

VETERAN

SA

Celebrating The 249th Birthday Of The US Navy

Breast Cancer Awareness Month:

"Strength in Pink: Together We Fight, Together We Thrive"

Hispanic Heritage Month:

"Celebrating Heritage, Embracing Unity: Honoring the Richness of Hispanic Culture"

Issue 2 - Oct, 2024/Vol. 002

COMBAT 22
LOSING ONE IS NOT AN OPTION

Hero Spotlight: Angela Kay

Wonderfully sarcastic, candidly quirky, touched with a bit of darkness, and all wrapped in Southern charm, Angela Kay will have you in stitches! Her stories and take on life will make you wonder about her honesty, but something about that thick Texas accent makes you believe.

Angela Kay is also a military veteran, having served in the Navy Seabees as a Construction Mechanic, specializing in handling paperwork. She was an E5, 2nd Class Petty Officer, and served on one deployment supporting Operation Enduring Freedom, where she earned a Navy and Marine Corps Achievement Medal.

Angela has produced shows all over Central and North Texas. She opened for Mary Lynn Rajs kub and has performed in the Plano Comedy Festival, clubs, and shows all over Texas and Oklahoma. She hopes someday she will find fame through a comedy special, but it will likely be via a mugshot on Investigation Discovery.

What initially made you want to join the military?

I actually joined a little later in life. I joined when I was 31 years old because I wanted the money to finish school and get my degree.

Tell us a little about your time with the Seabees. Many people don't know what the Seabees are, and for those who do, we know they're a unique breed.

I didn't know what the Seabees were when I joined. When they said construction was available, I thought it sounded interesting—like I'd learn to work on cars. But when I got to the school, I realized this was the closest thing to being a Marine I could be! My dad was in the Marine Corps, and he always said, "No, you're going to join the Army or something that'll teach you more than how to kill someone." And there I was, in the Seabees. It's a lot of hard work and a lot of playing hard! I went on one deployment with them, serving and supporting Operation Noble Eagle and Iraqi Freedom.

Can you share your journey from the military to comedy?

I'm not going to lie—when I returned from deployment, I wasn't handling it well. But I always kept my sense of humor. About six years ago, I was sitting in my garage with a couple of friends, drinking vodka and chatting. Somehow, I started talking about my deployment, and as I got emotional, I cracked jokes. My friends were laughing so hard at my pain. My friend Christine said, "Oh my God, I feel bad laughing at this, but you need to get up on stage—you're really hilarious, talking about your midlife crisis!" My birthday was the following week, so I went to the Back Door Comedy Club in Dallas, Texas, which ironically is a clean comedy club.



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I have this joke about joining the military at 31, thinking I'd come out with order in my life, but instead, I came out with several disorders! I also make jokes about being a 48-year-old single cougar—though I'm not really a cougar, but it's funny!

Is there a difference in your audience when it's veterans versus civilians?

I'm not a huge fan of shock humor, but I do have some borderline jokes. I've found that military audiences tend to laugh at those more than civilians.

As a service member transitioning into comedy, how has being a woman affected your career and your experiences?

I don't know if it's as tricky as it was 10 or 20 years ago, but as a woman, it's still more challenging to get people to let their guard down and laugh. You don't have as much time to make them laugh as a woman; professionals say you've got 10 seconds to get them giggling, while a man has 30. Since my father was in the Marine Corps, I knew how to deal with alpha dogs.

Funny story: We went on our first field exercise not long after I got to the battalion. I was standing watch with this guy for hours, and then a Chief came and got us. We were driving back, and I was in the back seat, quiet, just letting them talk. Out of nowhere, the Chief asked me, "So, what do you think about that commercial on domestic violence?" I said, "Well, I think we should teach women to punch someone in the throat, kick them in the nuts, and run! That's what my dad taught me." They both went silent and turned to look at me.

How did your military experience impact you as a woman, and what did you enjoy most about serving?

