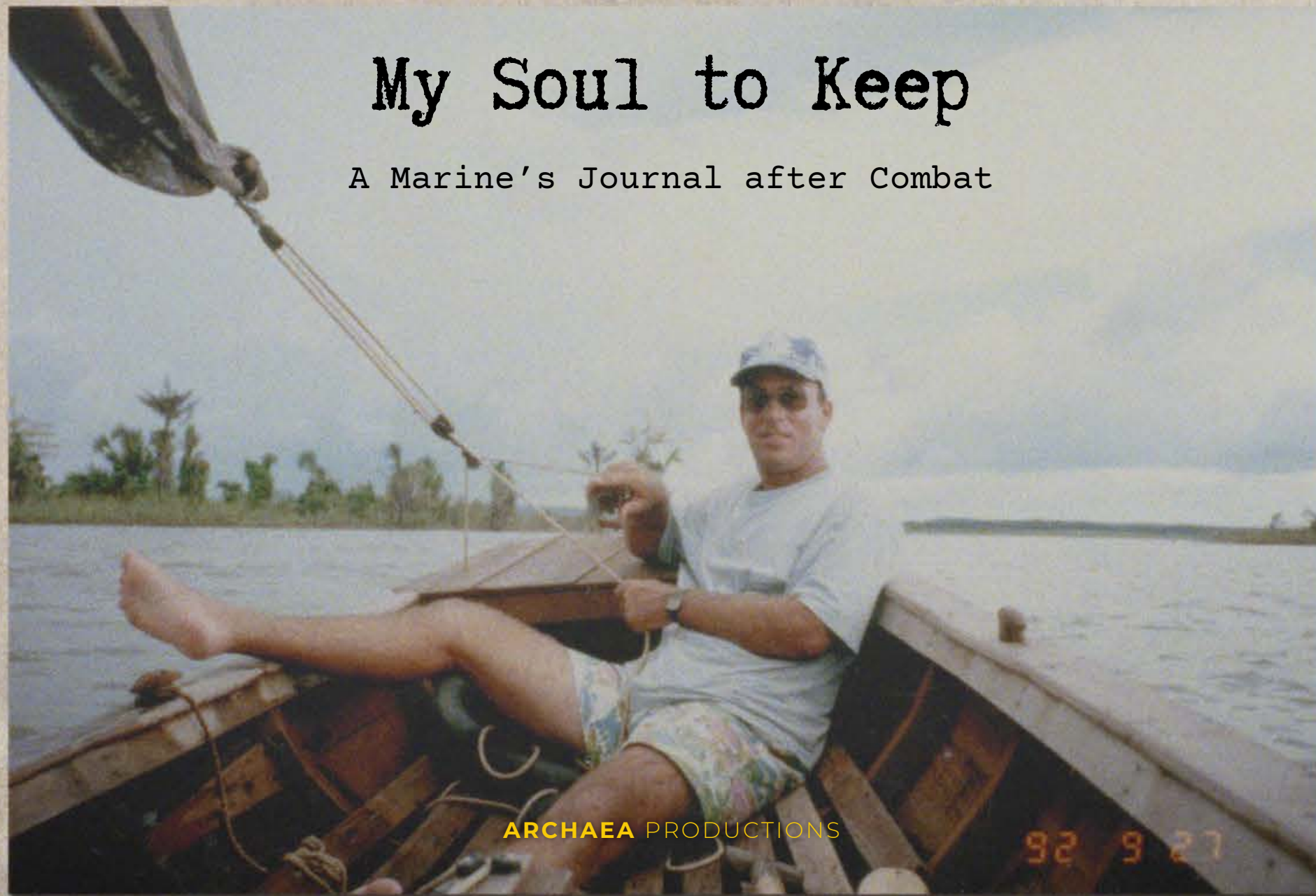
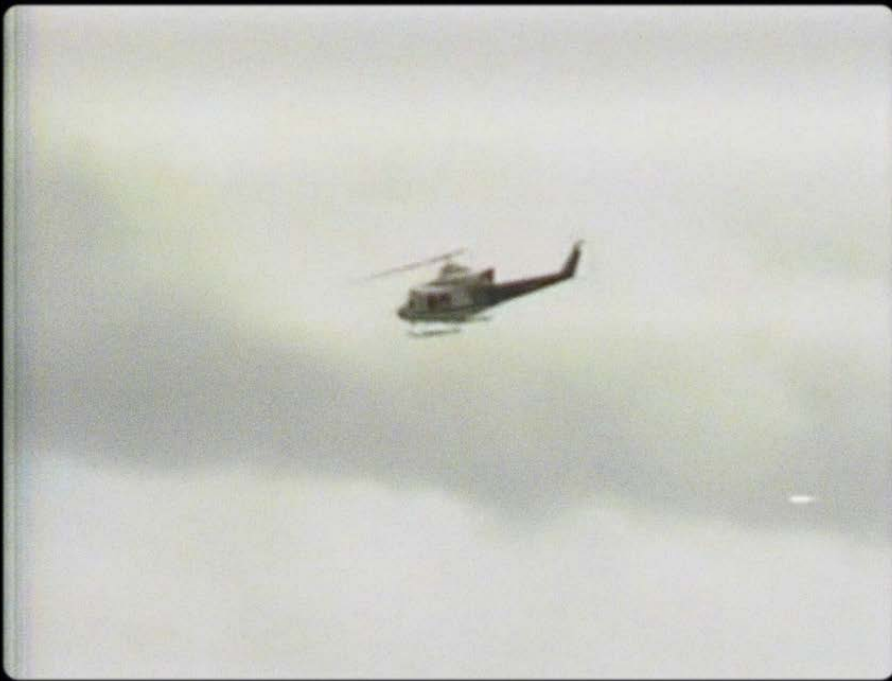




