Real Heroes: The 2018 Department of Defense (DoD) Warrior Games

Nine years ago, the DoD established the Warrior Games to assist injured, wounded, and ill soldiers in their recovery and rehabilitation. These games are free and open to the public and this year singer Kelly Clarkson will be performing once again in a free concert at the opening ceremony on June 2nd. In addition to the US Army, Marine Corps, Navy, Air Force and Special Operations Command, the Canadian Armed Forces will be competing for the first time along with the United Kingdom Armed Forces, and the Australian Defence Force. Approximately 250 warriors will be competing. Events include: indoor rowing, powerlifting, time trial cycling, archery, cycling, shooting, sitting volleyball, swimming, track and field, and wheelchair basketball.

Reading the biographies of some of this year’s participants was both heartrending and inspirational. Among the injuries, wounds, and illnesses suffered are: PTSD, TBI, cancer, depression, spinal cord injuries, amputations, and anxiety disorders. However, the Warrior Games have given hope to the participants. When asked why she competes, Col Jacquelyn Marty in the Air Force Reserve responded: “Despite my desire to get fit and lose weight after my accident, the weight continued to pile on. Training for the Warrior Games has gotten me off the couch and in the gym six days a week. I have lost 11 pounds this year already and am on track to lose another 25. While competing at the AF trials, I noticed there are an abundance of phenomenal Airmen who’ve overcome far greater obstacles than I have; they are my inspiration. My pity party ended when I was selected for the Warrior Games team.” She will be competing in both cycling and swimming. Special Operations Command veteran, Lucio Gaytan asserts that this is “Greatest honor of my 22-year military career other than serving in combat. To be able to prove that ‘I’m not done’.” His events are: archery, cycling, swimming, field, and wheelchair basketball.

No sir. Not one athlete warrior is done. Please come out and support our US Armed Forces as well as our Canadian, UK, and Australian brothers in arms.

For more detailed information visit the website: https://dodwarriorgames.com/

Did You Know? by Frances Scott

Seeking country information?

Try EUROPE WORLD PLUS. Basically the database is divided into 2 parts; check out “Regions” section first for an area overview containing a vast amount of information. Individual countries within the region are listed and linked for further searching.

Specific country data includes one page of static information with links to Country Profiles and Statistics.

All information comes from the Europa World Year Book and the nine-volume Europa Regional Surveys of the World series; articles are signed by the author.


June is PTSD Awareness Month

The National Center for PTSD promotes awareness of PTSD and effective treatments throughout the year. Starting in 2010, Congress named June 27th PTSD Awareness Day. In 2014, the Senate designated the full month of June for National PTSD Awareness. Efforts are underway to continue this designation for the fourth consecutive year in 2018.

The purpose of PTSD Awareness Month is to encourage everyone to raise public awareness of PTSD and effective treatments. We can all help those affected by PTSD.

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10 Tips for Building Relationships in the Workplace by Shane Spahr 5
This month's book review is on *Sparta* by Roxana Robinson.

In 2014, following the publication of her novel *Sparta*, Roxana Robinson delivered the Jannetta Lecture, which brings writers and artists to the US Air Force Academy who have added to our understanding of war. Her novel accomplished just that. It takes place a few years prior to 9/11 and the protagonist, a recent college graduate decides he wants to join the Marines and become an officer. His parents who grew up in the Vietnam era of anti-war protests have not had any affiliation with the military and his mother is bewildered, but his father is more understanding, in fact somewhat proud.

“So, I want to do something big. I don’t want to just go into some graduate school and get another degree. I want to do something that has consequences. This is the biggest challenge I know,” said Conrad. “I want to see if I can do it.” His mother keeps questioning his decision and repeatedly suggests the Peace Corps. Having majored in the classics, he explains, “The classical writers love war, that’s their main subject. Being a soldier was the whole deal, the central experience. That’s what first got me interested. *Sparta*. The Peloponnesian War, the *Iliad*. Thucydides, Homer, Tacitus.”

