

## Continued from page 4.

individual process. When adults enter war they already have a understanding of themselves in the world, what is moral behavior, concepts of religion, sexuality, individual sense of self-esteem, knowledge of feelings, previous history of traumatic events, ect. Another important factor is the level of support people receive from friends, comrades, and family members after a trauma has occurred. If people closest to you cannot help, you develop an understanding of your war experiences, then other approaches should be sought. Self-help groups, individual psychotherapy, group psychotherapy, rap groups, hypnosis, ect. The worst approach is do nothing, if you are in pain.

I will be available to answer questions from members of the VHCMA or VHPA regarding PTSD or other subjects that have to do with mental health or treatment. Please send your questions to me: Gregory A. Offringa, LICSW; 520 Commonwealth Avenue, Suite 310; Boston, MA 02215.

©1992 Gregory A. Offringa, MS., LICSW.

### PTSD: The Other Side

I'm a former Marine Crewchief and a member of the VHCMA. I received counseling for Post Traumatic Stress Disorder in the '80s, and now speak with veterans groups to give them an idea of what its like on the other side of PTSD. I wouldn't be here if it were not for the Vet Centers, and want to give something back.

Last April, several counselors in the VA Trauma Recovery Program conceived an idea of publishing a collective work of prose, poetry and art from veterans who survived PTSD in order to provide hope to the men and women undergoing treatment, or who have not yet come in for help. Having gone through therapy myself, I can attest that such a "real world" collection of veterans thoughts on how PTSD effects them will be invaluable in giving hope to those currently struggling with memories of the war as well as their families. My wife and I were invited to join as a vet and his spouse who had experienced PTSD from the inside. We incorporated The National Trauma Institute as a non-profit organization of unpaid volunteers. Please note; although several members work for the VA as counselors, the VA cannot endorse any private organization, and we are not affiliated with the VA.

We have a publishing contract with The Sidran Foundation & Press to develop a book entitled *PTSD: A Survivors View of Combat Trauma*. Sidran is a non-profit organization dedicated to support research and advocacy on mental disorders and has the distribution channels to reach the national booksellers. I think its important to point that out, because it means we're not wasting the time people spent writing. If we get 150 good submissions, we will publish a book that will contribute substantially to the literature on PTSD. Royalties from the sale of the book will go to the International Society for Traumatic Stress Studies.

Submissions may be signed or sent anonymously; authors will not be contracted for any reason. We want to hear whatever the PTSD survivor has to say that will help others.

s/ Ron Zaczek

Contact: The National Trauma Institute at Baltimore, P.O. Box 1764, Baltimore, MD 21203



188th Assault Helicopter Company "Black Widows"  
1967-68 DauTieng, Tuy Hoa, LZ Sally.  
Photo by Dick Detra

### VHCMA MERCHANDISE

The following list of items are available for sale as a means of funding the operating expenses of the VHCMA. Purchases of these items may be written off for income tax purposes as a donation to the VHCMA, a non-profit organization. Our IRS tax ID is: 75-2449486 (April 24, 1987).

- T-Shirt with helicopter silhouettes  
Gray with black lettering, \$8.00, \$1.00 postage.
- VHCMA T-Shirts  
Lt blue w/ black lettering, \$7.00, \$1.00 postage.
- VHCMA caps with logo  
\$7.25, plus \$1.00 postage.
- VHCMA cap pins, red or black background  
\$3.00, postage included.
- VHCMA window decals or bumper stickers.  
\$1.00, plus \$.39 postage.
- VHCMA cloth patch.  
\$3.00, plus \$.50 postage.
- VHCMA insulated travel mug, black w/ white logo  
\$4.00, plus \$.50 postage.

VHCMA jackets. Black satin, fleece-lined jacket with gold silk screen VHCMA logo on back and front left.  
Knitted cuffs collar, and waist band, with snap-up front.  
\$25.00, plus \$1.15 postage.

All shirt and jacket sizes available in S,M,L,XL.  
Order these items directly from the VHCMA address. All checks or money orders should be made payable to VHCMA. Sorry, no credit cards.



