too distant future, so I will keep you posted about that. Thanks for all your hard work keeping the Lancer's alive. Again it was an honor for me to be with you and the other guys Barry Beard (Lt Greenhouse)

P.S. Do you remember when Sugar Bear caught his ammo belt on the collective when he was getting out to refuel in Quang Tri, after a tense CCN mission. Even If no one else does, I do and laugh every time I think about it.



VHPA Orlando Meeting - 2003

I just attended my third consecutive VHPA meeting in Orlando, Florida. This particular meeting honored the founders and original 66 Helicopter pilots that attended the first VHPA Reunion in Phoenix in 1984. While there are now over 12,000 members, approximately 4,375 are not dues current! Many of you who participate in the Yahoo Group email were aware of alleged dissension within the VHPA group via a series of email provided by Steve Crimm, Georgia Chapter President. I became concerned and wrote a question to the Executive Council members approximately 5 days before I left for Houston, Mississippi, and Florida. During the last day, I printed everything concerning these matters from the VHPA Homepage and took it with me to review.

While the EC didn't have time to respond, I got all the answers I needed from my research and from conversations with former past President Bob Smith, current Vice President Dan Fergusson, and current Junior Member at Large Mike Whitten, who is also the golf tournament director! Suffice to say that any dissension within the Organization is limited to a handful of people that want to significantly change the by-laws and allow for one man, one vote by mail. In the business meeting, attended by approximately 500 members in good standing, their proposal was rejected by about a 15 to 1 vote - actual vote is probably on the

VHPA site, albeit you would probably have to use your member number to access many private sections of the Homepage.

At the invitation of Bob Smith, I attended the Finance Committee meeting later that afternoon and having listened carefully and asking questions, there is no doubt in my mind that the holdings of the VHPA (approximately \$700,000) is in the hands of qualified professionals and is invested conservatively. Bob invited me to be on the Committee but I declined as I have no real training in investment finance other than "always take the dog and the points"! Say, let's take 10 grand and try the crap table? Personally, I think my interest and conversations caused me to be selected as the 11,000 member at the banquet wherein President Joe Bilitzke stated: "You don't have a clue why you're up here"? I decided upon the simple "No" rather than "you've decided to answer my email"? (hehe) Since my life member number is 10944 received 3 years ago, it's hard for me to calculate how I could be the 11,000th member 3 years later? But the hat, inscribed with 11,000 on the back, was a welcome gift that I wore throughout the rest of my Florida trip!

Naturally, the best part of the Reunion was getting to meet with fellow Lancers again, many of whom I had not seen in 32 years (Curtis, Jon, and Mike) and some before my time whom I had never met (Ray and Dan). Also enjoyed meeting with two 70-22 classmates; Ed Luttenberger who is second in command of the Vietnam War Memorial Museum at Ft. Wolters and Alan Brinkerhoff who is an investment banker in Orlando and still flies his own plane. I did regret that Charlie Grabon could not make it to the reunion and all others in Florida who missed a really good time. Had a great fireworks display on July 4 at the swim party. Mike Kain saved one table and I saved another which I eventually gave to Steve Smith and the Redskins.



Dan Martin

Lance Ruck

Mike Kain

Steve Crimm



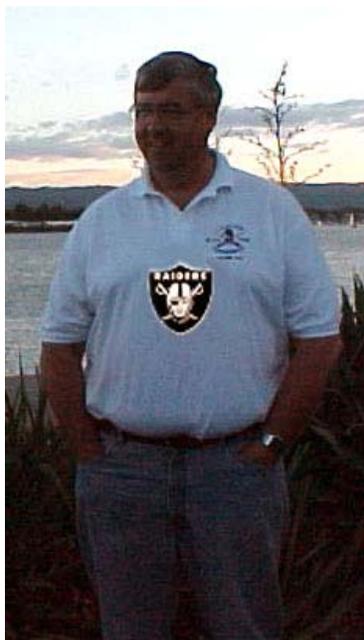
Pictures have already been placed on the Yahoo Group and I am sure Gary will include a few of them with this article! Next year's VHPA is Dallas/Ft. Worth and the anticipated ground breaking for the Vietnam War Memorial Museum? I plan to attend albeit my family may skip it for something else!

Look forward to seeing many of you in Reno August 13th or at another reunion in the near future! PS: A special thanks to the DeLong Family and their friend Roger who were kind enough to chaperon Lana on the Kennedy Space Center Tour while I picked up Melissa and Lela at the Airport!



Mrs. DeLong Curtis Smith Ann Smith Tim DeLong
Ray Ashman

Vancouver Mini



Barb and Dennis Souza Gary and Ginger Bowman

On Wednesday July 16th Barb and I met with Gary, Ginger and their daughter. Very pretty young lady, but as I reach middle age my memory fails to remember her name. Gary please ask her to forgive me. As for the Raider mania, me thinks I have converted Gary to a Raider fan. By the time we had parted he had even stitched a Raider patch on his Lancer polo. (hehe)

PTSD



First Aid for Trauma Survivors

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Assembling a First Aid Kit for those moments when PTSD symptoms are about to kick your butt is an empowering thing for any trauma survivor. What can you do to take care of yourself when you are having a hard time? How can you supplement the help you are getting in healthy compassionate ways?

