

**After You!**

**eMails Received:**

**Author: Terry Sasek BT 68-69 LM#687**

**In reply to:** Don Poss' message, "*A quick poem: 'No, After You, I Insist'*" on Thu, Jan 17 2013, 22:11 PST

Don, this is a very heartfelt and an emotional poem you've written here, funny in some ways how we can carry so much baggage with us after so many years and yet still function in life. You've carried yours well and have done so much good in your life to help so many of your brothers from that time who themselves also carry their own memories as well and your efforts throughout the years have help many of them to ease their own pain and self-doubts and to come together again with their brothers who understand very well your feelings as you feel ours too. Terry Sasek LM#687

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**Author: Jackie R. Kays**

**In reply to:** Don Poss's message, "*A quick poem: 'No, After You, I Insist'*" on Thu, Jan 17 2013, 22:11 PST

Hi Don,

WOW! I found the poem to be an emotional ride; but best of all, I found the poem to be well written and original!

Jackie

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**Date Posted:** Fri, Jan 18 2013, 4:56:58 PST

**Author: Allen Workman**

**In reply to:** Don Poss's message, "*A quick poem: 'No, After You, I Insist'*" on Thu, Jan 17 2013, 22:11 PST

Thanks for posting, Don.

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**Author: Phil Carroll, LM #336**

**In reply to:** Don Poss's message, "*A quick poem: 'No, After You, I Insist'*" on Thu, Jan 17 2013, 22:11 PST

Incredible emotional and expressive piece of art, Don. How can we ever thank you for all that you continue to give us?

Welcome Home, my Brother.

Phil

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**Author: Randy Albertson 56th SPS NKP 74-75**

**In reply to:** Don Poss's message, "*A quick poem: 'No, After You, I Insist'*" on Thu, Jan 17 2013, 22:11 PST

Thank you Don for taking all of us inside your heart my brother and touching ours. I relate most things to music and your poem brings a "3 Doors Down" song to mind. It's called "Pages" and goes like this:

What happens to a man when he spills his heart over a page  
And he watches words float away then  
His feelings lie on a page alone

There waiting for someone who cares to read them  
To open their eyes to see them  
To see if they can make his thoughts their own

To find out that maybe your life's not perfect  
Maybe it's not worth what he gives away

You can see that this broken soul is bleeding  
So you can see your feelings inside yourself  
And wonder through my heart

Letting you see through me now only consumes me  
Forget your pain and watch me fall apart

What happens to a soul when he's trapped inside his emotions  
And all of these words he's spoken.

[From: <http://www.elyrics.net.>]

They bind him to the life he's left behind

And every new step he takes  
He knows that he might not make it  
To all of these dreams that he has yet to find

Maybe your life's not perfect  
Or maybe it's not worth what he gives away

You can see that this broken soul is bleeding  
So you can see your feelings inside yourself  
And wonder through my heart

Letting you see through me now only consumes me  
Forget your pain and watch me fall apart

As I fall apart

You can see that this broken soul is bleeding  
So you can see your feelings inside yourself  
And wonder through my heart

Letting you see through me now only consumes me  
Forget your pain and watch me fall apart  
As I fall apart

Thank you my brother...thank you for not getting dead...for being brave enough to carry this burden all these years...rest now...we will help you carry it from now on.

Welcome Home!

Randy Albertson 56th SPS NKP 74-75

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**Author: George E. Blailock**

**In reply to:** Don Poss's message, "[A quick poem: 'No, After You, I Insist'](#)" on Thu, Jan 17 2013, 22:11:19 PST

Wow! First to Don's poem, so emotional, took me to the scene with you. And the song Randy posted was what showed the courage it took for you to post that poem on our website.

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**Author: Don Poss**

**In reply to:** Don Poss's message, "[A quick poem: 'No, After You, I Insist'](#)" on Thu, Jan 17 2013, 22:11:19 PST

Gents,

The poem is the first of a two-part story. I am glad the poem touched something within readers who were there. But please understand it is a poem and not a personal experience, and one that tries to relate to a common PTSD and the eternal question of Why.

Quickly composed, and posted in the night following dream, it has kept me awake with the second part and trying to remember the dream. I did not consider some might think it a personal experience, and regret that may have occurred.

Don Poss

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**Author: Jack Smith 377th SPS 68-69 LM 453**

**In reply to:** Don Poss's message, "[A quick poem: 'No, After You, I Insist'](#)" on Thu, Jan 17 2013, 22:11 PST

Don: You really started a lot of us thinking with this one. I really enjoyed reading it. Keep them coming.  
Jack the Old Cowboy

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**Author:** Tamie Potter

**In reply to:** Don Poss's message, "[A quick poem: 'No, After You, I Insist'](#)" on 1/20/2013 5:02:48 PM PST

Don, Your poetry is a very good reflection of our souls in the Vietnam Security Police Association ... Good Job Don!!!!!!

LM 785 Timothy "Mike" Potter

Duke 56M9, Ubon RTAB 69' & 70'

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**Author:** Skip Miller

**In reply to:** Don Poss's message, "[A quick poem: 'No, After You, I Insist'](#)" on Sunday, January 20, 2013 3:10 PM PST

Don, a very, very moving poem from both sides. The sad part of it all is, we still have troops in new wars, that confront this each and every day, right along with the older troops, how have had to contend with it all over the past 50, 60, 70 years. Thanks for sharing, and PEACE, LOVE be always with you and your family members. Skip Miller LM 441

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**Author:** Anonymous

**In reply to:** Don Poss's message, "[A quick poem: 'No, After You, I Insist'](#)" on Sunday, January 20.

Good Evening Don; I tried to read the entire e-mail several times I cannot make it to the end. I see the Doctors several times a month at the VA. You are stronger than me to be able to write this poem. Hope all is well with you and the family.