Throughout the book there are parallels to the warrior culture of the Spartans. We see it at Conrad’s training at Quantico, in theatre, and in his behavior upon return. The Marines, like the Spartans emphasize self-control, obedience, endurance, and courage. To be laconic, from the name of the region where Sparta is located, is also a prized trait. And we see this in his initial refusal to discuss his war experiences. Unfortunately, Conrad returns from his two tours of Iraq with many of the symptoms of post-traumatic stress syndrome. Flashbacks of violence, blood, dead children, and brothers in arms are frequent. He is navigating two worlds at once: the combat zone where nothing is predictable and the ordinary life of the affluent town of Katonah, New York. He cannot reconcile the two and is constantly agitated, irritable, anxious, and he isolates himself socially. Everywhere in the U.S. seems like a potential war zone and he is frustrated with how Americans take their way of life for granted.

Unfortunately, admitting that he needs help is difficult and when he does seek it at the VA, it takes four months to get an appointment and then he is only given prescriptions. When he reads the side effects, all of them indicate suicidal thoughts. Although Robinson brings to point a failing of the VA, which has been much reported, it is surprising that Conrad’s father, who is a professor of law at NYU and his mother, who is a therapist with her own family practice in the city did not intervene to get the help their son needed. However, all in all, this is a sensitive portrait of those who have volunteered to defend our freedom and who are indeed the few, the proud.

The books featured in this issue (and other related titles) can be found in our library:

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"Soldiers, Sailors and Airmen of the Allied Expeditionary Force! You are about to embark upon the Great Crusade, toward which we have striven these many months. The eyes of the world are upon you. The hopes and prayers of liberty-loving people everywhere march with you."
— General Dwight D. Eisenhower, Supreme Commander of the Allied

Expeditionary Forces in Europe

The term "D-Day" can apply to any military operation indicating the day in a plan where something significant is going to happen. However, when most Americans hear this expression they think of the major amphibious invasion of Northern Europe in World War II. Specifically, it refers to the Battle of Normandy between the Allies and the German forces occupying Western Europe. More than 70 years later, this operation remains the largest seaborne invasion in history, involving huge numbers of troops crossing the English Channel from England to occupied France.

Twelve Allied nations participated: Australia, Canada, Belgium, France, Czechoslovakia, Greece, New Zealand, the Netherlands, Norway, Poland, the United Kingdom, and the United States. Most of the forces were American, British, and Canadian.

"Operation Overlord" was the codename for the Allied invasion. The assault phase was known as "Operation Neptune." Neptune began on June 6, 1944 and ended on June 30, when the Allies had established a firm foothold in Normandy. The overall Operation Overlord concurrently began on D-Day, and continued until Allied forces crossed the River Seine on August 19.

Intelligence and deception were important parts of the invasion. Enormous efforts were made in advance to collect all-source information as to German forces and fortifications. Additionally, much effort went in to concealing the Allied buildup of forces in England, as well as obscuring focus upon the actual landing points—several beaches which had been given code names.

More than 300 planes dropped thousands of bombs in advance of the invasion. Six parachute regiments also went ahead to cut railroad lines, blow up bridges, and seize landing fields. Glider aircraft also brought in men, light artillery, jeeps, and small tanks.

General Eisenhower faced remarkable challenges—many unprecedented. He would have to move his force across the unpredictable English Channel and storm a heavily fortified coastline. His enemy was the weapon-and-tank-heavy German army, commanded by Field Marshal Erwin Rommel—one of the most capable generals of the war. Moreover, less than 15 percent of the Allied forces included in the operation had ever seen combat.

Once the massive Allied force set out, it would have been difficult if not impossible to turn back. The Allies presented a 5,000-vessel armada, transporting men, vehicles, and equipment. Additionally, the Allies had a huge number of small landing craft and more than 11,000 aircraft.

