

VETERAN

SA

National Pearl Harbor Remembrance Day

Army vs Navy Showdown

Intense rivalry, unmatched pride, tradition, and honor collide on the field!

Issue 4 - Dec, 2024

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Hero Spotlight: Tanisha Lucas

My name is Tanisha Lucas, and I live in San Antonio. I served in the Air Force for 26 years. Both parents were in the army, so I traveled my whole life. When I got to my senior year in high school, my parents got orders to go to Germany, and when we got over there, they told me we didn't have money for me to go to college. The military was my only option, and when I joined, I came in kicking and screaming. I wanted to do at most 4 years. I just wanted a degree. That's it. I wanted a degree, and I wanted to get out. And here I am. 26 years later, I have 6 degrees!

I have several different backgrounds in the military. I started as a Security Police, then Cross-trained as personnel. After that, I was able to do 12 years here in San Antonio recruiting, and I ended my career working with the office of the Secretary of Defense as a compliance inspector.

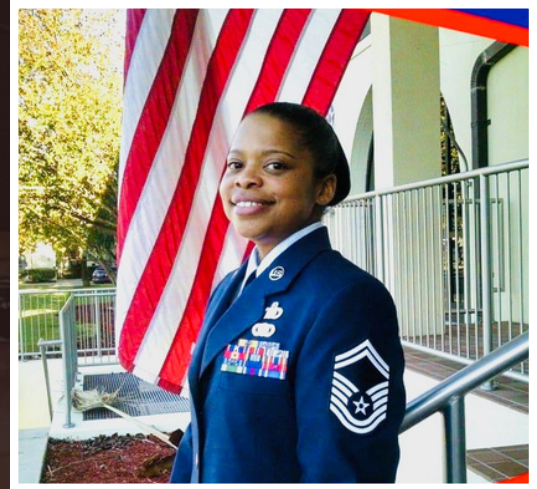
I was responsible for all of the personnel worldwide under defense media. I got to work with Stars and Strips and every single media outlet that there is worldwide and go and inspect. Working adjacent to the Pentagon was terrific because I got to travel the world in the final years of my career. I went to Japan, Korea, and Cuba. However, my biggest challenge during my military career was battling cancer while still being a leader. My faith and determination contributed to my success, whether it was helping others or pushing through setbacks. I retired right before Covid at the end of 2019.

At that time, nothing was moving. No one was hiring, so I didn't work for 3 years. It wasn't until last year that I decided to start putting in resumes for a GS position. I figured that being in the top tier of the military would be the easiest way for me to get in, and you know I could get a job. But there were better thought processes. Especially here in San Antonio, because it's really challenging. It's really about who, you know, here in San Antonio government jobs. And so I found that it was difficult for me.

I honestly lowered my standards. I was thinking that I was just going to work for Bath and Body Works. I wasn't going to go for anything extreme. But I knew I wanted to do HR because that was my background.

One night, I was watching TV. KSAT 12 was on, and they said that The Rock at La Cantera was hiring on-site for all positions and was looking for HR. I did not think that I was going to get a job. I just went there to practice my interviewing skills because I had none.

So I went in. I was just myself; I was comical like I usually am, and I was straightforward with them; I said, look, I don't have civilian HR experience, but I have over 2 decades of military HR Experience. I know HR from cradle to grave, from when you come into recruiting to when you retire. And so the GM. He asked me, "Well, since you're telling me that you don't have any civilian HR Experience. What makes you think you'll be able to do this job?" And I just started laughing. And I said, "Man, I was in Bosnia with a flight vest, helmet, and an M16 doing personnel I think I can handle sitting in a nice A/C. Office from 9 to 5 Monday through Friday".



He just started laughing and introduced me to the HR Director. Two days later, she called me and offered me a position at the Rock and La Cantera.

I was able to utilize my recruiting experience from the military. One exciting thing is that we started from the ground up. I came in when we still needed to build the buildings.

Taneshia Lucas manages the Human Resources department for Legends at The Rock at La Cantera, Joining the organization during inception, her expertise in recruiting, policy development, and training aided in the hiring of all hourly employees at the venue. As a key player, she has been a key player in operations, events, and the financial success of The Rock. Taneshia has been credited for securing one of the most profitable entertainment groups in San Antonio



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National Pearl Harbor Remembrance Day

Pearl Harbor will always be a huge significance in our US History. "A day that will live in infamy," said Franklin D. Roosevelt, the 32nd president of the United States, in his speech responding to the bombing of Pearl Harbor. Each year on December 7, Pearl Harbor Survivors, veterans, and visitors from all over the world come together to honor and remember the 2,403 service members and civilians killed during the Japanese attack on Pearl Harbor on December 7, 1941.

