

# The Honor Was Mine A Look Inside The Struggles Of Military Veterans

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Delve into the profound journey of military veterans, acknowledging the immense honor of their service while courageously exploring the often-hidden struggles and complex challenges they face upon returning home. This insightful piece aims to shed light on their experiences, fostering deeper understanding and advocating for vital support for those who have sacrificed so much.

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## The Honor Was Mine

BIOGRAPHY: HISTORICAL, POLITICAL & MILITARY. A young combat veteran hides in his closet under a pile of clothes on bad nights. Another, home for five days, can't figure out how to talk to his wife. And a commander's spouse recounts the soul-draining effect of attending nearly one hundred memorial services...When therapist Elizabeth Heaney left her private practice to counsel military service members and their families, she came face-to-face with unheard-of struggles and fears. Emotions run deeply-and often silently-in the hearts of combat veterans in this eye-opening portrait of the complex, nuanced lives of service personnel, who return from battling the enemy and grapple with readjusting to civilian life. Presenting the soldiers' stories-told in their own words-as well as her own story of change, Heaney offers an intimate perspective, not of war itself but of its emotional aftermath. Some of these stories scrape the bone; others are hopeful, even comical.

## Front Toward Enemy

Daniel R. Green offers a unique and much needed perspective on war veterans and the transitions they go through upon returning home, using his own experience following five military and civilian tours of Afghanistan and Iraq.

## Never Forgotten

When the Vietnam Veterans tours were over, they came home to find a country divided and a nation unappreciative of their service. How they were treated, how they integrated back into society, and how their wartime experiences changed them are just some of the questions answered, as their stories unfold in Never Forgotten. Told by the Veterans themselves, these are their stories. "The book Never Forgotten, captures 58 Veterans accounts and others on what it was like to experience the Vietnam War. In their own words, they talk about their return home, struggles to maintain healthy relationships, decades of recovery, and feelings of worthlessness. Many find emotional well-being and self-worth by helping other Veterans. Those of us who are Veterans or whose loved ones have served in war, know

with certainty we are different when we return home, than before we marched off to war. Because of this difference, for ourselves and for those we love and enjoy having in our lives, Never Forgotten is a must read." ~ Michael B. Christy, Lt. Col. USA (ret) and Vietnam Veteran

### Red, White, and True

Even as we celebrate the return of our military from wars in the Middle East, we are becoming increasingly aware of the struggles that await veterans on the home front. Red, White, and True offers readers a collection of voices that reflect the experiences of those touched by war—from the children of veterans who encounter them in their fathers' recollections of past wars to the young men and women who fought in the deserts of Iraq and Afghanistan. The diversity of perspectives collected in this volume validates the experiences of our veterans and their families, describing their shared struggles and triumphs while honoring the fact that each person's military experience is different. Leila Levinson's powerful essay recounts her father's experience freeing a POW camp during World War II. Pulitzer Prize-winning author Tracy Kidder provides a chilling account of being a new second lieutenant in Vietnam. Army combat veteran Brooke King recounts the anguish of raising her young children by day while trying to distinguish between her horrific memories of IED explosions in Baghdad and terrifying dreams by night. These individual stories of pain and struggle, along with twenty-nine others, illustrate the inescapable damage that war rends in the fabric of society and celebrate our dauntless attempts to repair these holes with compassion and courage.

### They Were Soldiers

They Were Soldiers showcases the inspiring true stories of 49 Vietnam veterans who returned home from the "lost war" to enrich America's present and future. In this groundbreaking new book, Joseph L. Galloway, distinguished war correspondent and New York Times bestselling author of *We Were Soldiers Once . . . and Young*, and Marvin J. Wolf, Vietnam veteran and award-winning author, reveal the private lives of those who returned from Vietnam to make astonishing contributions in science, medicine, business, and other arenas, and change America for the better. For decades, the soldiers who served in Vietnam were shunned by the American public and ignored by their government. Many were vilified or had their struggles to reintegrate into society magnified by distorted depictions of veterans as dangerous or demented. Even today, Vietnam veterans have not received their due. Until now. These profiles are touching and courageous, and often startling. They include veterans both known and unknown, including: Frederick Wallace ("Fred") Smith, CEO and founder of FedEx Marshall Carter, chairman of the New York Stock Exchange Justice Eileen Moore, appellate judge who also serves as a mentor in California's Combat Veterans Court Richard Armitage, former deputy secretary of state under Colin Powell Guion "Guy" Bluford Jr., first African American in space Engrossing, moving, and eye-opening, *They Were Soldiers* is a magnificent tribute that gives long overdue honor and recognition to the soldiers of this "forgotten generation."