By nightfall on June 6 more than 100,000 soldiers had made it ashore and had established reasonably secure positions. Then, within weeks, supplies were being unloaded at Utah and Omaha beaches at a rate of around 20,000 tons per day. By June 11, more than 326,000 troops, 55,000 vehicles, and 105,000 tons of supplies had been landed. By June 30, the Allies had established a firm foothold in Normandy.

At the end of the invasion day and the rough fighting it presented, it’s estimated that more than 425,000 Allied and German troops were killed, wounded, or became missing. That figure includes more than 209,000 Allied casualties. In addition to roughly 200,000 German troops killed or wounded, the Allies also captured 200,000 enemy soldiers. Unfortunately, it’s also believed that between 15,000 and 20,000 French civilians were killed.

The invasion of Normandy succeeded in its objective by sheer force of numbers—on that day and during the next few weeks. By July 1944, some one million Allied troops were entrenched in Normandy. For this great invasion the Allies had assembled in advance nearly three million men and stored 16 million tons of arms, munitions, and supplies in Britain.

The occupation of Normandy was crucial for the Allies to bring the war to the western portion of the German Third Reich—opening a major second front so desperately wanted by the Soviet Union, which had long been bearing the incredible pressure of German ground forces in the east. The success of the invasion, and the subsequent pouring of huge Allied forces into France, greatly accelerated the pace of the war in Europe and the subsequent German surrender—which occurred eleven months later, May 8, 1945.

— Steve Maffeo, formerly associate director, McDermott Library
How did you end up in the position of Command Historian? Tell us about your career path.

When Dr. Muenger retired almost two years ago, I was her Deputy and stepped in to fill that void. For about a third of the time, I was doing both jobs alone, so I’ve been grateful for the help I’ve gotten.

My career path for an historian is a bit non-standard. I enlisted in the Air Force Reserves in 1977 and was commissioned a 2Lt in 1981. I served for 22 years before I retired in 2003. I began my career on an ICBM crew and commanded the wing’s Alternate Command Post. Then I flew the F-4 Phantom II from 1986 to 1991 and served for a little over a year on an Army general’s staff in Korea. From there I transitioned to the F-15E Strike Eagle from 1992-2000 and finally taught at the Air Force Academy in what is now DFMI until retirement.

I have over 2,000 flight hours and have flown 28 combat missions over Iraq and Bosnia.

After I retired, I attended graduate school at West Virginia University where I earned my Ph.D. in History under Dr. Ronald L. Lewis in 2009. Dr. Muenger interviewed me for the Deputy position and we moved here in February 2009.

History has always been my passion, even before I graduated with a BA history degree. As one would imagine, history has given me a love for libraries, and I have a special affinity for librarians and the many resources you bring to the scholarly fight against the Forces of Ignorance! Having the History Office in the McDermott Library makes it the best possible place to work. Besides working alongside your wonderful personnel, when staff work or minutia start to overwhelm, I sneak out into the stacks and let the books work their magic on me. It truly helps to peruse something off the shelf, or pop up into Special Collections and converse with Dr. Ruwell or drink in the magnificence of the Gimbel Room!

For those of us with vacation time this summer, what are some favorite spots you would recommend?

Well, I guess it depends on what you like. I’ll divide my choices into two categories: peace & quiet vacations; vacations with kids.

Peace & quiet vacations:

If you’re a DoD ID card holder, Bellows Air Force Station on Oahu is perfect. One of the bases attacked by the Imperial Japanese Navy on 7 December, Bellows is now an Armed Forces rec center that features inexpensive, quiet bungalows where the morning sun catches the waves and the almost deserted beach is perfect for a morning stroll or jog. Sea turtles force you to stop and just admire the surf. The café there is open to the sea across a beautiful lawn, and there is a driving range and activities for families. Weekends can be crowded, but during the week it’s a near-deserted, tropical island.

The Prince’s House, Loch Shiel, Scotland. If you’ve seen the movie “The Highlander,” you’ve seen the loch. You feel as though you are at the end of the earth. Occasionally, the steam train that runs from Edinburgh to Oban whistles through, but it is such a brief visit that it really isn’t much of a distraction. From the B&B, one is not that far from the Eileen Donan castle, the Isle of Skye, or hiking through the highlands.

