





SANCTIONED EVENT
CVMA[®] TX 23-15 HOSTING



Pearl Harbor Remembrance Ride 2023

**CALLING ALL
VETERANS &
BIKERS**

DEC. 9TH 2023

VFW Post 2410

2006 Whalen Rd Harlingen TX 78550

**Proceeds Help
Local Veterans**

**\$25 for Rider
\$20 for Passenger
Includes Lunch**



at IWO Jima Memorial

**Door Prizes
Great Food
Patriot Ride
50/50 Raffle
Liquor Bkt Raffle**

Scenic Ride

Registration
0830-1000, KSU 1015,
last bike out 1100

WE MUST NEVER FORGET

THANKSGIVING TURKEY AND HAM DISTRIBUTION

THANKSGIVING TURKEY AND HAM DISTRIBUTION



TEXAS DONOR NETWORK DONATION




TEXAS DONOR NETWORK Owner and CEO Russell Meurer (Right), donated 25 Hams and 25 Turkeys to STAIVA so we can hand out to veterans in need throughout the RGV for Thanksgiving.



COMMUNITY ACTION
CORPORATION
OF SOUTH TEXAS

SOUTH TEXAS HEROES HOUSING ASSISTANCE

SERVING ARANSAS, BEE, BROOKS, CAMERON, DUVAL, JIM WELLS, KENEDY, KLEBERG, SAN PATRICIO AND WILLACY COUNTY



**Now assisting
veterans who are
homeless or at risk
of becoming
homeless with
housing and/or
utility assistance.**

Amanda Pineda

1822 W. Jefferson Ave,
Harlingen, TX

O: 956-476-6113 Ext. 3021

amanda.pineda@cacost.org



This program is supported by a grant from the Texas Veterans Commission Fund for Veterans' Assistance. The Fund for Veterans' Assistance provides grants to organizations serving veterans and their families. For more information, visit www.TVC.Texas.gov

TRIGGERS VS EMOTIONS

TRIGGERS

BASED IN THE PAST
NEEDS SAFETY TO PROCESS
DISSOCIATIVE SYMPTOMS
CAN BE SUBCONSCIOUS
TRAUMA REACTIONS
FLASHBACKS
RESULT OF CORE BELIEFS
HIGHLY PERSONALIZED
NEEDS TO BE PROCESSED

CAN LEAD TO AVOIDANCE
IF NOT MANAGED

ASSOCIATED WITH TEMP
NERVOUS SYSTEM
DYSREGULATION

NOTHING TO BE ASHAMED
OF

BASED IN THE PRESENT
NEEDS TO BE FELT
NORMAL PART OF BEING HUMAN
USUALLY CONSCIOUS
RESULT OF SENSORY INPUT
GENERAL AND COMMON TO MOST

EMOTIONS

DRQUINCEE

DRMEGANJOHNSON

THANKSGIVING TURKEY AND HAM DISTRIBUTION

THANKSGIVING TURKEY AND HAM DISTRIBUTION



Blanquitas Owner Mr. Martin Morin (Center) present STAIVA's President Arnie Rodriguez (L) and STAIVA's Chaplain Joe Garza (R) with tickets for a FREE Thanksgiving Meal to hand out to STAIVA Members.



PEER TO PEER PTSD SUPPORT GROUP SESSIONS



DATE (S): Every Tuesday 0900-1030
 LOCATION: 519 East Madison, Brownsville, Texas
 Point of Contact: STAIVA 956-266-7521

Bring Everyone In The Zone, Inc.



*Confidential, Free
Peer to Peer Support*



**Get Support
Today**



**Caring, qualified
responders are ready
to listen and help.**





SHOUT OUT TO "Idea Public School Robindale" for their can food drive donation for our food pantry.



STAIVA's Intern Michael Malone (R) and Javier Perez represented STAIVA during the 2nd Annual Vet Fest which was held at the Brownsville Event Center on November 16, 2023.



SHOUT OUT to "El Jardin" Elementary school for their can food drive donation for our food pantry.

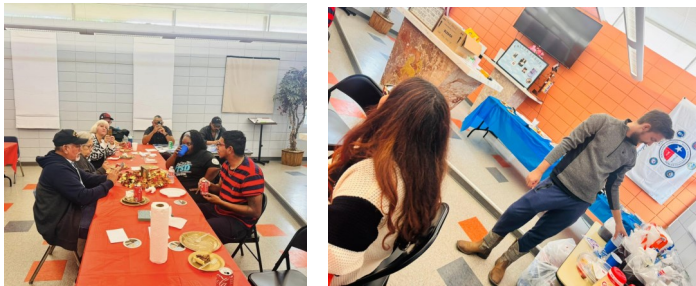




Thank you to Mr. Eduardo Limon Transport Branch Manager of Mainfreight for their donation of Turkeys and sides to distribute to veterans from the RGV area.



STAIVA's 2nd Annual Friendsgiving was held after our regular "Peer to Peer" group session on the 14th of November.



SHOUT OUT to "IDEA Public School Paredes" for their can food drive donation for our food pantry.



PTSD

AWARENESS



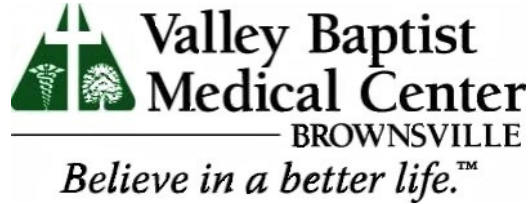
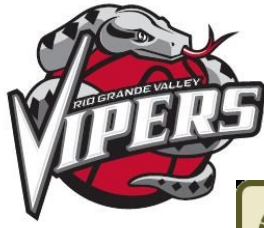
IN THIS FAMILY NO
ONE FIGHTS ALONE



SPONSOR &

Community Supporters

shout-out



THE RAUL TIJERINA JR. FOUNDATION



United Way of Southern Cameron County



Help Heal Veterans
Therapeutic Craft Kits



COMMUNITY ACTION CORPORATION OF SOUTH TEXAS



IDEA Public Schools





"No Veteran Left Behind"

519 East Madison
Brownsville, Texas 78520

Office Hours
Monday - Thursday
09:00am - 4:30pm
Friday: Appointment ONLY

Phone: 956-266-7521
Email: staivargv@gmail.com

www.staivargv.org

In Memoriam



SANDRA MARES

3 April 1970 - 28 November 2023



STAIVA Board of Directors

Arnie Rodriguez
President

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Vice President

John Raschilla (JR)
First Lieutenant

Fred Patton
Treasurer

Amanda Pineda
Secretary

Armando Estrella
Public Affairs Officer

Juan Martinez
Sergeant at Arms

STAIVA MISSION STATEMENT

Our mission is to ease the transition of military members and their dependants from military life to civilian life. Our goal is to help advocate, educate, and assist veterans to resources available to them, i.e., funding, medical care (Medical Vouchers) and emotional support.

DISCLAIMER: STAIVA is NOT responsible for any posted event (s) that gets canceled or news articles from various sources for false information. All information and or events posted were current and vetted as of the date this newsletter was published. STAIVA membership is open to "ALL" veterans and their dependents to include members of the Reserves and National Guard. Membership is only \$20.00 a year. If you know of a veteran or a dependent who could use our services please have them call or come by our office.

STAIVA is a 501 (c) 3 Non-Profit