### For Love of Country

A celebration of the extraordinary courage, dedication, and sacrifice of this generation of American veterans on the battlefield and their equally valuable contributions on the home front. Because so few of us now serve in the military, our men and women in uniform have become strangers to us. We stand up at athletic events to honor them, but we hardly know their true measure. Here, Starbucks CEO and longtime veterans' advocate Howard Schultz and National Book Award finalist Rajiv Chandrasekaran of *The Washington Post* offer an enlightening, inspiring corrective. The authors honor acts of uncommon valor in Iraq and Afghanistan, including an Army sergeant who repeatedly runs through a storm of gunfire to save the lives of his wounded comrades; two Marines who sacrifice their lives to halt an oncoming truck bomb and protect thirty-three of their brothers in arms; a sixty-year-old doctor who joins the Navy to honor his fallen son. We also see how veterans make vital contributions once they return home, drawing on their leadership skills and commitment to service: former soldiers who aid residents in rebuilding after natural disasters; a former infantry officer who trades in a Pentagon job to teach in an inner-city neighborhood; a retired general leading efforts to improve treatments for brain-injured troops; the spouse of a severely injured soldier assisting families in similar positions. These powerful, unforgettable stories demonstrate just how indebted we are to those who protect us and what they have to offer our nation when their military service is done.

### War & Homecoming

In *War & Homecoming: Veteran Identity and the Post-9/11 Generation*, Travis L. Martin explores how a new generation of veterans is redefining what it means to come home. More than 2.7 million veterans served in Iraq and Afghanistan. Their homecomings didn't include parades or national celebrations. Instead, when the last US troops left Afghanistan, American veterans raised millions of dollars for the evacuation of Afghan refugees, especially those who'd served alongside them. This brand of selflessness is one reason civilians regard veterans with reverence and pride. The phrase "thank you for your service" is ubiquitous. Yet, one in ten post-9/11 veterans struggles with substance abuse. Fifteen to twenty veterans die by suicide every day. Veterans aged eighteen to thirty-four die at the highest rates, leading advocates to focus on concepts like moral injury and collective belonging when addressing psychic wounds. Martin argues that many veterans struggle due to decades of stereotyping and a lack of healthy models of veteran identity. In the American unconscious, veterans are treated as either the superficially praised "hero" or the victimized "wounded warrior," forever defined by past accomplishments. They are often appropriated as symbols in competing narratives of national identity. *War & Homecoming* critically examines representations of veterans in patriotic rhetoric, popular media, literature, and the lives of those who served. From this analysis, a new veteran identity emerges—veterans as storytellers who reject stereotypes, claim their symbolic authority, and define themselves through literature, art, and service. Their dynamic approach to life after military service allows for continued growth, agency, individuality, and inspiring examples of resilience for others.

### Out of the Mist, Memories of War

Michael D. "Moon" Mullins with his usual flair has found a perfect way to bring life to the stories of America's Warriors. His lyrical way with words has opened a window into the past that is closing much too quickly. *Out of the Mist, Memories of War* touches the soul and brings the reader to a deep understanding of the sacrifices made by those ready to stand in the breach. ~ D. H. Brown, Award-winning author of *Honor Defended*, Board member of Military Writers Society of America, Vietnam Veteran

### Snapshots The Veteran's View

It is great to be alive—technology makes everything available to us in our homes, and the law of democracy gives us the freedom to be. But we easily get so caught up in the daily grind that we often forget these basic concepts, often forget the people that have made it possible for us to be safe and free and able to speak our minds. Kim Lengling writes about the constant sacrifice that our deployed troops make for us to live in peaceful times with our families. She relates how project Support Our Troops, a project she cochairs, has been sending care packages to active-duty military for the past fifteen years, and how we can make a difference in the lives of these brave men and women. And it can all begin with you, in your neighborhood: "Take a moment to listen to someone. Truly hear their story, and if it is needed, find a way to help. Help can be given in so many ways. One way, which is so simple but often overlooked, is to simply have an open heart and be that person who listens. You can make a world of difference without even realizing it."