Of the survivors, three resided in San Antonio:

Kenneth Platt – Retired Air Force Tech Sgt, 101 years old in 2022

Heinz Bachman – Former Army Staff Sgt, 100 years old in 2022

Gilbert Meyers – Retired Navy Chief, 98 years old in 2022

Five Interesting Facts About the Attack:

1. The Attack on Pearl Harbor Lasted Only 1 Hour and 15 Minutes

Coming from all directions, Japanese planes overwhelmed defenders, targeting airstrips, ships, and buildings.

- Began at 7:55 am HST, December 7, 1941
- 67 Japanese ships launched 353 aircraft, including torpedo planes, dive bombers, and fighters

2. The Attack Led to U.S. Entry into World War II

On December 8, President Franklin D. Roosevelt declared war on Japan. By December 11, Germany and Italy declared war on the U.S.

3. The Pacific Fleet Was Not Entirely Destroyed

Despite severe damage, most ships were repaired and returned to service. The Arizona and Oklahoma were lost, accounting for 1,606 of the 2,026 fatalities among sailors and marines.

4. Sunken Battleships Were Salvaged

The California, West Virginia, and Nevada sank in shallow waters but were salvaged. The Battleship Missouri is now a memorial site.

5. Pearl Harbor Was Attacked to Secure Resources

Japan sought to neutralize the U.S. Pacific Fleet to prevent interference with its plan to access resources in Southeast Asia, known as the "Southern Resource Area."

6. Patriotic Wave After the Attack

Within 30 days of the attack, 134,000 Americans enlisted. By 1942, 50 million of 132 million Americans worked toward the war effort, driving rapid naval production, including 77 Gato-class submarines.

Information provided by: Pearl Harbor Tours

www.pearlharbortours.com

"Honoring the brave who stood against the odds, their sacrifice forever etched in history."

"Amidst the chaos of that fateful day, their courage became the foundation of our freedom."



HERO HUT



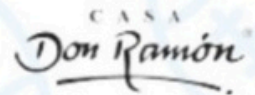
TAILGATE



Saturday, December 28th

9 A.M - 6 P.M.

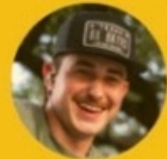
Alamodome Parking Lot B



• **Free** Drinks & Food



• Live Music by Reagan Hicks at 1 P.M.



• **Free** Haircuts



• Car Exhibition



• **Free** Wine & Cigars



• Flyover



• Veteran Resources

• **Free** Swag

Supporting Veterans and Families During the Holidays

The holiday season is a time for gratitude and giving, especially to those who've served our country. In San Antonio, known as Military City, numerous opportunities exist to support veterans and military families. Let's come together to ensure no one feels forgotten during this season of joy.

Ways to Support the Veteran Community

- **Donate to Local Food Banks:** Organizations like the San Antonio Food Bank assist veteran families in need during the holidays. safoodbank.org
- **Adopt a Family:** Programs like Soldier's Angels' Adopt-A-Family help provide holiday meals and gifts. soldiersangels.org
- **Volunteer:** Offer time to organizations such as the Fisher House to support hospitalized veterans and their families. fisherhouse.org
- **Attend Local Events:** The Wreaths Across America ceremony at Fort Sam Houston honors veterans and provides a chance to connect with the community. wreathscrossamerica.org

Resources for Holiday Assistance

- **Operation Homefront:** Assists with holiday meals and financial needs. operationhomefront.org
- **Veterans Crisis Line:** For emotional support, call 1-800-273-8255, Press 1.

This season, spread kindness and support our veteran community. Every small act of generosity makes a big difference.

Article Written By Dr. Coronado



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Healing Through the Hunt: Veterans Find Solace in the Outdoors

For many veterans returning home, the battle doesn't end on the battlefield. Post-traumatic stress disorder (PTSD), affecting up to 20% of combat veterans, brings challenges like anxiety, depression, and difficulty reconnecting with civilian life. Amid the search for effective treatments, an unexpected yet therapeutic activity has emerged: hunting.