Oglebay Park Resort, Wheeling, West Virginia. Nestled in the Appalachians but only about an hour from Greater Pittsburgh Airport, Oglebay is an amazing summer retreat. There is a lodge (a bit pricey) but also cabins available for rental. Besides hiking, there are three professional golf courses, a Par 3 course and driving range, swimming, tennis, and horseback riding. The mansion gardens are amazing, and there are numerous nature courses and hikes hosted by the nature center, paddle boating, playground, and zoo. The Wheeling Symphony Orchestra plays concerts in the amphitheater under the stars during the summer. At times they will have other bands and types of music there too.

Fort Union, Las Vegas, New Mexico. Remains of a former U.S. fort along the Santé Fe Trail. One can still see the ruts from the wagons on the trail. The original palisade fort predated the Civil War but is on private land (visible from the National Park Service property). The star fort constructed during the Confederate Invasion of New Mexico during the early Civil War is still visible (especially flying over the site) and accessible. The post-war fort ruins are extensive and some of the most interesting frontier architecture. The Park Service maintains original documents and research notes in their library. Come early in the morning, sit on a bench, and listen to the silence…

Vacations with kids:

Custer State Park in South Dakota is a great place to camp, hike, etc. Bison are known to amble through the campgrounds. The sunrises and sunsets are incredible. Fall mornings can be crisp and invigorating. Not far from Mt. Rushmore or the Crazy Horse Monument, with the helicopter rides, steam train, and National Park grounds.

Cont’d on page 5
Kansas City. Lots to do there: National World War I Museum and Memorial, National Negro Baseball Leagues Museum, sports, shows, cultural events, etc. Awesome barbeque!

Pow Wow in Colorado Springs, Garden of the Gods in the fall. Dances, food, cultural events, demonstrations, etc.

Bent’s Fort in Otero county, when they have reenactments. Extremely fun: historical presentations, dances, re-enactments, riding, cultural things.

Denver. Lots to do in downtown Denver. Museums, shows, sports, cultural events, etc.

Tell us something on your bucket list.

I've been Blessed to have done most of the things I've wanted to do on my bucket list. I still need to publish my dissertation as a book. Having grandkids would be kind of nice too—you know, someone to pass down that rare skill of hanging a spoon from the end of one's nose…

I'm taking my youngest son to his first concert on Friday—what was your first concert?

The first concert I remember was a symphony; then the Ginny Tiu Review from Japan; then Chet Atkins. It has been awhile since then, so I don’t remember all the details. No, Eisenhower was no longer President—though Kennedy may have been...

Want to know what really goes on in the Command Historian’s office? Stay tuned for Part II of Dr. Dusch’s interview in July.

LEARNING LIBRARY
by Meredith Moore

READ ◇ EXPLORE ◇ CREATE

Since the majority of the new computers have been installed, everyone is now running a newer version of Microsoft Office. In order to take advantage of all the bells and whistles (or figure out where a function went that you might have used all the time), a learning library for our staff has been created. Located by the Service Desk on the back row of bookshelves, you will find a number of instructional books available to check-out or look through while you are at the Service Desk. You will find these books are very comprehensive but provide a great opportunity to learn some tricks and shortcuts that could make your work much more productive. Don’t feel like you must read hundreds of pages—just review what you personally utilize for your job requirements.

10 TIPS FOR BUILDING STRONG RELATIONSHIPS IN THE WORKPLACE
Submitted by Shane Spahr

1 BE CAPABLE AND CULPABLE. Enhance your ability to establish a connection with someone at work by being a person who can be counted on to do what you say you will do and to take responsibility if everything does not turn out exactly as planned. No one truly likes someone who is not dependable.

2 BE RESPECTFUL. Treat your coworkers with courtesy and deference to your opinion that they have value in the workplace. The underlying goal is to establish mutual respect. You exhibit respect toward them, and they reciprocate. Aretha Franklin’s version of the classic Otis Redding song, “Respect,” nailed it—people want and need to be held in righteous regard.