I'll be honest: military sexual trauma is the biggest reason I didn't stay in. However, the military did a lot of good for me. I'm more aware of my surroundings and pay attention to detail. I'm proud that I joined at 31 and kept up with all those little turds in Boot Camp. I'm proud of everything! I just wish transitioning from military to civilian life was easier. There should be something more specialized for women because it's hard for men, yes, but being a woman in a man's world—especially in war—is not the same. fight.

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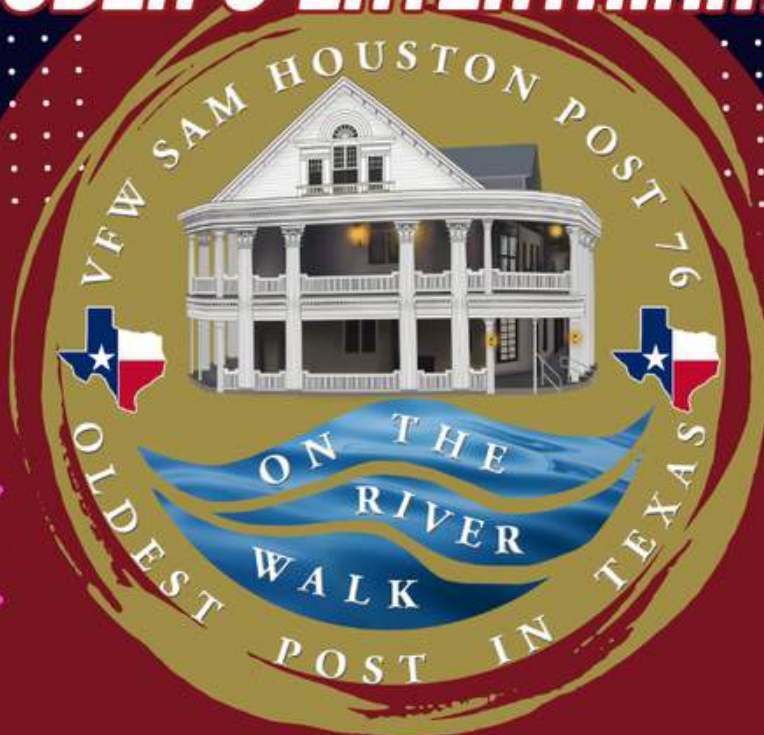
SUNDAY TICKET
MLB EXTRA INNINGS
UFC

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OCTOBER'S ENTERTAINMENT



EVERY THURSDAY NIGHT

KARAOKE

8PM-12AM



DJ
Ray Ray
All Day

EVERY FRIDAY NIGHT

DJ
MILQ
8PM-12AM
ON THE



TURNTABLES

SATURDAY

BAND LINE-UPS

- OCT 05: COFFEEHOUSE HEROES
- OCT 12: JAY MARTINEZ & THE BOYS
- OCT 19: TEXAS TWISTER
- OCT 26: THE SHADY BLADES

OPEN TO THE PUBLIC

8PM-12AM

@OLDEST_POST_IN_TEXAS

NO ENTRY FEE



Domestic Violence Awareness Month

October: Domestic Violence Awareness Month

Domestic violence affects millions each year, including military families. Unique stressors such as deployment, separations, and combat trauma increase the risk of intimate partner violence (IPV) in this community. October 17th is "Go Purple Day", and wearing purple shows support for survivors and raises awareness about domestic violence.

Understanding Domestic Violence in the Military

Military families face higher rates of domestic violence due to PTSD, substance abuse, and stress. The Department of Defense reported over 7,000 confirmed cases in 2022. Combat exposure increases the likelihood of either experiencing or perpetrating IPV, making it a pressing issue in the military.

Recognizing the Signs

Look for signs such as unexplained injuries, emotional abuse, isolation, or controlling behavior. If you notice these signs, take action to support the person.

How to Help

Listen without judgment, help them create a safety plan, and connect them with resources. If the situation is urgent, contact the authorities immediately.