A Connection to Nature

Hunting offers more than the pursuit of game; it's an immersive experience in nature. Veterans often describe the calming effects of being surrounded by wilderness. Marine veteran Jason Green shares, "Out here, I feel like I can breathe again. There's no noise, no pressure—just the woods and me."

Purpose and Camaraderie

Hunting mirrors military discipline, offering structure and focus that quiet intrusive thoughts. Group hunts with organizations like Wounded Warriors Outdoors foster camaraderie and support. "Being with other vets—it's like a therapy session without the couch," says Army veteran Sarah Martinez.

Mindfulness and Confidence

Hunting requires concentration and mindfulness, which can help veterans manage PTSD symptoms. Mastering skills like tracking and marksmanship builds confidence and a sense of accomplishment.

Ethics and Sustainability

Veteran-focused hunting programs emphasize responsible hunting and conservation. Many participants donate harvested game to food banks, finding purpose in sustaining others.

Programs Making a Difference

Organizations like Heroes Harvest and Freedom Hunters provide hunts at no cost, supported by donations. Studies show hunting programs significantly reduce PTSD symptoms while improving well-being.

For veterans like Jason Green, hunting is a lifeline. "This is more than therapy," he says. "It's a way back to myself."

Health and Fitness For Veterans During The Holidays

There are many ways to stay active nowadays, and being active offers countless benefits for your mental health.

A new sport has been trending in San Antonio: pickleball. It has taken the city by storm, gaining so much popularity that pickleball courts have been created throughout San Antonio in city parks. Many private businesses have also embraced the sport, fostering a vibrant pickleball culture within the city.

Pickleball can be especially beneficial for veterans. Here are some of the mental health benefits it provides:

Reduces Stress and Anxiety

One of pickleball's primary mental health benefits is its ability to alleviate stress and anxiety. The game requires focus and attention, distracting players from worries while releasing built-up tension. The social aspect of playing with others also fosters a sense of community and support, further reducing stress.

Boosts Mood

Pickleball has a remarkable ability to boost mood and overall well-being. Exercise releases endorphins, the "feel-good" hormones, which help reduce feelings of anxiety and depression while increasing energy and happiness. Additionally, the camaraderie and social connections formed while playing further enhance mood and well-being.

Improves Cognitive Function

Pickleball is a mental workout that sharpens cognitive function. It requires quick thinking, strategic planning, and hand-eye coordination. These skills not only enhance cognitive abilities but can also help prevent cognitive decline, especially in older adults. Studies show that physical activity, like pickleball, improves memory, attention, and processing speed.

Increases Self-Confidence

Pickleball helps boost self-confidence as players improve their skills and see progress. This sense of accomplishment, combined with positive feedback and encouragement from others, enhances self-esteem. It's a great way to build confidence both on and off the court.

Promotes Mindfulness

Playing pickleball encourages mindfulness by requiring players to stay focused and present. This can be especially beneficial for individuals dealing with anxiety or overthinking, as it provides a mental break and fosters awareness.

So, if you're a veteran, give pickleball a try! Bring your friends and family and have fun together.

Where to Play in San Antonio

- King of the Padel
- Chicken N Pickle
- San Antonio Parks and Recreation Website (for court locations)

THE KING OF PADEL

SPORT CLUB

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DATES: DECEMBER 14 & 15, 2024**

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START TIME: 9:00 AM**

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Page 9

Job transition (Skillbridge Best Companies):

There's a certain mystique that draws our military community to live in San Antonio post-military. I transitioned from the Air Force eight years ago, and I'm still trying to figure out what brought me back to Military City, USA. Was it the good food (and margaritas), the moderate cost of living, the family-friendly environment, the endless veteran services, or the employment opportunities for all levels of military service?

Embrace Change. Let's start here. I am part of the statistics often mentioned during the Transition Assistance Program (TAP) prior to leaving military service. A good friend from my first base, and now mentor, Samuel "Maurice" Jones, was my TAP instructor at Peterson AFB, Colorado. I remember him emphasizing this point: "Most transitioning military will have 3-5 jobs before they figure out what's going to get them out of bed for employment post-military." It took me three years and four jobs to understand his point. Embracing change is hard after serving in a regimented environment for so long. Thankfully, San Antonio has several organizations like Bexar County Veteran Services, San Antonio Military and Veteran Services, and the VA to help you pivot to civilian life.