Vietnam combat veteran Bob Means sets out on a globe-trotting adventure through disaster relief, religious cults, creative writing, and the veteran's community in order to confront his own dark past.



My Soul to Keep

OVERVIEW

“My Soul to Keep” tells the story of Marine combat veteran Robert Means and his battle with PTSD.

Despite contemplating taking his own life, Bob pushed through in search of something bigger than himself. Bob focused his attention on philanthropic work in post disaster situations that evoked his combat experience and “scratched the adrenaline itch”.

Bob turned in his gun for a hammer and this choice led to a life of adventure. He supported dental teams in remote parts of Guatemala under attack by rebel forces. He built boats and created a fishing co-op in Nicaragua. It culminated in a return to post-war Vietnam along side other vets in order to build a polio clinic.

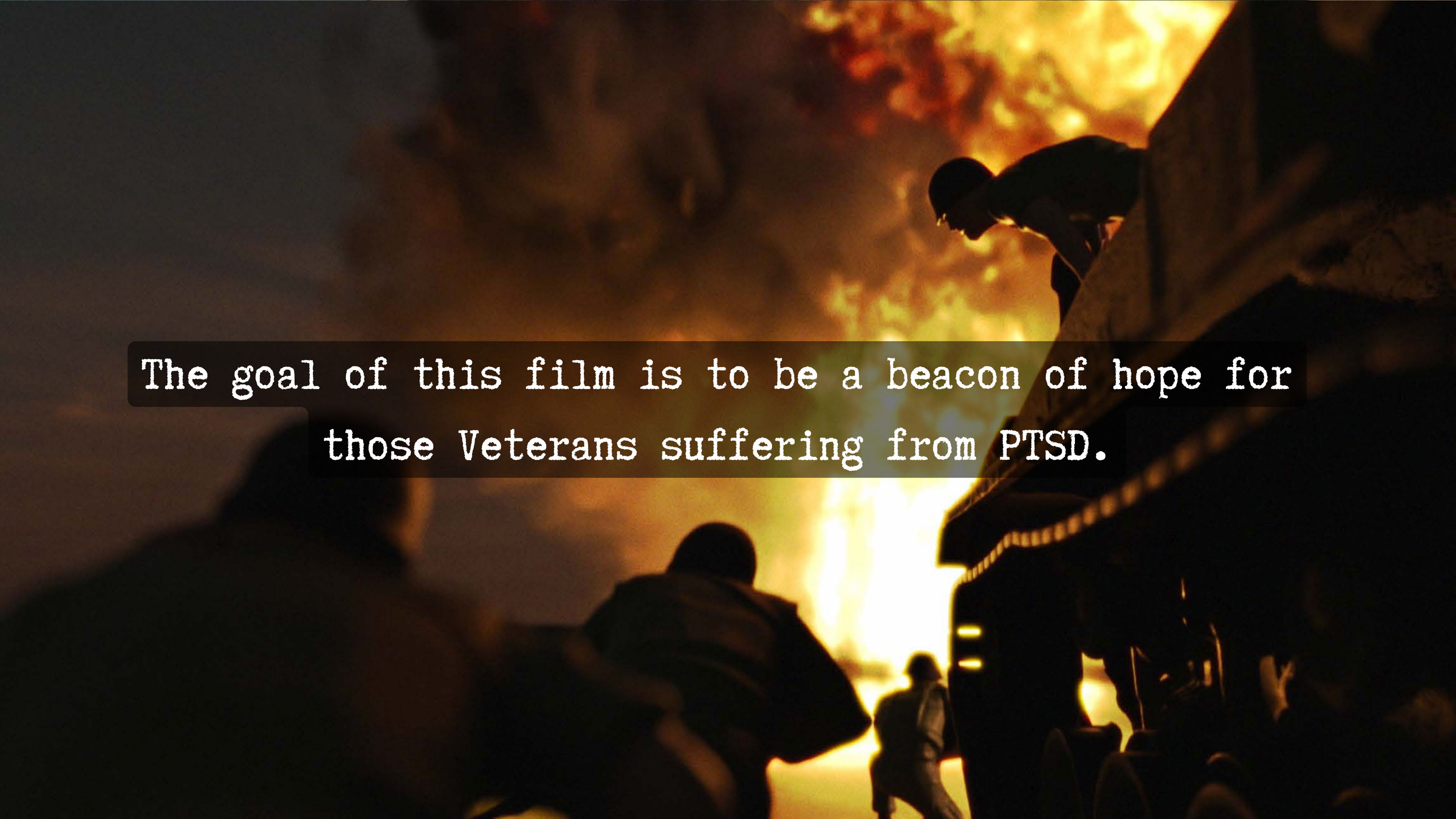
Through his experiences he discovered the greatest healing came from helping others to heal.





