

## There are people who have the heart to help

**Leon:** Leon, United States Marine Corp, 0311. I served between 1966 through 1968. I was with 3rd Battalion, 7th Marines - 1st Marine Division. I was drafted into the Selective Service. I was transferred into the Scout Section when I first go over into Da Nang Chu Lai. That's where I started off my 13 months. I knew I was going to have to stay awake 24/7. I knew that this was a not a vacation and that if I wanted to make it I'd have to make sure I took care of myself.

But, when I came back home I was extremely quiet. I never talked to my folks about what I did. I just put it all behind me. I didn't follow the news. I didn't read the papers. I just dismissed it. It was just like it had never happened, but it did of course.

One day, I was in the bathroom and I found a book in there by Robert J. Lifton. He was a Psychologist in San Francisco. He described all these symptoms of which I had and that I knew that I had, they called PTSD and I thought, "well, I've never asked for help," and I thought go down there and find out what this is all about and then I went to the Vet Center because I knew that you know, I had guns above the doors, I had pistols in the drawers and then I asked myself, "what am I afraid of," and I was told it was because I had repressed all these feelings for so long.

I didn't know what to expect for therapy. I know that there's a lot of things that trigger off tears and I'll never be able to get rid of them. I had this box that in itself attached me to Vietnam, and I was hoping that maybe by donating this that it might enable other Veterans that have different war memorabilia to maybe enhance the museum a little bit more, and this is a typical picture. This is, see there's a Marine right here and this is kind of what the rice pad is and this is a village back in here.

I just wanted something to remember of when I was there. Here's a couple of interpreters here and I think this is Krung Chi Dom right here. This here is, yeah I was a Corporal right here. There's the stripes right there. This was after I had come back home.

Go, that's all I can say is go because I know that these people are trained in what they're doing and they have the heart to help and they really extend themselves wanting to get the person back as much as the can as the way they were before they went over. You fought in a war, you're tough, all right now you're out of it, you get tougher. It's not easy, but then nothing is especially in life.



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