

COMBAT STRESS SYMPTOMS VARY AMONG WAR VETS

WASHINGTON, May 7, 2003 - Mental health experts don't know what combat stress reactions to expect from service members returning from the war in Iraq. And it's not just stress reactions from actual combat, according to Army Dr. (Lt. Col.) Elspeth Cameron Ritchie.

Some could be disturbed or demoralized by stressors from the consequences of combat, such as handling remains of civilians, enemy soldiers or U.S. and allied personnel. Or they could come from dealing with POWs, witnessing homes and villages destroyed by bombing or a number of other battle-field stressors

"Combat stress reactions, which are psychological reactions to fierce combat or operations other than war, are both physical and psychological," said Ritchie, program director, DoD mental health policy and women's issues for the Office of the Assistant Secretary of Defense for Health Affairs. "Physical reactions are things like your hands sweating and trembling and your heart racing, or a need to go to the bathroom a lot."

The psychological reactions include things like anxiety, hypervigilance, difficulty concentrating, or

sleeping, irritability and sadness. Ritchie emphasized that combat stress reactions are normal reactions to abnormally stressful or traumatic situations.

However, Ritchie, a psychiatrist, said, "If these reactions go on for long periods of time or get in the way of job performance, it's important to get treatment." She said soldiers and Marines can recognize in themselves or their buddies the anxiety and irritability that combat stress reactions can cause. "When things get in the way of functioning, that's when a little more help is needed," Ritchie noted.

Some people returning from Operation Iraqi Freedom may not want to talk about what happened for a while, she pointed out. "But if you notice that one of your loved ones is having difficulty, maybe they're losing their temper a lot, or they are sort of detached and doesn't seem to relate, you should encourage them to seek mental health help," she said.

Even though the extent of psychological reactions service members might have from Iraq is unknown, Ritchie said, "What we may see is people who are repeatedly seeing the images of battle.

She pointed out that there's a lot of overlap between combat stress and the stress of everyday activity. "What differentiates combat stress is usually the intensity of what has happened," the doctor

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PRESIDENT'S CORNER



Now is the time to think about old friends and ask yourselves where you will be in October. If the answer is San Antonio, ask, "Have I told a friend?" Please take the time to reflect on the past, to ask what you can do to preserve our history, and to make a commitment to talk about the VSPA and our reunion. Talk to your buddies from your old squadrons! If you are not going to the reunion, please don't throw away the enclosed registration form and flyer. GIVE THEM TO ANOTHER VSPA MEMBER, or recruit a new member by telling them about our association.

Don't miss an opportunity to attend the largest reunion we have ever had. While many of our members return every year, this year will unite us with members of other Security Police associations and give us the opportunity to gather more history as we share our common experience wearing the Air Police or Security Police shield. The VSPA will be at Lackland AFB and Camp Bullis with the Safeside Association, the Air Force Security Police Association, and current Security Forces personnel who have returned from Iraq. Don't miss a great opportunity and an up-to-date briefing by Brigadier General Shamess, a career Security Policeman and the current Director of Security Forces.

The enclosed flyer will give you additional information about the reunion that will be held October 16th through the 19th. The registration fee of \$118 covers the Hospitality Room WITH drinks, the reception dinner WITH margaritas, the bus tours of Lackland and Camp Bullis WITH Lunch, the Business Meeting WITH Breakfast, the Banquet Dinner, and the Memorial Service with Coffee and Donuts. There will be a special event for spouses and companions while we are in the business meeting. There are also two additional events with separate fees for those who want to participate: #1. Golf

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KING RAT

As a member of the 377th Combat Security Police, C (night) Flight, Alpha sector, Tan Son Nhut, Viet Nam, I was assigned a sandbag bunker, guarding the transient ammo dump. It was very boring, working all night with nothing to see, and no one to talk to. Like any good SP, I improvised . . . Target practice on rats seemed like a good idea--what could go wrong? C-rations was the bait, and a helmet the home-defense Search and Destroy weapon of choice.