22 Veterans commit suicide every day.



A dramatic scene of a building on fire at night. The fire is intense, with bright orange and yellow flames and thick black smoke billowing from the structure. In the foreground, several figures are silhouetted against the bright light of the fire. One figure is in the upper right, looking down. Another figure is in the lower left, looking towards the fire. A third figure is in the lower center, standing and looking towards the fire. The overall atmosphere is one of tragedy and despair.

The goal of this film is to be a beacon of hope for
those Veterans suffering from PTSD.



Billy Terrell

Vietnam War Veteran, Songwriter & Producer

Riane Donoho

Afghanistan War Veteran, Filmmaker/Storyteller

Ben King

Iraq War Veteran, Director of Operations Virginia War Memorial

Sean Richardson

Iraq War Veteran, Marine

Stacy Bare

Iraq War Veteran, Filmmaker Adventure Not War

David Leckberg

Psychiatrist at Honey Lake Clinic, Florida. Specialises in PTSD disorder

Rob Wittman

Congressman, Virginia 1st District. Vice Chair, Armed Services Committee

Former Governor Bob McDonnell

Retired Lt Colonel, Virginia National Guard

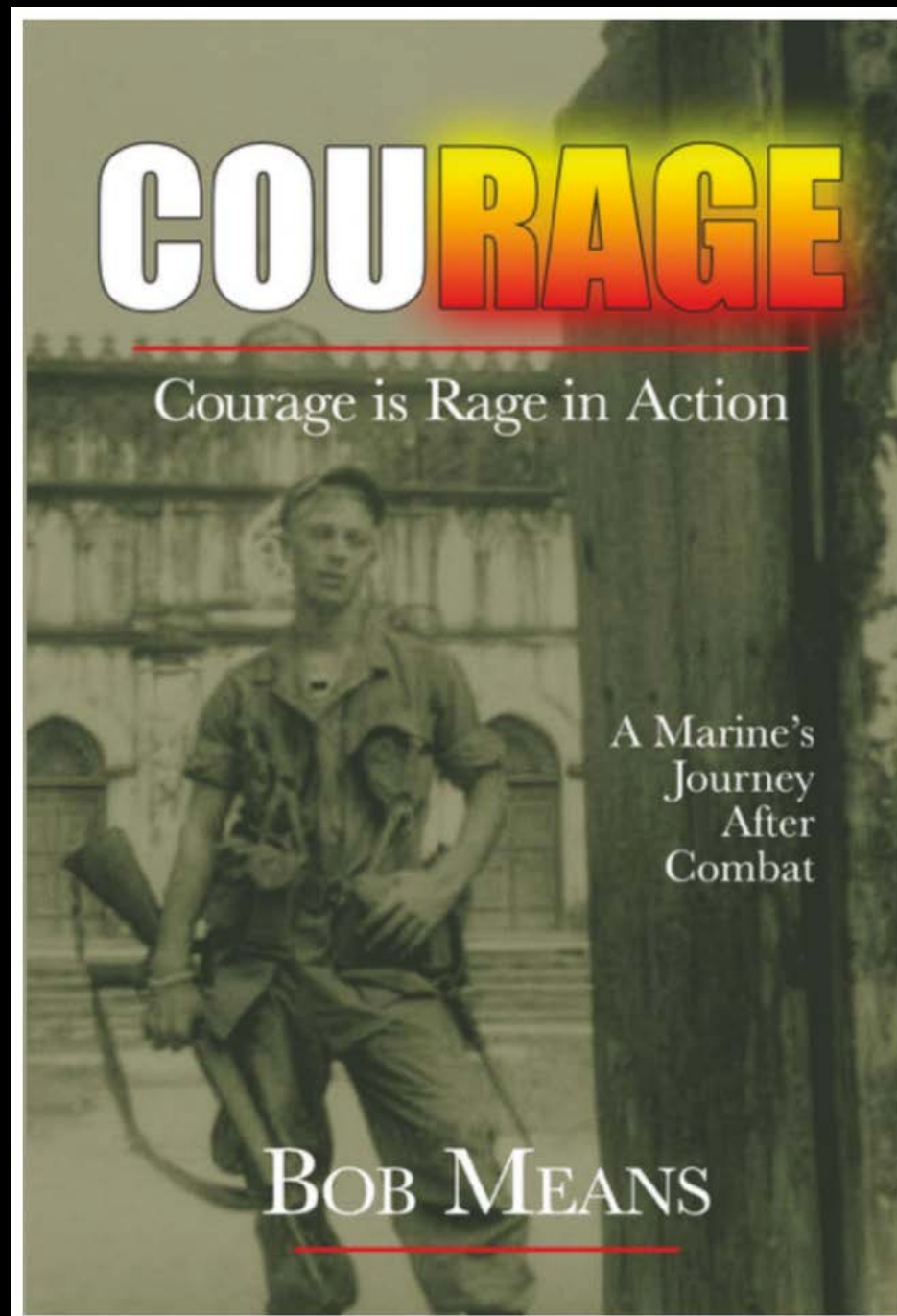
Jeanine McDonnell

Iraq War Veteran, Army Signal Corp

Michael Flynn

Runs a Counseling Clinic in Richmond, Virginia, for men suffering from PTSD





[Amazon Link](#)

Previously released as **My Soul To Keep*

Bob Means joined the Marines in July 1965, two months after turning 17.