### Honor and Indignity

*Honor and Indignity* is a nonfiction memoir that provides insight into the journey of one Marine. The narrator finishes twelve months and twenty-five days in Vietnam, seven of those months in combat. Arriving stateside, he finds the adjustment extremely difficult and reaches out for help after arriving at El Toro Air Station. At the mercy of the naval medical system he entrusts with his care, he finds himself incarcerated and sexually assaulted by care providers in a psychiatric ward at Camp Pendleton, California. The journey continues from the end of military service to civilian life, and cover forty-plus year after-effects experienced by the veteran.

### Portraits of Courage

**#1 NEW YORK TIMES BESTSELLER •** A vibrant collection of oil paintings and stories by President George W. Bush honoring the sacrifice and courage of America's military veterans. With Forewords by former First Lady Laura Bush and General Peter Pace, 16th Chairman of the Joint Chiefs of Staff. Growing out of President Bush's own outreach and the ongoing work of the George W. Bush Institute's Military Service Initiative, *Portraits of Courage* brings together sixty-six full-color portraits and a four-panel mural painted by President Bush of members of the United States military who have served our nation with honor since 9/11—and whom he has come to know personally. Our men

and women in uniform have faced down enemies, liberated millions, and in doing so showed the true compassion of our nation. Often, they return home with injuries—both visible and invisible—that intensify the challenges of transitioning into civilian life. In addition to these burdens, research shows a civilian-military divide. Seventy-one percent of Americans say they have little understanding of the issues facing veterans, and veterans agree: eighty-four percent say that the public has "little awareness" of the issues facing them and their families. Each painting in this meticulously produced hardcover volume is accompanied by the inspiring story of the veteran depicted, written by the President. Readers can see the faces of those who answered the nation's call and learn from their bravery on the battlefield, their journeys to recovery, and the continued leadership and contributions they are making as civilians. It is President Bush's desire that these stories of courage and resilience will honor our men and women in uniform, highlight their family and caregivers who bear the burden of their sacrifice, and help Americans understand how we can support our veterans and empower them to succeed. President Bush will donate his net author proceeds from **PORTRAITS OF COURAGE** to the George W. Bush Presidential Center, a non-profit organization whose Military Service Initiative works to ensure that post-9/11 veterans and their families make successful transitions to civilian life with a focus on gaining meaningful employment and overcoming the invisible wounds of war.

#### Proceedings ... National Encampment of the United Spanish War Veterans

"In one of the world's most beautiful places, amid swaying palms and ocean breezes, Ken Williams battles death and hopelessness. In *There Must Be Honor*, Ken takes readers on a journey behind the golden facade and into the panting heart of the streets. He calls for honor and compassion for the hardcore homeless, many of whom are, like him, veterans of our nation's wars. Remember the battlefield with him, and then return to the present as he faces down new enemies in another kind of struggle-- the struggle to create compassion. Meet the people he serves, the friends he makes, and the loved ones he loses. *There Must Be Honor* represents his call to others to join him on that road to hope and a better future."--P. [4] of cover.

#### There Must Be Honor

From a bestselling author, the poignant story of her Vietnam veteran brother, whose circumstances in death echo the dismal condition of countless veterans

#### Soldiers Once

Decades ago, political struggles buried the truth about the Vietnam War in a tangle of myths, half-truths and lies, and the truth is still hard to find today. No matter which side of the argument you favor, the truth is not all that pretty, but the one constant was the faithful and capable service of the troops America sent to fight that war. They never received the nation's gratitude they had earned, and many kept their story and even their service to themselves since the American public believed the worst about them. By refusing to see how well these troops had served their country, America lost a generation of heroes. Decades ago, political struggles buried the truth about the Vietnam War in a tangle of myths, half-truths and lies, and the truth is still hard to find today. No matter which side of the argument you favor, the truth is not all that pretty, but the one constant was the faithful and capable service of the troops America sent to fight that war. They never received the nation's gratitude they had earned, and many kept their story and even their service to themselves since the American public believed the worst about them. By refusing to see how well these troops had served their country, America lost a generation of heroes.