Resources for Military Families

- National Domestic Violence Hotline: 1-800-799-7233
- Military OneSource: militaryonesource.mil
- DoD Safe Helpline: 1-877-995-5247
- Family Advocacy Program: Local installations
- Veterans Crisis Line: 1-800-273-8255

By raising awareness and supporting victims, we can help end domestic violence in military families. Remember to wear purple on October 17th to show your support.

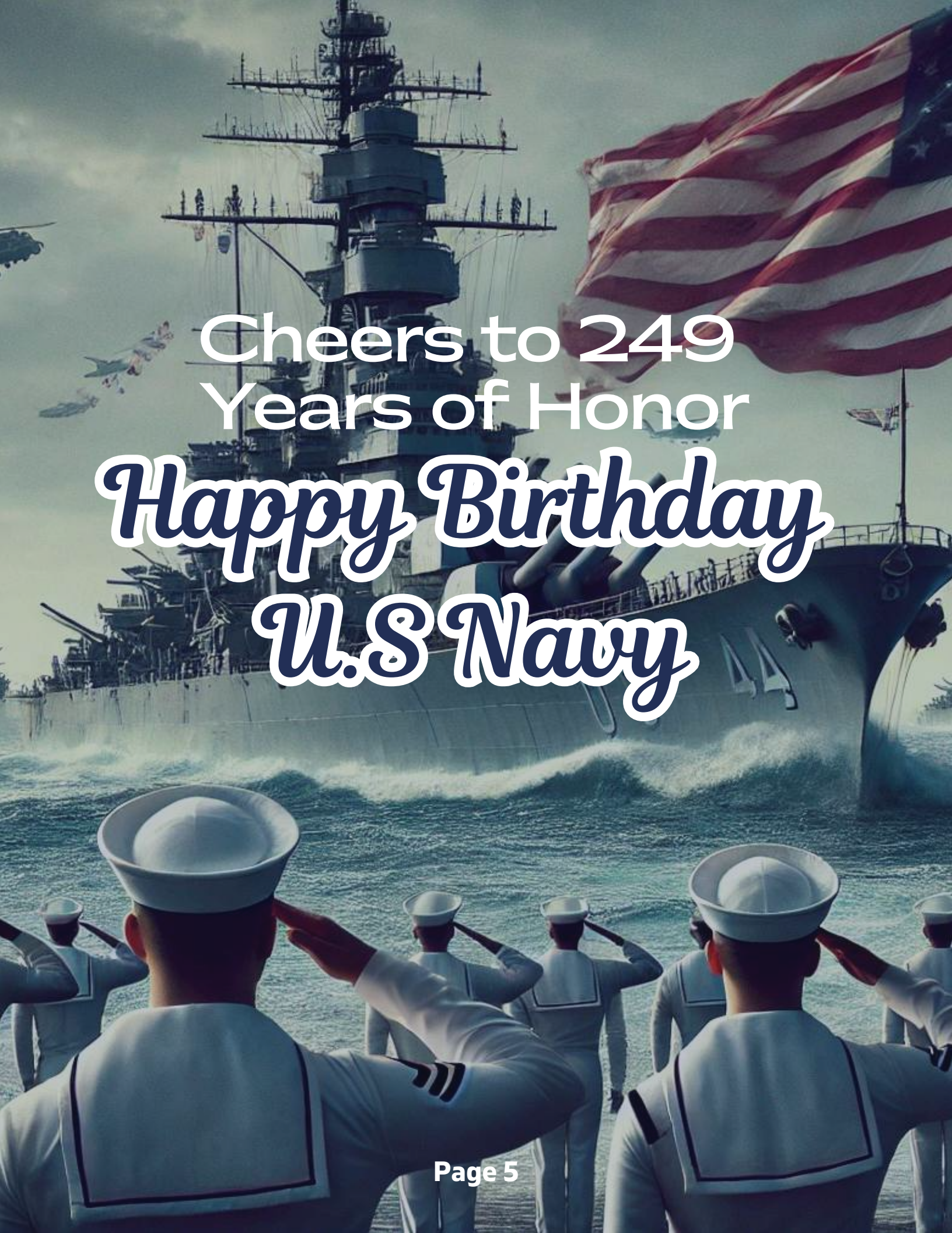
Article Written By Dr. Coronado



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AP Psychology, AP Literature, English IV
Psi Alpha National Honor Society Chapter Advisor