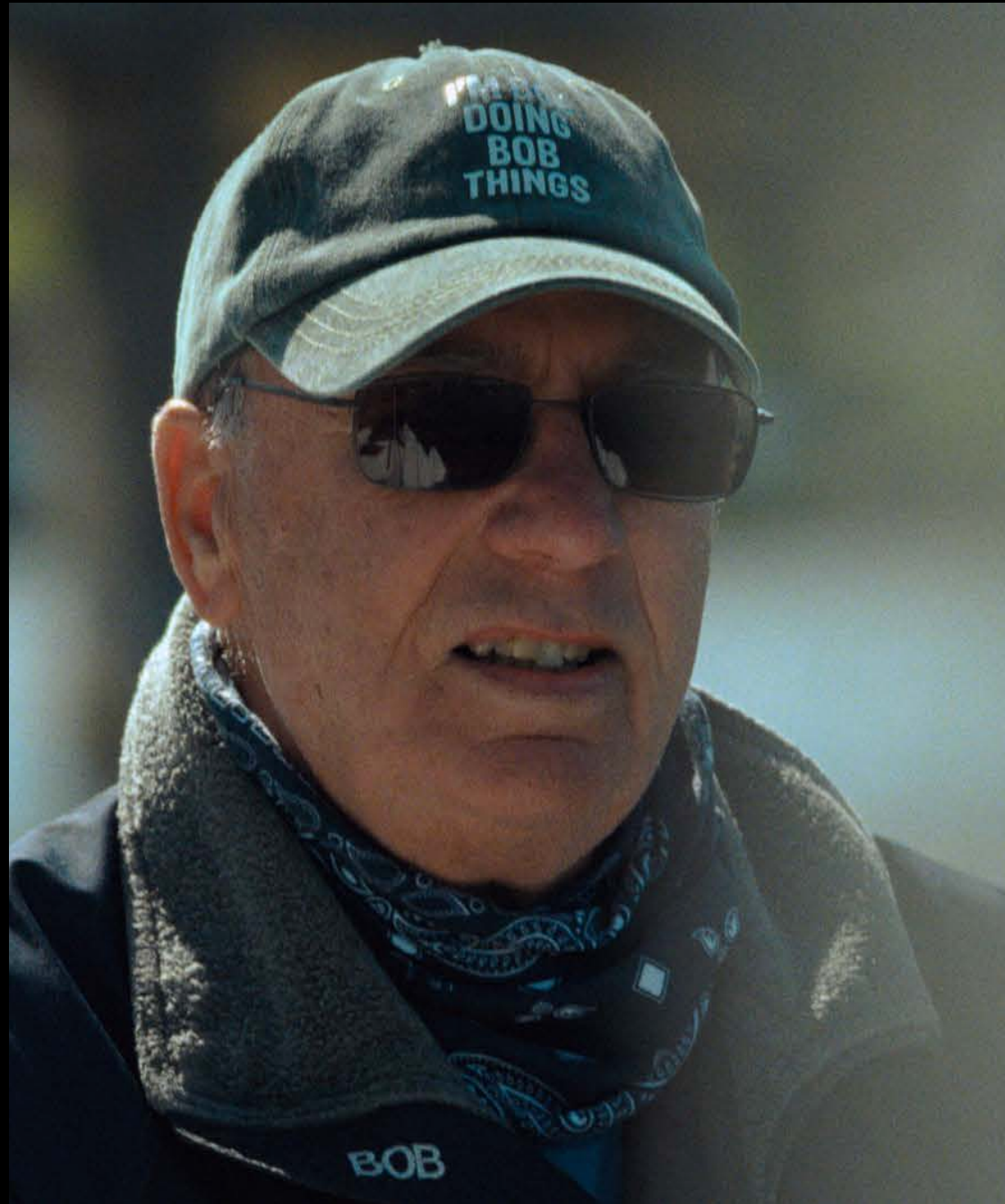
In 1966, the Marines activated the 5th 155 mm Gun Battery (SP), which required three bulldozers, and Means transferred to 5th Guns at Marine Corps Base, 29 Palms. After six months of training, in November 1966, the 5th Guns were deployed to the Republic of Vietnam via the USS Ogden (LPD-5).

While in Vietnam, the 5th Guns were subjected to intense combat during Operation Swift in the Que Son Valley and the 1968 Tet Offensive. During an ambush at Tam Ky, Means was wounded, and he participated in the slaughter of 23 non-combatants caught in the crossfire between the Marines and enemy forces.

Returning to the States, Means was discharged from the Marines and struggled to return to civilian life. Suffering from what is now called PTSD led to a total nervous breakdown, destroying his first marriage, and putting him in a state of mind where suicide was a viable option.

Means found some solace in global relief efforts while building an orphanage in Guatemala. This led to a thirty-year career in worldwide disaster relief as a shelter consultant with a faith-based relief agency. Eventually it even took him back to Vietnam.

His second marriage to a British aristocrat's daughter led him full circle back to the states to the small community of Urbanna, VA. There after suffering the loss of his wife, he discovered creative writing and a passion for supporting veterans of all conflicts.





WHY THIS DOC?