3 BE A GOOD LISTENER. Lend and ear. Hear what your coworkers are trying to say to you. Arguably, successfully interacting with someone entails both listening and discerning what they are trying to communicate to you. A nonverbal form of flattery, listening can help those to whom you are speaking feel valued and supported.

4 BE OPEN MINDED ABOUT INDIVIDUAL DIFFERENCES. Never forget that every person is different. As such, each individual has a unique array of attributes that he or she brings to the workplace. In that regard, try to focus on his or her positive characteristics. Although diversity can, to a degree, generate a variety of challenges, depending on the situation, it also can provide an assortment of perspectives, views, and ideas that can collectively strengthen the workplace.

5 BE MINDFUL. Practice a deeper level of awareness with regard to your words and your actions. In other words, always consider your words before you actually say them or what you plan to do before really doing it i.e., “can’t put the genie back in the bottle:). If you say or do something that damages your relationship with a coworker, the effect can be long lasting if not permanent.

6 BE A PROponent OF THE “GOLDEN RULE.” Treat your coworkers as you would like them to treat you. In that regard, emphasize and practice a values-orientation approach to what you do at work and how you interact with others. Be honest, trustworthy, and ethical at all times. Be known as a person of resolute integrity.

7 BE GENERous WITH YOUR TIME. Never forget that giving your time to someone is one of the most valuable (and thoughtful) gifts you can bestow on another person. You only have so much time in your life. As such, you are giving them a part of your life that you can never get back.
8  BE AWARE OF YOUR BODY LANGUAGE.
Know that your body can speak volumes when interacting with someone else. Smiling and maintaining eye contact can be effective ways to enhance how other people perceive that you feel about being around them. In turn, rolling your eyes, shaking hands weakly, crossing your arms or legs, constantly checking your phone, touching your face during conversation are examples of gestures that you should avoid if you’re trying to connect with someone.

9  BE OPEN TO GIVING (AND RECEIVING) CONSTRUCTIVE FEEDBACK.
Be cognizant of the fact that offering a person meaningful feedback is a demonstrable way of trying to help and support that individual. All factors considered, it is an act of “caring and sharing” — caring enough about the coworker to give that person information that can assist him or her personally or professionally (e.g., in his or her career). Accordingly, it should be perceived as an act of trying to boost that person, rather than tear him or her down.

10  BE POSITIVE.
Never forget that, as a rule, no one likes to be around negativity. Life, including the workplace, can be challenging enough without being unduly exposed to someone who displays an ongoing negative attitude. All factors considered, a positive person focuses on the bright side of life — health, happiness, and success. Most individuals tend to ascribe to the belief that if you expect the best, your chances of getting the best are enhanced and vice versa.

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2018 IS THE YEAR OF THE DOG

Did You Know?
By Renee Sanning

No time like the present to add some professional development and AF Portal has tools to help you continue your education or just learn a new skill!

LearningExpress not only has military test prep for cadets and active duty, but also features math, reading and computer tutorials to help with your daily work activities. Confused about all the changes Windows 10 imposed on your new computer? Access the video course in Learning Express and in less than 58 minutes, you’ll be up to speed on the features and functionality of the newest Microsoft Windows Operating System. Many other computer based software tutorials are included.

Peterson’s Education & Career Resource offers test prep and educational searches for colleges and scholarships to facilitate your continuing education.

Universal Class offers over 500 online courses on a wide range of subjects/levels. Courses are available 24/7, are instructor led, & self-paced. Some courses offer Continuing Education Credits. Subject areas include: Computers and Technology, Personal Finance, Crafts and Hobbies, Homeschooling, Professional Development and many more. Click the "Universal Class" link and use code AFLIB to register. You will receive an email with a link to click to complete the process. Use your personal or official AF email. You can even learn how to make a pie!