I set out a can beans-and-wieners, and waited in the dark for the commie-hoard to attempt penetration of my bunker. Moon light filtered in through the bunker's firing slit, and soon, there were beady little commie eyes scurrying toward the green can on the dirt floor. WHAMM-O! Got that little sucker--you might say I beaned him with my helmet! [Obviously, I had been in-country too long, and was overdue an R&R]

Hey--that was fun . . . think I'll do it again. But I had not planned for the KIA-RAT having called for reinforcements. And before long, there were Viet Cong rats . . . and NVA rats . . . all determined to Chow-oi in my bunker--but I was not afraid. You rats want my C-rats, huh? Well . . . take that! WHAMM-O. In no time, I had C-rat cans flying at rats in a blizzard of cans worse than a shovel of gravel in a laundromat drier! Noise discipline was ZERO. War? What War? CSC--Command and Security Control--was calling for a status check every 20 seconds! Ahhh . . . A-Okay... Marine M60 machineguns were swiveling in my direction for twoclicks, claymores were redirected, and Puff the Magic Dragon was dropping flares faster than cops at a train vs. 18-wheeler gas-tanker accident! And I was not afraid!

The battle raged with give and take, and I was in a take-no-prisoners mood. There were many misses and a few close hits. Soon, it became apparent that rats don't play fair--they don't like being squished into a C-rat can full of dead rats. WHAM-oo . . . I missed one big hairy varmint--and another sandbag bled sand like a dike with a basketball hole in it. Hey . . . I think he stole my helmet! Gemmie back my helmet! I was slipping and sliding on goo that would shame Texas-Roadkill (mammoths) in comparison.

With flashlight in hand, I shifted to Plan-B... Search and Helmet Rescue. Impossible! How could those little suckers hide a helmet inside an 8 foot square sandbagged bunker? No luck, I just couldn't find my helmet.

Then it happened! The rats' reinforcements arrived: The night commander was making his rounds, checking posts. Maybe, if I'm good and do my best job, he'll never even notice I'm not wearing my helmet!!?? So I gave a good loud post challenge: "Hallll-tttt, who goes there?" (as if the whole dang world didn't know) We exchanged passwords (I wondered if I still had my magic Captain Zoom decoder ring). Everything's working according to my plan--the dummy doesn't even notice my bare head--heh-heh. He asks, "How are you tonight?" I reply (lie), "Doing just fine, Sir," but think what I wished I had the wavos to say: I love sitting in the middle of nothing but blackness for endless hours, without a helmet, surrounded by a mound of dead stinking rats and beans and wieners . . . yea, I'm doin' just fine).

The Tech Sergeant with him is reading my mind and thought-projecting his opinion into my brain (today I recognize him as a member of the Borg who was determined to assimilate me). Obviously, he has noticed I part my hair on both sides. After the Lt. has finished his questions which I have sort of satisfactorily answered: Air Force? Ash . . . I love the Air Force, Sir . . . Vietnam? . . . I love Vietnam, Sir. Third Post Security Instruction is . . . aha (is this a trick question?) He nods, and started toward the next post, satisfied that he had stumped the dimwitted Airman. I relaxed a little. My thoughts began to drift toward Plan-C

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CHAPLAIN 'S CORNER



Do You Love Attention?

A young man once stood up in a crowded room and loudly said, "Excuse me, everybody, excuse me! Could I have your attention?" The noisy chatter stopped and everyone's eyes turned toward him. At that point the young man grinned and said, "Thank you! I just love attention!"

Then he sat down. Yes, some love the spotlight but all have legitimate needs, and only God can be totally attentive to them. He alone has complete knowledge of us. In Psalm 139:1 David (a combat veteran) linked God's attentiveness with his knowledge, and personalized them in these words: "O Lord, You have searched me and known me." Then he was happy that God gave attention to everything about him-his actions, thoughts and words(vs2-4) God designed him, created him, and determined how long he would live.(vs13-16) Then said how precious also are your thoughts to me, O God.(vs17) God's attentiveness is constant. Whenever you feel that nobody cares about you, meditate on Psalm 139 written by a combat vet and be satisfied with God's attention.