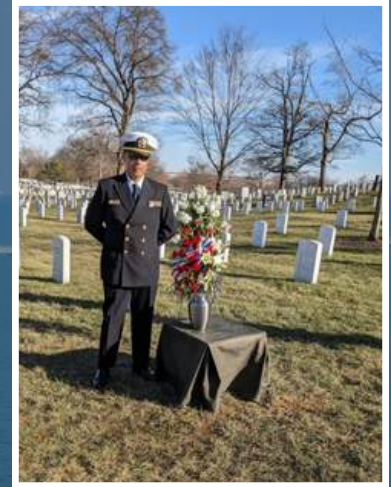
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✉ chcoronado@ssttx.org
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A large U.S. Navy ship is shown at sea, with a massive American flag flying from its mast. In the foreground, several sailors in white uniforms and caps are seen from behind, saluting the ship. The ship's complex superstructure, including masts and radar equipment, is visible against a clear sky. The water is a deep blue, and white waves are breaking against the ship's hull.

Cheers to 249
Years of Honor
Happy Birthday
U.S Navy

Honoring All Navy Veterans and Active Sailors: Celebrating 249 Years of Unwavering Service - Happy Birthday, U.S. Navy!



The Sailor's Creed

I am a United States Sailor.
I will support and defend the Constitution of the United States of America and I will obey the orders of those appointed over me.
I represent the fighting spirit of the Navy and those who have gone before me to defend freedom and democracy around the world.
I proudly serve my country's Navy combat team with Honor, Courage, and Commitment.
I am committed to excellence and the fair treatment of all.





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Amanda Mae Saucedo Combat Veteran Founder, & Woman Veteran Calendar

When I retired from the military, the transition was rough. After 20 years of service and fighting to stay in until retirement, my ceremony was reduced to a Zoom event due to COVID. The next day, everything went quiet—no calls, no check-ins, as if the Air Force had shut the door and turned off the lights. I took a job but left after a few weeks when it triggered my PTSD. I then turned my focus to my original dream of teaching, enrolled in school, and began substituting. Teaching seemed like a good second career, but I still struggled to find my place.

I eventually found my passion through online groups for women veterans. We shared a bond, one I couldn't find at VFW meetings or when navigating veteran services, where women still face stereotypes and challenges. Many of us dealt with discrimination during our careers, and even in retirement, we face imposter syndrome. Despite deployments and intense experiences, some dismiss our service because we weren't "outside the wire."

Through these connections, I realized many women veterans are disconnected from their benefits, with over 50% not enrolled with the VA. This inspired me to create a women veterans' calendar. Our first year raised \$2,000 for women veteran nonprofits, and we're now in our second year, continuing to grow and connect veterans with resources and support. If you're in San Antonio, join us on October 19th for our calendar release party, with proceeds supporting mental health initiatives for women veterans. Together, we can make a difference!



**The Woman Veteran Calendar
2025 Calendar Release Party!**

AS SEEN ON TV Date: 19 October 2024
Time: 1800-2200
Location: VFW Post 76,
10 10th St San Antonio
Ticket Price: FREE general admission,
VIP Tickets: VIP Seating, 2025
Calendar/Planner, & 2 raffle tickets!