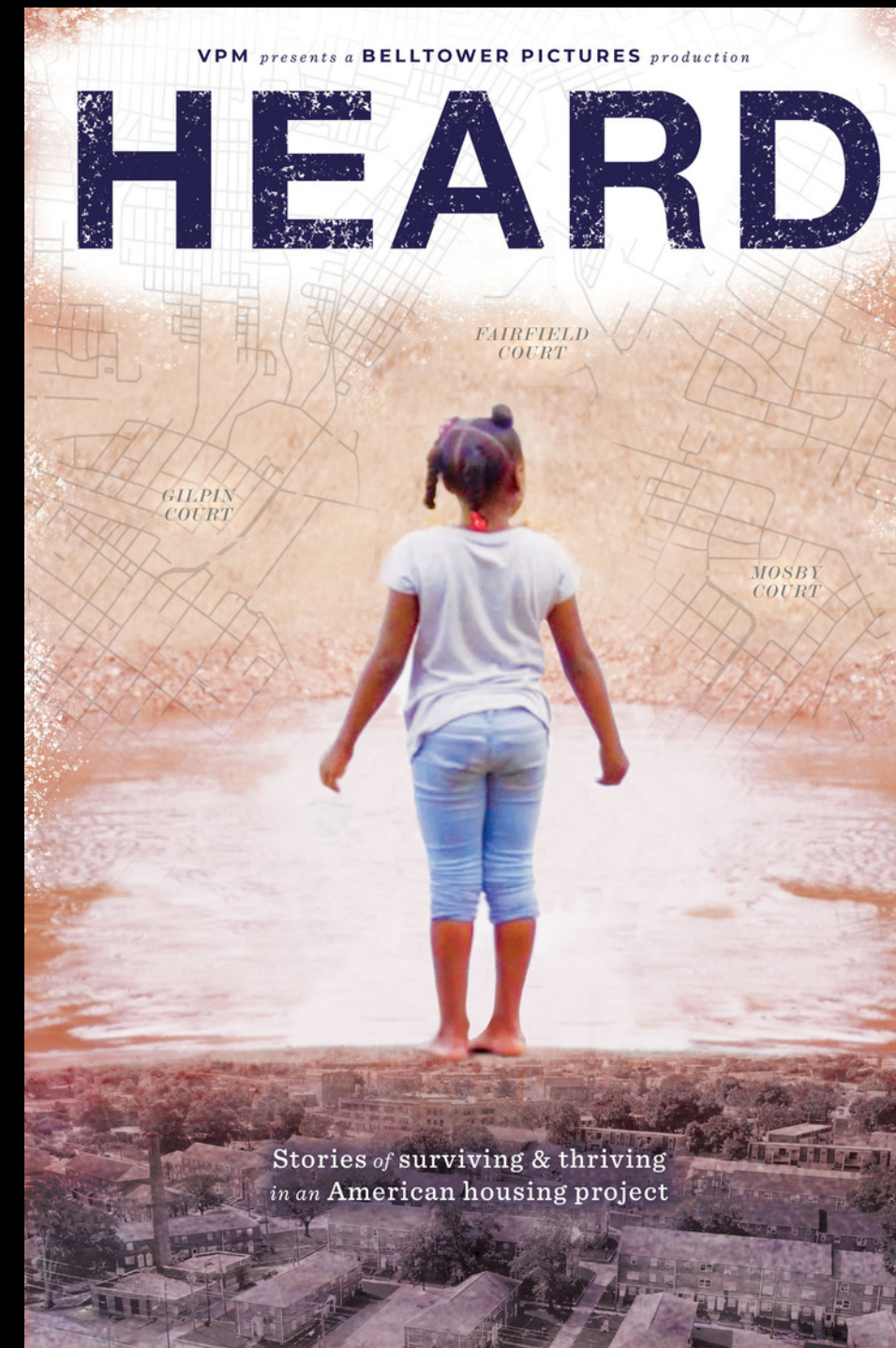
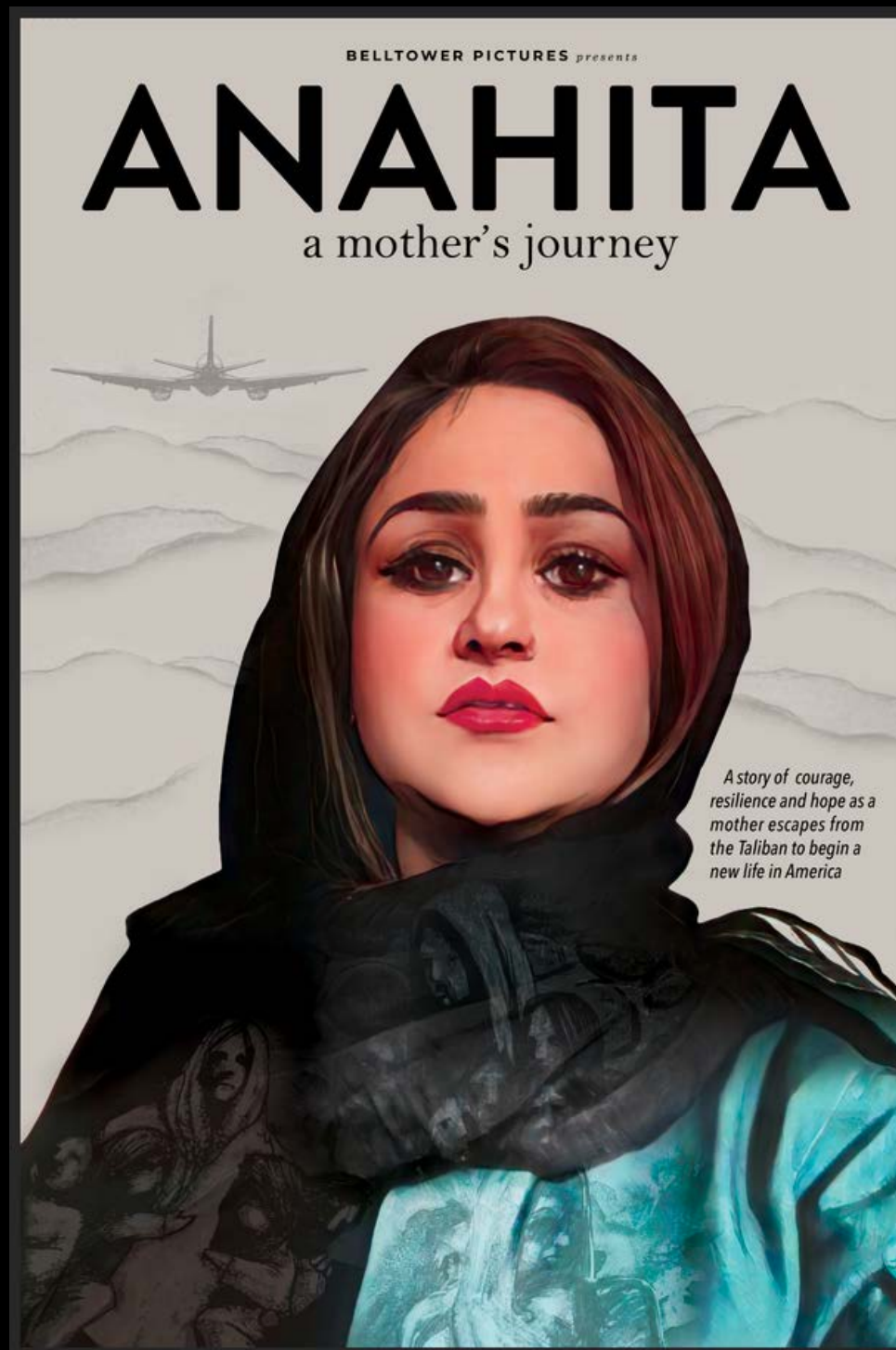
An estimated 22 veterans die by suicide every day.