By Chaplain Steve Janke

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noted. "Sometimes you'll have repeated memories and intrusive thoughts focusing on what happened."

Long-term reactions to combat stress could lead to post traumatic stress disorder, she noted. "By definition, PTSD is supposed to happen a month or more after the event," Ritchie said. "There can be some similarities in the symptoms of combat stress and PTSD - nightmares, insomnia, anxiety, numbness, hyper vigilance and intrusive thoughts."

Some service members may only have some symptoms of PTSD and difficulty functioning. Some people may be troubled by an occasional nightmare, which isn't classified as PTSD.

"But other folks might feel that they're so scared that they can't get to work," she said. "That is a problem and we want them to seek treatment." However, she said some of these reactions are common; therefore, she doesn't advocate necessarily seeking treatment immediately. "However, if the symptoms keep going on, such as nightmares night after night, they should seek help," Ritchie said.

Some healthcare providers and family members make the common mistake of encouraging people to talk about everything that happened before the patient is ready to talk, Ritchie noted. "I wouldn't push the returning soldier or Marine to talk about what happened right away," she said. "But I would be there for him or her when he or she is ready to talk."

There's also concern about service member's reactions to changed family situations. Those returning from the battlefield often envision everything at home is going to be perfect, like a flawless honeymoon. But often things are a little bit different, Ritchie said.

She said, "The kids may have grown. They may not respect authority in the same way. The spouse may have more independence. He or she may have needed to make some decisions that the soldier or Marine weren't part of. So often there is some friction when the soldier or Marine gets home.

"Families should expect a little bit of friction so it doesn't spook them," she emphasized. "So they don't think, 'Oh, no! My marriage is coming apart!' It's part of the reintegration process."

Modern day transportation plays a major role in creating the problem, she noted. "In World War I and World War II and Korea, people came home by ship that took two or three weeks," Ritchie said. "They had a chance to get rested and talk to their unit about what had happened and prepare to reintegrate with the family.

"Nowadays, people have been on the battlefield one day and maybe at home or the shopping mall in a day or two. That reintegration is just a little bit too fast. In some cases, it could be jarring."

By Rudi Williams American Forces Press Service

VSPA REGISTRATION FORM

YES! SIGN ME UP FOR THE VIETNAM SECURITY POLICE ASSOCIATION REUNION SAN ANTONIO, TEXAS!!! October 16 – 19, 2003

PLEASE READ: Confirmation of Registration and Itinerary will be sent out by September 25, 2003. A \$20 per person cancellation fee will apply to all cancellations received within 30 days of the event. Cancellations received within 10 days of the event will be non refundable. Call the Holiday Inn Market Square at 1-210-225-3211 no later than September 15, 2003 to make your hotel reservations. Be sure to mention you are with the Vietnam Security Police Assn. reunion to receive your group rate of \$82 a night, plus tax. These prices are available 3 days prior to and after your event should you choose to extend your stay. Call Divine Destinations at 1-800-336-5502 for your Group Airfare, guaranteed to be the lowest available rate!! We'll see you soon in beautiful San Antonio, Texas!!!

(360)663-2521

Vietnam Security Police Association Reunion in San Antonio, Texas

October 16-19, 2003

The reunion will be held at The Holiday Inn Market Square in San Antonio, Texas. Hotel rates are only \$82 per night, plus tax. The hotel is located just 4 blocks from the San Antonio River walk and 2 blocks from the Mexican Market. Registration information is on the other side of this flyer. The following itinerary and meals have been arranged for you and are included with your registration fee of \$120:

- ~ Registration will include a welcoming package with reunion identification, An personal itinerary, a list of attendees, & local information.
- ~ Welcoming Reception, dinner and margaritas on Thursday Evening, October 16
 - ~ Tour of Camp Bullis and Lackland AFB with lunch on Friday, October 17
 - ~ Business Meeting with Breakfast on Saturday Morning, October 18
 - ~ Gathering of wives and companions for breakfast during the business meeting ~ Banquet Dinner on Saturday Evening, October 18
- ~ Memorial Service with coffee, muffins and donuts on Sunday Morning, October 19 ~ Commemorative 2003 Reunion QC Pin
 - ~ Hospitality Room stocked with snacks & beverages

~ All associated taxes and gratuities

Two optional events have also been arranged for those who are interested:

- #1. Golf on the Lackland AFB Course for \$50 (including lunch, green fees and transportation) at 0800 hours on Thursday, October 16. <u>Deadline Sept 15.</u>
- #2. Texas Friday Night Extravaganza is available for \$55 per person at the Far West Rodeo and includes: Texas Barbeque Dinner, dancing on the largest dance floor in Texas, Mechanical Bull rides, our own private Armadillo Races & prizes, a National concert act (performer to be announced), transportation and all associated taxes and gratuities.

Call the Holiday Inn Market Square at 210-225-3211 to make your hotel reservations. The hotel will provide free parking. Airport transportation will be approximately \$14 round-trip per person. Group Airfare is available by calling Divine Destinations at 1-800-336-5502. This is guaranteed to be the lowest available airfare!

COME JOIN US AS WE SHARE OLD MEMORIES AND MAKE NEW ONES!!!
REGISTRATION INFORMATION IS ON THE BACK OF THIS FORM.

If you have questions, please call VSPA President Steve Gattis at (909) 986-6991 or send email to SteveGattis-LM49@vspa.com

"WE TAKE CARE OF OUR OWN."

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(\$50) on the Lackland AFB course, Thursday morning. #2. A great Texas BBQ, dancing and a performance by a nationally known country music entertainer on Friday evening. Don't wait to register! Send your registration to the Reunion Brat, today. We will be staying at the Holiday Inn Market Square in San Antonio. Call the Holiday Inn at 1-210-225-3211 to make your hotel reservations.

Please look through your old photographs, scrapbooks and memorabilia. We will soon start the process of gathering all of the information for the VSPA book and the history of our association. The brochure for the book will be sent to each of you by the publishing company in the near future. Be prepared to take advantage of another great opportunity to preserve our history. It is also a wonderful way to leave a legacy for your family and to let others know about your service in Vietnam and/or Thailand. You provided an incredible service to your country. Be proud of who you are, of your great accomplishments as Air Policemen or Security Policemen, and remember: No base protected by the USAF Security Police was ever taken by the enemy. We have a very rich and proud history.

Please check our web site at www.vspa.com where you will find a great bulletin board and the current status of our life memberships. We currently have 103 life members! You should also read the story about two lifelong friends who were in Safeside together. What a wonderful story about the brotherhood and caring friendship that allowed Barry McLean, Life Member # 53, to gave VSPA Life Membership #99 to his best friend, Ron Wheelock. A living testimonial that "We take care of our own." Welcome Home!

My best to all of you. See you in San Antonio.

Steve Gattis, President VSPA Life Member #49 Cam Ranh Bay 68 - 69

where can I find another helmet? I wondered where I could steal a Plan-C sledgehammer? Oh well, at least I won't get my butt kicked by the Lt. tonight. And then my heart jumps into my throat as I heard: "COOK, WHERE THE @!%\$&^! IS YOUR HELMET???!!!"

Now, I was afraid. There's two things you never go to post without, and one of them is your helmet. The grinning TSgt had obviously ratted on me. It was not a pretty sight as I tried to explain about the Godzilla rats and my valiant defense of government property (me), the C-rations, and the Droppler Effect (whatever) when a helmet is propelled at a certain trajectory and bounces when gooing a rat. What do'ya mean YOU LOST A @(! *\$% HELMET inside a bunker!?!?! Lt. was not buying my creative (lie) unique (a bigger lie) story . . . so I puked up a new version of the approximate truth (a sort of lie containing the beginnings of truth and a full blown confession). Sarge was impressed that he had righted a great wrong (enlisted man once again conning a duffus butterball Lieutenant).

