

December 12, 2010

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Major Usery:

I hope this letter finds you and your Marine's doing well. I wanted to take a minute and write to you in regards to the Project Welcome Home Troops course that Leslye Moore and John Osborne have been discussing with you. I have been in combat, and have been through the course and can tell you with out reservation, it is a very valuable tool for each Soldier, Airman or Marine to have available to them.

I served in 4th Battalion 23d Infantry Regiment as an Infantry Platoon Leader and Headquarters Company Executive Officer for a long 15 month deployment on the streets of Mosul and Baghdad. I have always considered myself to be a very strong-minded individual that can get through anything with out being any worse for the wear. I participated in many after action briefings from our Chaplin Corps designed to help us cope immediately with traumatic events from the loss of a friend to the detonation of a large IED. These may help in the short term, but there is no substitute for the simple breathing techniques that are acquired from the Project Welcome Home Troops course that can be applied long after the smoke clears.

The fundamentals of marksmanship involve breathing control. Most people will tell you the first thing to do when faced with stress is take a deep breath and relax. Society and the Military have recognized the power the control of breath can bring to an individual. John and his instructors cover this in a little more detail and help create rhythm and energy that if I had the chance to share with anyone from my Platoon or Company upon redeployment I would have.

I cannot share with you enough how this has changed my life and shown me that I did have things to deal with and events that had shaped and formed who I am. For a few days investment in this course, the payoff is tremendous. I would highly recommend the course be given serious consideration by you and your command as an effective tool to help with reintegration of Marine's and would suggest your FRG approach John to consider working with the families as well.

Please feel free to contact me with any and all questions. I have chosen to get out of the Army, but remain dedicated to helping with all I can. I wish you and your Marines a safe and successful deployment. I hope you will have this course available to help them return physically and mentally from all you have endured.

Sincerely,

Rich Low