*All proceeds are donated to Women Veteran
Communities and Mental Health initiatives!!*

- **Special Guests!** Hon. Lucy Adams Clark, Bexar County Clerk
• Ms. Andrea Ortiz, State Surgeon, Texas VFW
- **Raffle Prizes:** "Autographed" Wahlburgers merch, Rosie The Riveter swag, wine basket, coffee basket, edible crayons USMC basket, MRE Makeup from BadaSS Beauties, Wreaths by Nicole P. and MORE!
- Photo Booth provided by **Plugged-In Events**
- Food Trucks: **AndGravy 123 & Drake's Fun Foods**
- And much more!!!

Get your VIP Tickets today!
Scan QR Code or visit
www.womanveterancalendar.com/store

Things Happening In SA This Month

This month in San Antonio, experience a dynamic array of events, from art exhibits and food festivals to live music and community gatherings, offering something for everyone to enjoy throughout the city.

Looking for fall fun in the San Antonio Area?

Check out all the things going on

Graff 7A Ranch (Hondo, TX): Open Sept 16 - Nov 12. Enjoy an 8-acre maze, hayrides, apple cannons & more! \$18.50/person.

Devine Acres Farm (Devine, TX): Open Sept 30 - Oct 29. 50+ attractions like pumpkin picking & a kiddie train. \$14.59 online, \$20.95 at the gate.

Circle N Maze & Pumpkin Patch (La Vernia, TX): Oct 7 - Oct 29. Corn maze, petting zoo & more! \$12/person.

Owl Creek Farm (San Antonio, TX): Sept 30 - Nov 5. Hayrides & petting zoo for \$10/person.

Murphy's Tree Lot & Pumpkin Patch (San Antonio, TX): Fall photo ops starting at \$3.

Plus, don't miss:

Zoo Boo: Sept 21 - Oct 31 at San Antonio Zoo.

Haunting Nights: Oct 3 - Nov 2 at Botanical Garden.

Six Flags Fright Fest: Late Sept - Oct 31.

SeaWorld Howl-O-Scream: Select nights Sept - Oct. 13th Floor Haunted House: For thrill-seekers!

Zombie Walk: October, date TBA.

Día de los Muertos at Pearl Brewery: Early November.

Day of the Dead River Parade
October 25, 2024 on the San Antonio River Walk. The parade will feature illuminated barges decorated with ofrendas, catrinas, and costumed participants.

Muertos Fest
October 26-27, 2024 at Hemisfair. The festival will include altars, live music, art vendors, and workshops.

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Strength in Pink: Breast Cancer Awareness 2024 and the Fight Within the Ranks



Breast Cancer Awareness Month holds special significance for the military community in 2024. While service members face many challenges, breast cancer can add an unexpected and difficult battle, especially for women in the armed forces. Though typically associated with civilians, breast cancer affects service members and their families at a higher rate than many realize. The Department of Veterans Affairs (VA) reports that women in the military, particularly those in active duty roles, are at a greater risk of developing breast cancer due to factors like exposure to radiation, hazardous chemicals, and the high-stress environment of military service.

Military women are often experts at handling adversity, but breast cancer brings its own unique set of challenges, including the need for specialized healthcare and long-term recovery plans. The culture of resilience in the military can sometimes make it difficult for individuals to ask for help or take the necessary time to heal. This is why Breast Cancer Awareness Month 2024 calls on both the military and civilian communities to increase support for those battling this disease. The military health system and the VA provide key resources, from early detection programs to comprehensive care, but the fight requires collective attention.

Throughout October, military bases and installations across the U.S. and abroad will be hosting awareness events, ranging from pink runs to educational seminars. These efforts ensure that breast cancer is not only recognized but that those affected receive the care and support they need. Together, the military and civilian communities can fight breast cancer by encouraging routine screenings, spreading awareness, and ensuring no one fights alone—whether in combat or the fight against breast cancer.