Okay. So I lost the battle to a bunch of rats (Dobermans in training for the film Alien)! So what if the bunker rats won this one---there'll be other battles . . . I've just begun to fight . . . and---I've got a new helmet!

A true story, but with some extras, yes I really did lose my helmet trying to kill rats and the Lt. did find me on post after I lost His advice was to steal another one, which I did.



EDITORS CORNER



At the last general business meeting it was voted to use better quality paper and to give members the option of receiving the newsletter electronically to save printing/postage costs. As you can see we still have the same format and paper and here are the reasons behind that lack of change:

When I began publishing Guardmount 9 years ago we, my wife and I, checked around with local printers for our options and costs. The blue paper was chosen to make this distinctive when it arrived in the mail, something easy to recognize. We tried several different printers until we found one willing to work with us and provide what we wanted rather than tell us what they could not do, one that provided more services for less, we get a discount on the entire bill.

From the beginning it was established that Guard-mount would go out as First Class mail so we were held to certain weight limits. Looking into special bulk rates for First Class mail we learned that more pieces of mail per year were needed than we sent out so standard First Class postage. We tried to inclued pictures in the beginning and quickly learned that the ink absorbed by the page with the pictures could increase the weight over the one ounce limit. We are able to include one or two once in a while now. Better quality paper would cost more and weigh more meaning double postage or less pages per issue. The better quality paper is also more brittle and does not take a fold as easily without leaving a crease.

Now about emailing Guardmount, MS Publisher is used to make up the issues of Guardmount which means those receiving it would have to have the same program. I have tried to convert to a universal format but have not been able to accomplish that. I love email and would love to use it but have not found a way yet.

Now for my thoughts on this subject: We are a small organization and looking at the Dismounts we are loosing members by their being called to a new duty station above. Small organizations do not really need big fancy organization publications, I am sure we all learned, during our time in Nam, that we could make do with what we had and actually get more out of it than anyone else. In my 18 years as an AP/SP I never ceased to marvel at what the troops could come up with, actually making a silk purse our of a sow's ear. We may have money now but I believe it could be put to better use than a fancy newsletter. Other organizations may have bigger and fancier publications but we must remember, they still have new potential members still in the pipe line.

I could make the print larger because either my arms are getting shorter or my eyes are not what they use to be.

Editor

DISMOUNT

Once again we must gather to pay our last respect to a brother who has DEROS'ed to that great Guardmount in the sky where we will all meet someday.

James M. (Jim) Murray passed away on June 24, 2003 from complications due to an infection. He will be dearly missed, he was a friend to, as a freelance writer and had several articles published about the plight of Vietnam Vets as well as contributions to Guardmount.

Notice

If your are planning any VSPA activities in your area and would like them to be mentioned in *Guardmount* please send me the information with enough lead time to print it in an issue that will come out before the event. The above item arrived on 6 Feb for an April event.

Editor



VSPA BX PRODUCT SALES

Stickers:

a.