I'm excited and thrilled to be a contributing writer for SA Veterans Magazine. Johnny Valdez created this platform to highlight mental health awareness, education, employment, social events, entrepreneurship, business opportunities, and restaurants in the local area. I hope to add value and impact to his vision.

Here's a list of resources in the local San Antonio area for veterans, military spouses, and transitioning military:

- Bexar County Military and Veterans Services
- San Antonio Military & Veteran Affairs
- The Greater San Antonio Chamber of Commerce Military Affairs Council
- Joint Base San Antonio Workforce & Transition Alliance
- DoD SkillBridge Program
- Hiring Our Heroes
- Centurion Military Alliance
- MilCity Meetup
- The KEY Community

COMBAT 22
LOSING ONE IS NOT AN OPTION

Social Vet Life -December Veteran Friendly events:

- Alamo Bowl – Hero Hunt Tailgating: December 28th. Free food and drinks.
- Friendship is the New Pretty 2: December 7th, 12:00 PM - 2:00 PM. Women Veterans Holiday Party at Steven A. Cohen Military Family Clinic at Endeavors, 6333 De Zavala Rd., San Antonio, TX 78249.
- Santa's Workshop: Endeavors Veteran Wellness Center, Saturday, December 21, 2024, 5:00 PM – 7:00 PM, 6333 De Zavala Rd., San Antonio, TX 78249. Contact: VWCCommunity@endeavors.org or (726) 207-4892.
- Old West Christmas Light Fest 2024: Various dates and times.
- JBSA Tree Lighting:
 - Lackland: December 2, 6:00 PM - 8:00 PM
 - Randolph: December 5, 6:00 PM - 8:00 PM
 - Ft. Sam: December 6, 6:00 PM - 8:00 PM.
 - Free hot cocoa, cookies, and Santa appearances.
- 3rd Annual Holiday Market in the Park: Saturday, December 7, 2024, 12:00 PM - 5:00 PM at Monte Viejo Park, 4011 Emory Oak Dr, San Antonio, TX 78223. Tickets available via AllEvents.
- Tower Market Days: December 21, 11:00 AM - 4:00 PM at the Tower of the Americas, San Antonio, TX.
- Nightmare Before Christmas Bash: Friday, December 13, 2024, 5:00 PM - 9:00 PM at Wonderland of the Americas.
- ICE! Featuring Dr. Seuss' "How The Grinch Stole Christmas!": At JW Marriott San Antonio Hill Country Resort & Spa, running until January 5, 2025.
- Illuminate at the SA Botanical Garden: Until January 12, 2025.
- Rotary Ice Rink at Travis Park: Until January 5, 2025.
- Coca-Cola Classic Christmas at Toyota Field: Until December 29, 2024.
- Holidays on Houston Cocktail Crawl: Until January 1, 2025.
- Holiday Cocoa Cruise: On the River Walk Downtown with GO RIO Cruises.
- Fort Sam's Own 323rd Army Band Holiday Concert: December 11 at Pearl Stable Hall.
- La Gran Tamalada: December 14 at the Historic Market Square.
- Cowboy Christmas: Until December 22 at Tejas Rodeo Company.

Popular Social Vet Clubs and Nonprofits:

Social clubs and outings are a great way to reconnect with the community. So many studies have shown being part of a club or organization significantly increases your mental health. Here is a list of some great organizations you can check out!

Outdoors:

- SUDS Veteran outdoors
- Trinity Oaks
- Veteran Predator Hunters
- Frontline Heros
- US Vet Connect.com(National Veteran Outdoor resource hub

Sports/Exercise:

- PGA Hope Program
- Hero Golf Tour
- Fairway for warriors
- Pickleball JBSA Sam Houston
- RWB
- Band of Runners

Cars and Motorcycles

- Coffee, cars and Veterans
- Combat Veterans Motorcycle association

Social Clubs:

- Veterans Beer Club
- Milcity Meet up
- Tejano in Action – Veteran Organization
- Stogies and Kicks
- Cigar 4 vets
- Milcity Cigars