Safe Objects: One of the easiest methods is to carry a safe object. These range from a bit of silk or velvet to smooth stones or even a vial of a safe scent (one that instantly makes you feel safe). The idea behind this is to engage the pre-verbal parts of the brain in self soothing, running your hands over a bit of fabric or a smooth stone grounds you, brings you back to the here and now. Using the earth as an object, simply by planting your feet and being rooted is also an option. Some people carry very small teddy bears or other stuffed animals or even Buzz Lightyear.

Melissa Wattenberg, Ph. D, has been working with severely traumatized veterans in Boston and has found that a person can pull him or herself out of a flashback or its emotional after effects by using a "safe" scent. This is based in brain anatomy. Smells don't have to go through normal channels, up to the forebrain where they are turned into verbal thoughts. Smells go straight from nose to brain. A reassuring "safe" smell seems to dump you right out of the reexperiencing loop. Since smells can also trigger flashbacks, it is nice to know you can reverse the process and use a safe smell to free yourself from one or even ward one off. Finding a safe smell is a matter of trial and error. Carry it with you.

A written affirmation on a card can also serve as a safe object. (see back).

Awareness Techniques: The practice of meditation or any technique which slows breathing can be used to counter reexperiencing (because it brings you back to here and now), hypervigilance (because it calms you) and numbing and avoidance (because it increases awareness). The simplest meditation technique is following your breath in and out. When you find yourself yourself triggered, you can go back to following your breath and see that this is now—

not then. Or use battle breathing, a technique used by elite military groups and others to keep their heart beating below 175 beats per minute where they can still think clearly. To do this you simply count to four on the in breath, hold for four, exhale for four, and hold for four. This increases your ability to be aware of what is actually going on, since when your heartbeat is above 175 beats per minute (see PTG #28), most people only focus on one sense.

Your brain is set up to narrow its focus to survival information when you are being traumatized. Broadening your awareness and slowing down your reactions are by products of battle breathing and of most meditation/breathing techniques. There are many books, CD's, magazine articles and teachers available. Find one that speaks to you and practice! Basically this is a new form of the old "count to ten" idea we learned as kids. You can do that, too.

Keeping a list of what triggers you may also help. Be aware of situations you are going into which might be triggers. It helps to know something triggers you instead of thinking you are crazy because you can't go to a Christmas party or sit through a violent movie.

The HEALS technique, developed by Dr Steven Stosny, is another useful form of first aid for anger that might accelerate into violence. It involves becoming aware of the emotion under your anger, and applying self-compassion. He says if you are having a problem with anger, do this many times a day till it is automatic.

Finally, learn and keep a list of the signs in your body that you are feeling threatened or are getting stressed. Since emotional numbing is a symptom of PTSD, checking on bodily signs can be an effective way to keep track. Then you can either beat feet or use any technique from affirmations to battle breathing to be in the present and tell yourself, "this is not the past and I don't have to react as if I were still in the middle of the trauma."

Removal Techniques: Beat feet. Removing yourself from situations is number one. Don't stay to be harassed or insulted or endangered. Sometimes you can't leave, however, so developing a safe space inside your imagination is a very helpful thing to do. Imagine a place where you feel safe, with as many details as you can, and go there when needed. Sometimes things seem to be living in your head, thoughts or images you can't shake. Try to see them on a TV screen, and step back so they get smaller, or visualize yourself stepping out of the room or taking the tape out of your VCR and putting it in a safe container, an iron box, a locked closet or whatever. Repeat as often as necessary. Another one is to write out what is bothering you and put it in a box (sometimes called a God box). This may have to be done repeatedly, too, at first, but it can become very effective with practice.



HEALS

1. **H:** See the letters flash in bright colors: HEALING (or hear the word).
 2. Explain to yourself the worst of the core hurts you're covering up: •disregarded/unimportant •accused: guilty, untrustworthy or mistrusted •devalued •rejected •powerless •unlovable
Say it slowly, "I feel...unlovable." Feel it for a few seconds.
 3. Apply self-compassion: Change the false meaning that hurts you. "The way s/he is acting comes out of her/his own problems. It does not mean I'm unlovable, and I can love myself!"
 4. Love yourself by feeling compassion
 5. Solve the problem
- for more information visit <http://angerviolence.com> and www.compassionPower.com

Replacement techniques: Replace the thoughts or images with your safe place inside. Drown them out with the serenity prayer or any other healing words that help you including affirmations (see back), slogans like "Stop, Breathe, Think, Decide" from the Transcend Program, or "One Day at a Time" or "This too shall Pass," and other 12 step program slogans. You might tape a message, "You are safe now," with detailed affirmations that are meaningful to you and have it ready to play when you need it.

An excellent replacement is Belleruth Naparstek's *Healing Trauma: Guided Imagery for PTSD*, Image Paths, Inc. 891 Moe Drive, Suite C, Akron, OH 44310, 1-800-800-8661, www.healthjourneys.com. Written for trauma survivors, this is a marvelous tape/CD with half an hour of guided imagery and half an hour of affirmations. I recommend it highly.