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**Author:** Phil Carroll, LM #336

 **In reply to:** Don Poss's message, "[Re: A quick poem: 'No, After You, I Insist' - Clarification](#)" on Fri, Jan 18 2013, 14:58 PST

Understood, Don, and that doesn't change the excellence of the poem at all!

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**Author:** Randy Albertson

**In reply to:** Don Poss's message, "[Re: A quick poem: 'No, After You, I Insist' - Clarification](#)" on Fri, Jan 18 2013, 14:58 PST

No regrets Don...I stand by what I wrote my brother...it did come from YOUR heart and I thank you!

Gratefully,  
Randy Albertson

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**Author:** Steve Gattis

**In reply to:** Don Poss's message, "Re: A quick poem: 'No, After You, I Insist' - Clarification" on Fri, Jan 18 2013, 14:58 PST

Don, Your poem is outstanding. It reflects a mindset that carried us through Vietnam and through several years in civilian law enforcement where we both retired. Your words reflect an understanding of shared experience, of knowing dear friends who have suffered through the actual events, something your son may also experience. It makes you uniquely qualified to write, to reach out. Both take courage.

Your nightmare/dream is one that we carry with us in many forms and is indicative of post-traumatic stress at many levels. Not your stress, but our stress, the stress we carry with us, something that comes with carrying a weapon on and off duty for over 30 years. Stress does not have to be debilitating in order to wake you up at night with too much crap in your head. It's just there and can be the combined memories of many bodies, a lot of blood and the anguish we have shared with our fellow cops in the Air Force and in the communities that we served.

If one understands the title of your poem and the need to develop a mindset for survival, then it is absolutely okay to also admit that we carry with us the awareness that dead enemy and dead bad guys most likely had mothers and families that loved them. That does not mean we dwell on it, or that we would let them take our lives to avoid pain for their families, or that we would hesitate, but it does mean that we value life, that we have thought through these issues and understand the consequences of our actions. Most importantly, in spite of all that, we accept our duty to protect others, and to assist the young folks who worked for us so that they understand that these thoughts and feelings are normal.

Steve

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**Author:** William Adams

**In reply to:** Don Poss' message, "Re: A quick poem: 'No, After You, I Insist' - Clarification" on January 20, 2013 8:08 PM

***That was tremendous, Don. My heart is full right now. There is too much death in the world. I think of this often. Does God really have a plan that includes this much death? I am not sure how to deal with all of this and the older I get, the more difficult it becomes. I wish no one had to experience anything like Vietnam. Why must these things happen? Why must we fight with each other? Countries, states, our own population. I am grateful for our fighting men and woman and hope that they all return home safely. Welcome home to all servicemen and women of all conflicts. Welcome home ....***

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**Author:** [De Cubellis, Robert](#)

**In reply to:** Don Poss' message, "[Re: A quick poem: 'No, After You, I Insist' - Clarification](#)" on January 20, 2013 8:59 PM

Very moving. You've captured something very important here. Robert De Cubellis, LM 347

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**Author:** [N Swartz](#)

**In reply to:** Don Poss' message, "[Re: A quick poem: 'No, After You, I Insist' - Clarification](#)" on January 20, 2013 9:24 PM

Don, I don't suffer from PTSD but I think we all have moments when we want to go back and examine in minute detail our feelings about a certain time or event because at the time we were trying to take in too much information at one time and we know we overlooked or didn't think about some details we now want to understand. Why we want to understand is more puzzling than what it is we are trying to recall. Maybe confronting fear which we reacted aggressively toward and we are drawn back to that moment to examine it in detail now that the danger no longer exists. But the fear element is still there in the back of our minds. I don't mean to sound psychoanalytical but I think you understand what I am trying to say.

There are not many things I read these days that I like to read and absorb but both those poems call for deep thought and concentration. There are very few cultures in this world who would rather fight and kill than enjoy peace and harmony with their family and neighbors. Wars are started by politicians not the soldiers who end up killing each other. Like I said Don ... the two poems are awesome and the reader should be able to flow with the feeling without distraction.

Great job. Newell

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**Author:** [John Lampe](#)

**In reply to:** Don Poss' message, "[Re: A quick poem: 'No, After You, I Insist' - Clarification](#)" on January 20, 2013 4:33 PM

Outstanding poem, thank you. Lampe

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**Author:** [Arthur Cook Sr.](#)

**In reply to:** Don Poss' message, "[Re: A quick poem: 'No, After You, I Insist' - Clarification](#)" on January 21, 2013 1:37 PM

Don, That was great. Arthur Cook

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**Author:** [Paul Hagenbuch](#)

**In reply to:** Don Poss' message, "[Re: A quick poem: 'No, After You, I Insist' - Clarification](#)" on January 22, 2013 8:50 PM

thanks, Very thought provoking...so long ago, but still yesterday ....

*Paul Hagenbuch*

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Arthur: [Ron Boussom](#)

In reply to: Don Poss' message, "Re: A quick poem: 'No, After You, I Insist' - Clarification" on January 23, 2013 3:54 PM

DON... I OPENED THE SITE AND READ YOUR TWO POEMS: "HIM OR ME." THE IMAGERY WAS BEAUTIFUL; THE CONTENT DEEPLY MOVING AND DISTURBING....FULL OF PASSION AND COMPASSION. HAUNTING PIECES THAT STAY WITH YOU LONG AFTER THE READING. MANY THANKS FOR OPENING YOUR HEART AND SHARING YOUR SOUL, MY FRIEND....

ALL THE BEST,

RONNIE

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