BAND LINE-UP
DECEMBER
8PM-MIDNIGHT

JAY MARTINEZ & THE BOYS
DEC 7TH

BOBBY G & THE DRIVE
DEC 14TH

JACKIE NOT MARILYN
DEC 21ST

TEXAS TWISTER
DEC 28TH

10 10TH STREET SATX 78215

DECEMBER ENTERTAINMENT

@OLDEST_POST_IN_Texas

The poster features a black background with a yellow-to-orange gradient at the top. It lists four bands performing in December: Jay Martinez & The Boys (Dec 7th), Bobby G & The Drive (Dec 14th), Jackie Not Marilyn (Dec 21st), and Texas Twister (Dec 28th). The venue is 10 10th Street, SATX 78215. The event is organized by December Entertainment. A vertical hashtag #OLDEST_POST_IN_Texas is on the left. Musical notes are faintly visible in the background.

Stogies & Kicks
LIFESTYLE
EST 2023

The logo features the text 'Stogies & Kicks' in a large, black, cursive font. Below it, 'LIFESTYLE' is written in a smaller, red, sans-serif font. At the bottom, 'EST 2023' is written in a small, white, sans-serif font. The background is a dark red with a white silhouette of a cowboy hat and a lit cigar. The cigar has a red and yellow circular logo on its end.

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- ✓ Direct Burial Starting At \$1,895
- ✓ Fees payable to a third party may apply Caskets vary in prices, based on material





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Battle-Tested Laughs: Military Humor

The Christmas Parade

On Christmas Eve, a military unit was preparing for the annual holiday parade. The sergeant noticed one of the recruits was standing at attention with a candy cane instead of his rifle.

“Private, why are you holding a candy cane instead of your weapon?”

The private saluted and said, “Sir, it’s for extra sweet defense!”

The sergeant sighed and handed him his rifle.

“Next time, let’s keep the candy for later. We’re defending the nation, not the sugar supply.”

The private grinned, “Sir, we might need a little more sugar for the holidays!”

The New Year’s Drill

At the New Year’s Eve drill, the sergeant noticed everyone was slacking off, distracted by the upcoming holiday celebrations. He shouted, “Alright, team, we’re doing a ‘New Year’s Eve’ tactical exercise!”

A private raised his hand. “Sir, do we get a break to celebrate?”

The sergeant grinned. “Break? We’re practicing for next year’s success!”

He handed out party hats and noise-makers.

“New Year’s resolution: start the year off with more discipline... and maybe a few less party poppers in the barracks!”

The troops groaned, but couldn’t help laughing.

“Happy New Year, sir!”

The Christmas Tree Drill

During Christmas, the sergeant asked his troops to decorate the barracks. One private hung lights in the shape of a tank. The sergeant asked, “Private, why a tank?”

The private smiled, “Well, sir, it’s for attacking the holiday spirit!”

The sergeant shook his head, “Good strategy!”

The New Year’s Resolution

At New Year’s, a soldier tells his commander, “Sir, my resolution is to lose 20 pounds.”

The commander looks at him and says, “That’s great, but remember—at boot camp, we only make resolutions we can keep. So how about resolving to gain 20 pounds instead?”

“Sir, yes, sir!”

The Christmas Ration

On Christmas morning, a private opens his ration pack and sighs. He looks at his buddy and says, “I was hoping for turkey, mashed potatoes, and cranberry sauce, but I got this...”

His buddy smirks and says, “Merry Christmas, Private. Looks like you’re getting tactical food!”

The Snowy Patrol

During a New Year’s Eve patrol, the sergeant noticed his troops acting strange.

“Private, why are you wearing sunglasses at night?” he asked.

The private shrugged, “It’s too bright out, sir! The moon reflects off the snow like flashbangs.”

The sergeant laughed, “That’s one way to handle it!”

The Christmas Gift

On Christmas morning, a private nervously handed his sergeant a gift.

The sergeant unwrapped it and saw a shiny new whistle. He smiled, “Thanks, Private. A new whistle to lead my troops better!”

The private nodded, “I figured, sir. You’ve been blowing that old one for years!”



Local Resources and non-profits:

There are so many resources in San Antonio for any need you have to transition. Check out our list of great organizations that can assist you or someone you know.