Patches: VSPA Patches ______ \$ 5.00 a. QC Patches \$ 5.00 b. SP Badge Patch \$4.00 Air Force Vietnam Vet Patch \$4.00 C. d. Tet 68 Survivor Patch ______ \$ 4.00 C. f. 7th Air Force Patch _____ \$ 4.00 POW/MIA Patch \$4.00 I've Been There Vietnam Patch \$4.00 g. ħ. Brothers Forever Patch \$4.00 i. In Memory Patch \$4.00 į. Vietnam Service Ribbon Patch \$4.00 k. QC Back Patch (9") \$15.00 1. U.S. Air Force Back Patch (10") \$15.00 m. Pins: QC Pin \$4.00 7th Air Force Pin \$4.00 a. b. Air Force Vietnam Vet Pin \$4.00 C. d. Tet 68 Survivor Pin_____\$ \$ 4.00 POW/MIA Pin______\$ 4.00 e. POW/MIA Pin w/Eagle _____\$ \$ 4.00 f. POW/MIA Cross w/Black Ribbon Pin \$ 4.00 g. In Memory Pin \$ 4.00 Vietnam Tab Pin \$ 4.00 ħ. i. Vietnam Base Pins (Bien Hoa, Binh Thuy, Cam Ranh j. Bay, Da Nang, Nha Trang, Phan Rang, Pleiku, Phu Cat, Ton Son Nhut) \$ 4.00 U.S. Air Force (Geretic) \$ 4.00 k. Ł Vietnam Service Ribbon Pin \$4.00 Vietnam Veteran With Ribbon Bar Pin ___ \$ 4.00 m. New Air Force Security Forces Pin _____\$ 4.00 Ħ. Pacific Air Forces (PACAF) Pin _____ \$ 4.00 O. Please Add \$3.00 For Shipping and Handling for All Orders Under \$50.00 - Orders Over \$50.00 Please Add \$4.50 For Shipping and Handling.

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e.	U.S. Air Force POW/MIA (Inside or Outside)	\$ 1,00
Hats: (Baseball Style Black) \$12.00		
a.	VSPA Association	
b.	QC Plain	
C.	QC w/Flight Tab above QC (Ranger, Tiger, Cobra)	Phantom,
d.	Security Police Shield	
C.	U.S. Air Force Vietnam Veteran With Ribb	on Bar
f.	QC w/K-9 Tab above QC and Dog Embroidered on side	
^	of the hat \$14.00	acroa on siac
Mis	scellancous;	
a.	Security Police Mini Shields (Numbered) \$10.00	
b.	Security Police Qualification Badges	
	(Lg \$4.00 - Sm \$2.00	
C.	7th Air Force Coin	\$12.00
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	\$15.	
€.	VSPA Stoneware Coffee Mugs Cobit Blue	W/Logos
	\$12.	00
f.	VSPA 1 3/4 oz. Shot Glass w/Logos \$6.0	
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h,	U.S. Air Force Magnate (Size Approx. 3")	
i.	Belt Buckels (Vietnam Veteran w/Ribbons))
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	Memorial)	\$45.00
k.	Full Size Vietnam Service Medal w/Ribbor	
		\$12.00
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China.		

VSPA Bumper Sticker \$ 1,00

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Shirts:

- a. Deluxe Polo Style Shirt w/QC Emblem on the Front (Size S. M. L. XL \$25.00 XXL \$28.00)
- b. Cadet Sweatshirts w/QC Emblem on the Front (Size S, M, L, XL \$35.00 XXL \$38.00)

Coming Soon A New Style Jacket and T-shirt

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First Class



MAIL CALL

THE COMPANY ELITE

In a society steeped in political correctness, where the feminization of the American male seems to have intruded into so many areas of our daily living, it is not surprising that those uninitiated males, who, for whatever reason, did not experience military service, seem to regret their symbolic exclusion from the company of those of us who did. Bereft of the ability to claim this perceived milestone of manhood, they are virtually compelled to remain silent when discussion of military service spontaneously arises among those who reciprocally discover that they are veterans. The air grows even more rarified when the discussants can claim to have served in a war, now further excluding from participation those veterans who cannot. Moving further into exclusionary territory, the bond immediately forged among Vietnam veterans is emblematic of the special experiences they shared that no one else will ever comprehend. It is our time, and most of us served proudly in a war that seemed to have no compelling purpose, few supporters and whose soldiers received more disdain than appreciation. And the final cut is made — you guessed it — with the Vietnam Security Police.

I was pleased to learn of the Association, and am proud to be a new member of this elite company, as we share a special brand of honor that will have, along with other prominent aspects of both our past and our future, helped define who we are.

> Jim Isaac 35th Security Police Squadron Phan Rang Air Base, 1970-71