#### Strength & Honor

Spotlights the challenges faced by our increasing cadre of military women when their service ends and they become civilians. Combining research with narrative, this book exposes common threads of lived experience and reviews the latest data on military women and their healthy reintegration into civilian society. Female veterans share their stories of seeking to be seen in a culture where they don't quite fit and their struggles to find community and friendship. Some fought during the Iraq and Afghanistan wars, as the first women in combat in American history. How and where, for example, does a female combat Marine find her tribe once she leaves the service? Through the stories of these courageous yet entirely human women, readers learn about the experiences of a new and often forgotten generation of veterans; about the challenges surrounding family and career choices that millions of American women face; and ultimately, about sacrifice, resiliency, loss, and love. This book will inform readers with an interest in female veterans and women's health and mental health issues, as well as researchers,

students, and professionals working in fields encompassing women's psychology, health, and social work.

### Confederate Veteran

Few Americans are aware of the silent epidemic of suicide among our troops and veterans--as many as twenty-two per day. There is the obvious causation from the traumatic effects of combat on those who deploy to these wars, but there are also secondary and tertiary stresses from a military at war that are rippling outward to touch even troops who vicariously deal with the aftereffects of combat, resulting in a spike in suicides even among troops who have not deployed and among troops who are not considered traditional war-fighters. This tragedy reveals the strain on our military after a decade at war in two countries. However, with an estimated nine hundred programs addressing the pressures on the soldiers, and no significant decrease in the suicide rate, military leaders seem to be at a loss on how to understand or to address this epidemic. This book is the story of just one such veteran who served in combat, his struggle with PTSD, his lonely road home after combat, how he survived with faith and courage, and how he avoided becoming another suicide statistic. His story, with brutal honesty, gives a window into the deployment experience of our troops and many of the pressures affecting our troops.

### Congressional Record

The untold stories of troops serving miles away from front lines For decades, the dramatic stories of World War II soldiers have been the stuff of memoirs, interviews, novels, documentaries, and feature films. Yet the men and women who served in less visible roles, never engaging in physical combat, have received scant attention. Convinced that their depiction as pencil pushers, grease monkeys, or cowards was far from the truth, Rona Simmons embarked on a quest to discover the real story from the noncombat veterans themselves. She sat across from 19 veterans or their children, read their letters and journals, looked at photos, and touched their mementos: pieces of shrapnel, a Japanese sword, a porcelain tea set, a pair of wooden shoes, a marquisette wedding gown. Compiling these veterans' stories, Simmons follows them as they report for service, complete their training, and often ship out to stations thousands of miles from home. She shares their dreams to see combat and disappointment at receiving noncombat positions, as well as their selflessness and yearning for home. Ultimately, Simmons finds the noncombat veterans had far more in common with the front line soldiers than differences. Simmons's extensive research gives us a more complete picture of the war effort, bringing long-overdue appreciation for the men and women whose everyday tasks, unexpected acts of sacrifice, and faith and humor contributed mightily to the ultimate outcome of World War II.

### Invisible Veterans

Meet eight combat-injured men who sustained life-altering injuries. Read eight inspiring stories of heroism and the re-building of independent, productive and fulfilling lives after seemingly impossible circumstances. This project looks at the struggles of these incredible men to reshape their lives after combat. It also sets these stories within the context of current veteran healthcare; injury, suicide, and disability statistics; and looks briefly at the impacts on the caregivers who support these men. Being face-to-face with combat-injured veterans has given me an insight that all Americans should have. Veterans of the Vietnam era began the process of opening our eyes to the grim realities that await veterans both psychologically and physically. These men's stories show how much more we have to accomplish. This book isn't about war or politics - it is about figuring out what it takes to move forward AFTER the war. I wrote this book to raise awareness of what our warriors need most when they return, what the government does and doesn't provide and why there is a high demand for private non-profits to fill the gaps. Make no mistake - we are in this period of recovery and rehabilitation for decades to come. It also introduces the non-profit organization Warrior Foundation Freedom Station which has taken on the task of helping our combat-injured men and women make the daunting transition from military to civilian life. 100% of the proceeds benefit them in this much-needed labor of love. It's not about the war. It's about the warrior.