Special THANKS to:

Mr. Maffeo for his riveting article on D-Day. He didn’t hesitate when asked. You could say he was very generous with his time! Mr. Maffeo—you are the best!

Dr. Dusch for taking time out of his busy schedule to answer our questions. We were happily surprised for the wonderful travel tips provided. He’s like our very own Rick Steves! We can’t wait to read the rest of his interview.

Constance (Connie) Leonard for her excellent book reviews and for providing extra help at the drop of a hat. We don’t know what we would do without you.

And last but not least, our Reference Librarians for all of your support with the Did You Know series. You always answer the call even though you’re droppin’ like flies…. We appreciate you!
Catherine’s Culture Column

AH!!! GREECE AND HER LOVELY ISLANDS! How wonderful it would be to explore the cradle of Western Civilization, which gave us: political democracy, the jury system, the classical arts, poetry, dance, architecture, sculpture, theatre, and all its wonderful philosophers, scholars, and mathematicians!—so much of what makes us proud to be Americans!

June is one of the best times (so is September) to go there, before it gets too hot and muggy. One superb online resource is the website, www.greecetravel.com, Matt Barrett’s Greece Guides.

NORTHERN GREECE

The Edessa Waterfalls and the majestic Lake Prespa, are on the NW border of the mainland. I would save these for last, because they would be so cooling and relaxing after trekking through the heat of your trip!

Here is Aristotle Square at Thessaloniki (the locals call it “Saloniki” or “Salonika” for short).

The Archaeological Site of Aigai (modern name Vergina), where the tomb of Philip II is. He conquered all the Greek cities, paved the way for his son Alexander, and eventually, through Ptolemy | Soter, a Macedonian general who ruled under Alexander, of the Great Library at Alexandria fame. Meteora in Thessaly (Thessalia) has monasteries high on the rocks. Very long ladders were used to ascend; now there are steps carved into the rock.

MAINLAND / ATHENS AREA

Here is the Port of Piraeus, Athens, one of the oldest in the Mediterranean.

Also in Athens are the Temple of Poseidon, built 444 BCE, the same year as the Parthenon. The Acropolis still stands, and you can catch performances of the Athens Festival with the Acropolis in the background.

Ancient Delphi was thought to be the “center of the Universe,” the center of which was the Temple of Apollo. It was where people sought advice from the Oracle.

GREEK BEACHES

One should not miss spending some time relaxing on one of the beaches along the Halkidiki Coast.

Karydi beach – Vourvourou, Sithonia, Halkidiki.

The Lighthouse of Posidi in Kassandra, Halkidiki is very famous.

You might want to take in a Sea Cruise to Mount Athos in Ouranóupóli (“Heavenly City”). It’s a port city, and acts as a sentinel, guarding the holy peninsulas. There’s an old Byzantine Tower there. Ouranóupóli is also the home of The Grigoriou Monastery.

PELOPONNENESIAN PENINSULA

The bays of the Peloponnesian (Peloponnesos) Peninsula are crystal clear! You’ll see Olympia (of the original Olympic Games), Acrocorinth, Corinth, and Kalamata (and yes; home of the famous olives!) are here on this often neglected peninsula.

GREEK ISLANDS

Corfu (Kerkyra) is on my bucket list; it should be on yours, too.

Hania (Chania) Crete is another beauty. You’ll experience the turquoise waters of southern ports and seashores. Fishing provides a livelihood—although dangerous. Beacons, lighthouses, and churches have brought sailors home to Cretan ports.

Delos is a sacred island, and is the so-called birthplace of Apollo. Terraces of the Lions and Foreign Gods are here.

Finally, one of the most famous islands of all: Santorini.

There is so much to see and do in Greece and Her Islands!

Are you feeling like traveling yet? You don’t have to go very far—only to Denver right here in blue and orange Colorado!

15-17 JUNE 2018

Friday: 1100-2300
Saturday: 1100-2300

ADMISSION

$3.00 General Public
$1.00 Seniors 65+
Kids 12 & under free