It is an alarming number that should be considered a national crisis. Even more so given the contributing factors of PTSD are treatable mental health conditions. Many Americans remain unaware of the startling numbers of veterans who have died by suicide and all of the other mental health conditions that are induced by their service especially for combat veterans.

Bob's story is important in this moment because it focuses on a generation of veterans who served in a pivotal war in our nation's history - the Vietnam War. Considering the recent 50th anniversary of the US withdrawal from Vietnam, many of these combat veterans are in their early to late-70s. So many accounts like Robert Mean's, stand to die within the next decade as these vets pass on not only from suicide but by natural causes.

Capturing these stories and the lessons they hold for future generations is extremely important. As unique as Bob's experience is, there is universality to his struggles and ability to overcome them through perseverance and community that speaks directly to the human condition - civilian and veteran alike.





WHO WE ARE

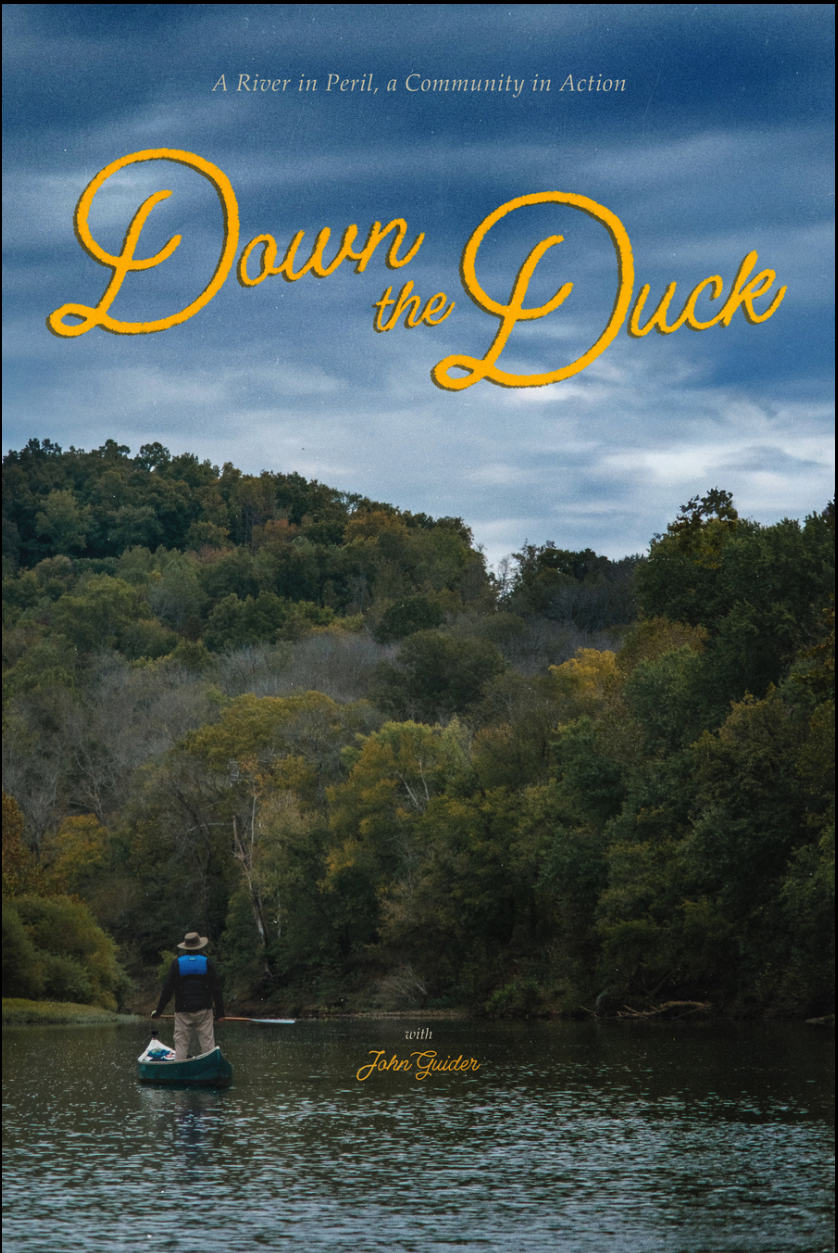
Belltower Pictures is an Emmy® award-winning not-for-profit media company that entertains, inspires, and educates through compelling stories that make a positive difference in the world. Our character-driven films highlight underserved and marginalized people, breaking down barriers and building compassion across diverse communities. We develop and distribute mission-driven media, collaborate with other nonprofits and filmmakers, and provide creative resources, mentorship, and distribution support. As a fiscal sponsor, we help like-minded filmmakers bring important projects to life while training and encouraging the next generation of storytellers. Guided by our belief in uniting people through the power of media, we strive to create lasting impact through film.