You can also *re-place* yourself in the most literal sense. Go outside and sit in the sun. Place your body in the middle of natural beauty and focus on that. Or get in the bathtub and take a warm bath while listening to comforting music.

Stretching releases some of the tension in your muscles and therefore reduces the chemical load of stress hormones in your body. Walking, running, swimming, and other forms of exercise also can replace tension and stress with endorphins.

For emotional numbing sometimes recreating an aspect of the numbed emotion evokes the emotion. Scientific studies that show that if you smile it causes changes in mood and even body chemistry. When my son realized he was emotionally numb from living with PTSD, he decided to get his feelings back by going out on the lawn and twirling around hollering hurray like a little kid whenever anything good happened. He says it worked for him.

We have the trunk of a huge oak in our front yard. I sometimes walk it, which means holding out my arms and placing my feet carefully. Focusing on my body as I step along above the ground creates delight, a sense of wonder. I feel embodied (in my body, not my head) and powerful in the sense of competent, all emotions that seem to come out of doing the activity itself.

When I couldn't cry, I used to listen to country music howlers, particularly George Jones' *He Stopped Loving Her Today*, and found I could cry alone in the car with that playing. It is a good way to practice crying.

Writing is another quick way to get at feelings. Start with "I'm feeling numb and what just happened was..." Write the circumstances. then write "This reminds me of when..." and see if you get an incident or incidents and some probably very painful feelings. Remember, when you can tolerate bad feelings, good ones start to show up too.

Music is always a good replacement for overwhelming thoughts or feelings. Reading can also serve this function, whether you read an affirmation book for survivors or escape into a novel that won't retraumatize you. Many people use TV or video tapes this way. In emergencies that is good, but keep in mind that watching a lot of TV is associated with depression and weight gain.

Asking for help: Calling someone from your group is one of the standard tools of 12 step groups. People who have been through what you are going through can be very helpful in validating you and suggesting things that might help. Take what you like and leave the rest.

Talking to your nearest and dearest or a minister/priest/rabbi may help too if that person is not thinking you should be over it and saying so. Or that if you had faith, it wouldn't bother you. (If they had faith, it wouldn't bother *them* that you have problems, since God made human beings so that trauma affects them). I think if the critic's relationship were right with God, they wouldn't be denying the normal effects of trauma or have to believe in a cruel simplistic solution to a complex painful problem.

Talking with someone safe and healthy it is important. I know I say this every issue, but I want to emphasize the safe and healthy part: someone who won't say get over it or pray about it as if that were the whole answer, and someone who can tolerate the fact that you are in pain without cheering you up or criticizing you. A trained therapist is a gift you can give yourself.

Education and information can normalize what feel like some pretty crazy feelings (or lack of feelings), reactions, or symptoms. It helps to know what is going on.



The Serenity Prayer for Trauma Survivors:

Grant me the serenity to accept the things I cannot change: the past, what happened to me, that what happened was traumatic no matter how effectively I have stuffed it.

Courage to change the things I can: my *attitude* towards my symptoms—help me to accept them as a normal response to trauma and evidence that I need to take care of myself by talking about this and getting help; my *actions*—I no longer have to drug or deny my symptoms. I can just accept them: my *reactions*—instead of freaking out I can focus on the symptom, feel what I feel, go through, and deal with, the pain and learn whatever it is that my Higher Power wants me to know and share about the effects of trauma on people. Finally I can change *how I see these symptoms*—as normal and helpful to me in my recovery even if they are painful. Eventually I will be able to help other people who share a history of trauma.

And the wisdom to know the difference: I can change my actions and reactions. Help me to be willing, teachable, and to learn about myself and what I have survived even if it is frightening.

Prayer for People with PTSD

Higher Power, I know that it's not within the harmony of the universe that I be healed from the trauma of remembering ____ (traumatic incidents) ____ without pain. Help me through the pain. Surround me with the golden light of healing, fill me with the white light of peace and love. Help me to bear the pain as I go through these memories. Help me to cry. Help me to remember. Help me to love myself no matter what happened to me or what I did to survive. Help me to release and to let go of my survival skills, the things such as anger and numbness that helped keep me alive, as I become aware of how ineffective they can be in getting me what I want today. Fill me with light and love until I am green and growing again in the harmony of the universe, if it be thy will. Amen.

Suggested Affirmation for People Recovering from PTSD

I'm _____ and I'm _____ years old. I'm in a safe place in (town) , (state) . I'm with _____, and he/she/they care for me. There's no one in my life who wants to hurt me. I can cry and be scared and everyone will still love and accept me. I need to have these feelings so I can let them go. I may feel them repeatedly, but each time I need to accept them so I can let them go. If I am feeling guilt, shame, or other painful feelings, I don't have to *believe* that I am guilty, did something shameful or whatever. I can say to myself, "Isn't that sad. I am feeling an old pattern I grew up with, but I need to feel it, so it will pass."

**Please adapt these in any way that works for you —
Patience Mason**



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