

Russell Seel Video Log

00:00	Introduction
00:20	Biographical Information
02:10	Enlisting into AirForce
04:00	Entering basic training
09:30	Becoming administrative clerk
11:30	Promotion to first sergeant
18:00	Softball league
20:00	Nha Trang Air Base
24:00	Sleeping in Vietnam
29:00	Vietnamese attacking Nha Trang
32:30	Fighting a political fight
45:00	Coming home
48:30	Contacting Congressmen
56:30	Dealing with incompetent officers
58:30	Meaningful complement from commanding officer
60:00	Life after military
65:00	Activity in VFW
68:40	How military affected life
78:00	Professionalism of military today