Belltower became a Virginia-registered 501(c)(3) in 2012 and released its first feature film, *By the Grace of Bob*, in 2016. This comedy was made in Richmond, VA, and was distributed nationally. It was followed by two Emmy® Award-winning documentaries. The first, *HEARD*, was released in 2020 and received a regional Emmy® Award in 2021. It is currently distributed internationally by American Public Television ([PBS link](#)). *HEARD* captures the inspiring stories of four people who grew up in “the projects” and how they are surviving and thriving in spite of—and often because of—the challenges they have had to overcome.

The second documentary, *Anahita – A Mother’s Journey*, was released in May 2023 and won a regional Emmy® Award in 2024. This film is currently distributed by American Public Television and is available on other platforms as well ([PBS link](#)). *Anahita* tells the true-life escape story of a police officer in Kabul who was the mother of five young children. The film portrays her harrowing journey out of Afghanistan and the beginning of her new life in the United States after fleeing the Taliban takeover in August 2021.



5 SEASONS 2019-2025
5 NATIONAL EMMY NOMINATIONS
19 TELLY AWARDS



SPRING 2026
AMERICAN PUBLIC TELEVISION

WHO WE ARE

Archaea is an award winning, full service **National Daytime Emmy Nominated** media production company founded by brothers Andrew and Josh Duensing.

Based in **Nashville, TN** they strive to make documentaries that evoke the cinematic power of narrative and narratives that evoke the authenticity and immediacy of documentary.

They are storytellers, not content creators.

Archaea’s documentary, narrative, branded and commercial work can be seen on **PBS, Netflix, Amazon Prime, Terrestrial Broadcast** and all the socials.





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An aerial photograph of a marina at sunset. The sun is low on the horizon, creating a bright, golden glow and a long, shimmering reflection on the water. Numerous sailboats are docked at various piers. The surrounding area is filled with trees, some showing autumn colors, and a few buildings are visible. The overall atmosphere is peaceful and scenic.

THANK YOU!