### The Lonely Road Home

This book is composed of individual essays that I have written over the last 15 years. They address a variety of topics ranging from the 1944 Normandy invasion to other combat areas that I have had significant personal experience with, beginning with Vietnam through the birth of today's special operations forces. Much of the real background history has been lost over time and I wish to memorialize

it while I still can. Above all else, these essays are a salute to the infantry: Army and Marine, who among our military, have borne the greatest burden in all our wars and conflicts since the birth of this nation. I have written these essays with the hope that the lay reader can learn to appreciate the experience of the uniformed participant in our national conflicts and understand the sacrifices and issues that a very small portion of our population experiences on behalf of us all. Normandy has been a particular obsession of mine since I was 10 years old. I commanded the 40th anniversary return to Normandy by the 82d Airborne in 1984 and have been returning there every year to provide staff rides to the U.S. and Allied soldiers and airmen that arrive each year. I have had the privilege of walking the ground with many of the original veterans and gaining insights that no history book contains. I firmly believe that the invasion was the greatest single effort our civilization has ever undertaken and probably ever will. It represents a microcosm of what we are as a people and what our uniformed personnel are all about. It and they are unique. Normandy is unique, hallowed, and largely untouched ground and above all else, it is the story of ordinary people doing extraordinary things, which is the foundation of our nation. Vietnam was the war for my generation. Among many things, I learned to appreciate the qualities of other nationalities as well as the frailties and shortcomings of my own. Above all else, Vietnam gave me a very personal lifelong appreciation for the common soldier doing his work in an uncommon manner; he above all else deserves our respect and appreciation. Grenada was a true watershed in our history. It put the ills of Vietnam behind us, gave us a renewed sense of national pride and was the epitome of what America is all about - returning democracy to those that had lost it and acting as a symbol of selfless sacrifice for something greater than each of us. Grenada, with its failures, provided the impetus for badly needed reforms to the special operations community and spawned all the tools and capabilities that today we take for granted. The Desert Wars have been a huge national stress test for our military. Years of difficult grunt labor for ambiguous purposes and possibly lost causes have not diminished in the slightest the strength and will of our uniformed Americans, despite the fact that they deserve far more than what their nation has granted them in return for their service. Reflections is a collection of comments and observations that have no specific geographical or campaign purpose but make specific points regarding issues and people. The Special Operations experience was perhaps the most meaningful for me on a personal basis. I was there in the beginning with the Iran hostage rescue attempt and saw on a very personal basis how the services resisted and fought creation and enhancement of the capabilities we now enjoy and take for granted. I had a small part in the creation of what we see today as born through the Nunn-Cohen Amendment, MFP 11 (SOF Funding), and Goldwater-Nichols. Despite the institutional pain I suffered as a result of the association, I wear the scars with great pride and know that the capabilities and values will remain long after my passing.

### The Other Veterans of World War II

A Soldier's Journey...A Daughter's Hero was written to share the life of Julius "Jerry" D. Weber—my Dad and Hero. He was a Vietnam Veteran who struggled with Post-Traumatic Stress Disorder (PTSD) throughout the rest of his life upon returning home from the war. He served in the U.S. Army from March 1968–October 1970. He was sent to Vietnam as a Light Equipment Engineer with the 557th Engineer Company in August 1968. A Daughter's Hero was written to raise awareness about the effects of war and shares the unconditional love and compassion between a daughter and her father.