## NEWS

### 14th Aviation Battalion

will be holding its second reunion July 16-18, 1993 in Nashville, TN. Units include the 71st, 161st, 174th, 176th, 282nd, 170th AHC and 178th AHSC.

For info contact: VHCMA member Harvey York, [REDACTED]

### 114th Aviation Company, "Knights of the Air"

seeking former members. The "Knights" were originally designated the 114th Air Mobile Company, and later the 114th Assault Helicopter Company (AHC). The association is also looking for former members of units that historically supported the "Knights of the Air"; the 544th Chemical Det, the 96th Signal Det, the 83rd Medical Det, 25th Inf Div Door Gunner Platoon, and Det 11 of the 30th Weather Sqdn (USAF). 1993 is the 30th anniversary of the organization of the 114th, and a anniversary reunion is planned for August 1993 in the Fort Worth, Texas area. For more information please contact: 114th Aviation Company Association, P.O. Box 27470, San Antonio, TX 78227, or call 512-677-0017.

### 162nd AHC

VHCMA member Howard Wetzel would like to contact former members of the 162nd AHC during the period of 1968 and 1969.



### 119th AHC

Looking for Captain "Hi-Fi" Rameriz, Yellow Flight Platoon Leader. He was AC of Gator 108 "Sweet Irene", my ship, in An Khe 1969. He was living in California, when he return to the "World". I wanted to catch him up on the final history of our fine ship, any information would be appreciated. Contact: Alan E. Mixer, Gator 108 Mad Dog, [REDACTED]

### Pin Pal

I have tried for 24 years to find a helicopter repairmen I wrote to in 1967-68, who was in Nam. ...all the information I have is... Don Wilson, from San Diego, 5'10" blonde hair, blue eyes, looked to be 150-165 lbs. The last letter I had from him he was close to the DMZ with incoming mortars. Up until that letter he wrote once or twice a week. I know its not much - but its all I've got.

The Marines may just want "a few good men", I just want to find one.

I love all you guys who were there and my heart goes out to those left behind. I wrote to 5 guys and tired to bring them what little joy from home I could. Still - to this day I feel helpless. Any help you could give me, I'd be grateful. I hope you guys know - that some of us, are proud to know men like you, who were there.

Sheral A. Clary (Thomas), [REDACTED]

### "A Letter to You... 24 Years Later..."

Dear Any POW/MIA,

It doesn't seem possible that the years have slipped away, since I started my first letter addressed to: "Any Soldier." Here I am, washing dishes after dark... my headphones on... listening to the soundtracks of "Platoon" and "Good Morning Vietnam." And you know what? I don't need the old songs... to take me back to the memories of yesteryear; I wear them... in my heart.

Two names are still upon my wrist: Avery, 4-6-72 and Thomas, 7-6-71. Never, could the letters that were sent to you, John Ware, Don Wilson, Larry Patrick, Don Herrman, and the rest of "my guys"... could be counted. And the "Care Packages"... it makes me smile, to remember. Do you remember? The scented envelopes with lipstick kisses... The kind words and pictures, and all of those cookies? The stories and the jokes we shared, and the bottles of after-shave and bars of soap? All of our dreams and hopes and prayers? Even though all I have are your letters, to reread over and over again... something tells me that you do remember... "my heart." I may not know where you are, but my heart still cries, for those who are, NEVER... FORGOTTEN. It cries helpless, lonely, love-laced tears... across the miles and the years... for you.

"Bring You Home"... if only I could. You would be cherished, and treasured, as your memory is, and like only "your girl," could do.

So... wherever you are tonight... I just wanted you to know, that you are not alone... you never were. I have always been there, right in your heart and your tears and in your pain. Am I sparking your memory? Maybe a little? Yeah... the silly, blond, blue-eyed girl... that cared so very, very much for you, so many tears and days ago. She still does, just a little more mature, a little more seasoned by life, and very grateful and honored that you are a very special part of her life, and forever will be. Still hoping and praying that you will be home soon... it has been so long.

I miss you and I won't forget... ever. I can't... I've loved you... for a very long time.

Goodnight, my "warrior"... you are, the BEST.

Your, "Girl" from the past,

s/ Sheral

Written: Sheral A. Clary (Thomas), January 16, 1992.