Mental Health:

- Strong Star
- Endeavors
- VA Audey Murphy
- The Center for Health care Services

Housing:

- American GI forum
- SAM Ministries (Veteran Housing Stability Program)
- City of San Antonio (Residential center for Veterans)

Food Pantry:

- San Antonio Food Bank
- Soldiers Angels
- Haven for Hope

Clothing: Jackets, Shoes, Suits

- St. Stephan Clothes Closet
- Vet Strong
- Suits for Vets
- Sole4vets

Financial:

- Catholic Charities – Military Relief
- Community Council of South-Central Texas
- Texas Veteran Commission
- Salvation Army San Antonio

Health and wellness

- Flag Health Clinic
- Bexar County Military and veteran Services
- The Steven A Cohen Military Family Clinic

Substance Treatment Center:

- Lauren Ridge Treatment Center
- Starlite Recovery Center
- New Day recovery Services



Navy VS Army Game Football

On Saturday December 14, 2024 the Navy- Army football game will kickoff its 125 th meeting. The Navy having a slight edge in the overall win columns but Army is coming in with a top 25 ranking and having a really good year.

The rivalry kicked off 128 years ago when Cadet Dennis Mahan Michie accepted a “challenge” from the Naval Academy and the two squads faced off on The Plain at West Point on November 29, 1890 (Navy had been playing organized football since 1879, and came out on top of the newly-established Army squad).

Here are some fun facts about the history of this great rivalry.

1. Frequency

The two teams have played annually since 1930, with the exception of ten years.

2. Location

The game has been played in several neutral locations, including New York City and Baltimore, but is most commonly played in Philadelphia, but for 2024 the game will be played in Washington DC in the NFL Commanders stadium.

3. Mascots

The Army’s mascot is the mule, which dates back to 1899. The Navy’s mascot is the goat, which dates back to 1893 when a live goat named El Cid debuted at the game.

4. Record

The Navy leads the series with 62 wins, compared to the Army’s 54 wins, and there have been seven tied games.

5. Tradition and Heritage representation

In recent years, the Army-Navy Game has added a new layer of excitement with the introduction of special uniforms, turning the field into a showcase of history and pride. Each team unveils a unique design that pays tribute to their heritage, accomplishments, and military traditions. The incredible uniforms that have graced this historic rivalry over the years, showcasing the creativity and storytelling that make this game a must-watch event.

So, tune in and enjoy the game and enjoy the history of the rivalry. Because no matter who you root for everyone of those players once they stop playing puts on a uniform to protect our country. So you can’t go wrong either way.

Go Navy Beat Army!

Go Army Beat Navy!

Self care during the Holidays

The holiday season should be a time of joy and celebration, yet for many veterans, it can be a challenging period filled with stress and loneliness. Finding ways to practice self-care during this time is essential for mental and emotional well-being. Simple actions such as connecting with others, engaging in hobbies, and prioritizing physical health can make a significant difference in a veteran's holiday experience.

Connecting with friends and family is a powerful way to combat feelings of isolation during the holidays. Many may feel disconnected from their loved ones after their service. Reaching out to old friends or joining local support groups can help create a sense of belonging. For example, organizations like the American Legion often host holiday events that bring veterans together, allowing them to share experiences and build connections. These gatherings can provide comfort and remind veterans that they are not alone during this time.

Engaging in hobbies is another effective way for veterans to practice self-care. The holidays can be stressful, and finding time to do something enjoyable can help ease that pressure. Whether it's painting, woodworking, or gardening, focusing on a favorite pastime can provide a much-needed escape. For instance, someone who loves to cook can try new recipes, turning meal preparation into a fun and rewarding experience. This not only brings joy but also creates opportunities for sharing food with friends and family, strengthening bonds during the festive season.

Prioritizing physical health is crucial for overall well-being, especially during the holidays. The stress of the season can lead to unhealthy habits, such as overeating or neglecting exercise. Making time for physical activity, even a simple daily walk, can boost mood and energy levels. Additionally, maintaining a balanced diet can improve mental clarity and emotional stability. Veterans can benefit from setting small, achievable goals, like preparing healthy meals or participating in group fitness classes. This commitment to health can lead to a more enjoyable holiday season.

In conclusion, veterans deserve a holiday season filled with joy, support, and care. By connecting with others, engaging in hobbies, and prioritizing physical health, veterans can enhance their emotional well-being during this challenging time. Embracing these self-care practices can lead to a more fulfilling holiday experience, reminding people that they are valued and appreciated. Taking small steps toward self-care can create lasting positive changes, making the holidays brighter for all.



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

COMBAT 22
LOSING ONE IS NOT AN OPTION