Battle-Tested Laughs: Military Humor

Word Search Words:

OPERATION
BLACKHAWK
HUMVEE
STRATEGY
CAMOUFLAGE
RECONNAISSANCE
BARRACKS
PARATROOPER
COURTMARTIAL
CHAINOFCOMMAND
BRIGADE
SPECIALFORCES
ARTILLERY
MEDIVAC
ESCORTMISSION
AIRSUPPORT

O P E R A T I O N F B G S C
B M L U V P N B A R R A C K
L A I R S E A O P E C P H E
A C R E T R S N T G A L O R
C O U R T M A R T I A L P S
K I L C A M O U F L A G E I
H H H A L H U M V E E T M P
A C K R O B A L N S O N C O
W A I R S U P P O R T D N U
K L G E S C O R T M I S S D
E A C R E C O N N A I S S E
N T M P A R A T R O O P E R
S P E C I A L F O R C E S D

Friendly Fire

"Why did the soldier bring a pencil to battle? He heard they were writing history, but didn't realize he'd be the footnote under 'collateral damage.'"

Nap Time

"In the army, we never take naps. We just practice tactical unconsciousness. It's all about staying one step ahead of exhaustion and two steps behind safety protocols."

Early Retirement

"I was told the military would prepare me for life. Turns out, they meant a life full of back pain, sleepless nights, and wondering if civilian coffee will ever taste as good."

Field Experience

"Military intelligence is an oxymoron. You'd think by now they'd stop losing soldiers in PowerPoint presentations instead of the field."

Battle Plans

"Join the military, they said. Travel the world, they said. No one mentioned that 90% of it would be through a sniper scope or from inside a Humvee."

Rank and File

"My CO told me to 'take cover.' So I took the blanket off my cot and said, 'Now what, sir?' Turns out sarcasm doesn't go over well in combat."

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Honoring Heritage in Uniform: Hispanic Heritage Month 2024 and the Military Legacy

Hispanic Heritage Month 2024 is a time to celebrate the rich cultural contributions of Hispanic Americans, particularly those who have worn the uniform and served in the U.S. military. For generations, Hispanic service members have demonstrated incredible bravery and sacrifice, shaping the history and future of the U.S. military in profound ways. As of 2024, more than 16% of active-duty personnel in the armed forces identify as Hispanic, and their presence continues to grow, reflecting the diversity and strength of the nation they serve.

From World War I to today's ongoing operations, Hispanic service members have earned a legacy of honor and valor. Many have been recognized with the nation's highest awards, such as the Medal of Honor. Hispanic culture in the military is rich with tradition, and family ties often run deep, with generations following in the footsteps of their forebears. Whether serving in combat or supporting from the home front, Hispanic Americans in the military bring a unique cultural perspective rooted in resilience, loyalty, and community.

This year, military installations across the country will celebrate Hispanic Heritage Month through cultural events, educational workshops, and honors for distinguished Hispanic service members. These events not only highlight the historical contributions of Hispanic Americans but also shine a light on the present-day heroes continuing the legacy of service.

In 2024, the U.S. military is taking significant steps to ensure that Hispanic service members feel included, respected, and celebrated for their contributions. As the military becomes more diverse, Hispanic Heritage Month serves as a reminder of the invaluable impact of these brave men and women in uniform, who defend our country while enriching its cultural tapestry.

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Thank You for Supporting Our Heroes

At Veteran SA, we are deeply committed to honoring and empowering the brave men and women who have served our nation. Through Combat 22, we bring attention to the challenges veterans face, including the battle against veteran suicide. By sharing powerful stories, providing essential resources, and fostering meaningful community connections, we strive to build a supportive network for veterans in San Antonio.

Join us in our mission to make a lasting impact. Stay informed, get involved, and support local businesses that are dedicated to improving the lives of our veterans. Together, we can combat the struggles they face, celebrate their resilience, and ensure that those who have sacrificed so much for our freedom never fight alone. If you would like to support our cause activate the QR code below to donate anything possible that could help sustain the ability to keep this magazine going. If you have ideas for future articles please email us at C22tx@combat22tx.com

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