## After

Ask most combat veterans to name the worst experience of their lives, and they'll probably tell you it was war. But ask them to choose the best experience of their life, and they'll usually say it was war, too. For someone who has not been to war, this is nearly impossible to understand. The spectrum of emotions experienced by a combat veteran is far wider than that experienced in civilian life and for that reason it can be hard for a veteran to re-assimilate to civilian life. Ask a combat veteran about this, it's a common feeling. What is it about war that soldiers miss? This is a question that every civilian should try to understand. Weaving together a wide range of stories from the flight deck of a U.S. aircraft carrier off Syria to climbing a forbidden Himalayan pass into Tibet, this moving and insightful book explains one of the most everlasting human pursuits - war. But its focus isn't solely war; it is also about coming home and confronting another kind of struggle, which we all share--the search for happiness. In this collection, Peterson writes of war from the perspective of both a combatant and a witness taking the reader from combat missions over Afghanistan as an Air Force special operations pilot to the frontlines against ISIS in Iraq, and the trench and tank battles of the war in Ukraine. Interweaving his frontline reports with a narrative about his own transformation from a combat pilot to a war journalist, Peterson explores a timeless paradox - why does coming home from war feel like such a disappointment?

## Madness

After twelve months of military service in Iraq, Michael Anthony stepped off a plane, seemingly happy to be home - or at least back on US soil. He was twenty-one years old, a bit of a nerd, and carrying a pack of cigarettes that he thought would be his last. Two months later, Michael was stoned on Vicodin, drinking way too much, and picking a fight with a very large Hell's Angel. At his wit's end, he came to an agreement with himself: If things didn't improve in three months, he was going to kill himself. *Civilianized* is a memoir chronicling Michael's search for meaning in a suddenly destabilized world.

## Confederate Veteran

In today's volunteer military many recruits enlist for the educational benefits, yet a significant number of veterans struggle in the classroom, and many drop out. The difficulties faced by student veterans have been attributed to various factors: poor academic preparation, PTSD and other postwar ailments, and allegedly antimilitary sentiments on college campuses. In *Grateful Nation* Ellen Moore challenges these narratives by tracing the experiences of Iraq and Afghanistan war veterans at two California college campuses. Drawing on interviews with dozens of veterans, classroom observations, and assessments of the work of veteran support organizations, Moore finds that veterans' academic struggles result from their military training and combat experience, which complicate their ability to function in civilian schools. While there is little evidence of antimilitary bias on college campuses, Moore demonstrates the ways in which college programs that conflate support for veterans with support for the institutional military lead to suppression of campus debate about the wars, discourage antiwar activism, and encourage a growing militarization.

## A Soldier Looks Back

Congressional hearing on the health problems of Persian Gulf war veterans. Includes statements by a number of doctors, professors, vets, and others concerned with these problems, such as Committee to Review the Health Consequences of Service during the Persian Gulf War, Institute of Medicine; and Director, Gulf War Research Foundation. Also includes statements submitted by a number of doctors, members of Congress, veterans, and others, such as Disabled American Veterans; International Advocacy for Gulf War Syndrome; Pres. Advisory Committee on Persian Gulf Vets' Illnesses, and Nat. Persian Gulf War Resource Center.

## A Daughter's Hero

Traces how two veterans of the wars in the Middle East organized ways that injured veterans could continue to serve, sharing inspiring stories of disaster relief in Haiti and post-Sandy New York as well as tales of support for newly returned and traumatized vets.

## Why Soldiers Miss War

"Veterans of War, Veterans of Peace" is a harvest of creative, redemptive storytelling-nonfiction, fiction, and poetry-spanning five wars and written by those most profoundly affected by it. This poignant collection, compiled from Kingston's healing workshops, contains the distilled wisdom of survivors of five wars, including combatants, war widows, spouses, children, conscientious objectors, and veterans of domestic abuse. "Veterans of War, Veterans of Peace" includes accounts from people that grew up in military families, served as medics in the thick of war, or came home to homelessness. All struggle with trauma - PTSD, substance abuse, and other consequences of war and violence. Through their extraordinary writings, readers witness worlds coming apart and being put back together again through liberating insight, community, and the deep transformation that is possible only by coming to grips with the past. For more than 15 years, National Book Award-winning author Maxine Hong Kingston has led writing-and-meditation workshops for veterans and their families. The contributors to this volume are part of this community of writers working together to heal the trauma of war through art. Maxine Hong Kingston's books-"The Woman Warrior, China Men, Tripmaster Monkey, The Fifth Book of Peace," and others-have won critical praise and national awards. President Bill Clinton presented her with a National Humanities Medal in 1997.

Proceedings of the Stated Convention of the ... National Encampment

Civilianized