















1 FEB 2024

In need of mental health resources? **Veterans Crisis Line is a free** confidential resource for all service members that is available 24/7 Dial 988 and then press 1 OR Text 838255





#### Support for All Who Serve

for all service members, including members of the National Guard and Reserve, and Veterans, even if



Text 838255

The Military Crisis Line is Here for You



Chat online

Free & Confidential

There's no charge and you decide how much information to share



Always Available

Accessible 24/7/365.



**Trained Counselors** 

Many are Veterans who understand the challenges service members and their low

## **How It Works**











Date: Feb 2 & 3, 7-

11 PM

Location: Sames Auto Arena, 6700 Arena Blvd,

Laredo, TX

Austin Spurs come to Laredo to take on the Stockton Kings for two nights! Watch up and coming stars such as Jordan Hall, Brandon Randolph and more! Tickets start at just \$15. More info and tickets here

Date: Sat, Feb 3, 730 -1030 AM

Location: Laredo Medical Center, 1700 E Sauders St, Laredo, TX



Hey Laredo! Get ready to lace up your shoes and roll up vour sleeves. Laredo Medical Center (LMC) is proud to sponsor the Run George Run 5K and LMC wellness fair. Early registration is \$35, Late \$45. Admission to the wellness fair is free! More info here



Date: Fri, Feb 2, Doors @ 7 PM

Location: Casablanca Event Center, 5064 E. Saunders St., Laredo, TX

Time to get your tickets for The Stockman's Ball! Enjoy a great night of country music and dancing with Aaron Copeland and KiX Garcia Bans! More info here



















## 7 day forecast in your area

**PAY DATES FY24** Date **TASK FORCE** Period Period Date Paid Days Days Paid 29 Jan - 27 Feb **TF CENTER** 28 Dec - 28 Jan 32 30 **TF EAGLE** 29 Dec - 29 Jan 32 6-7 Feb 30 Jan - 28 Feb 30 6-7 Mar TXSG 30 Dec - 30 Jan 32 31 Jan - 29 Feb 30



# LONE STAR PULSE

TF INFO





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## CHAPLAIN'S CORNER

This mission continues for many of us are way past the 1-year mark, many more are coming up fast on 2-years (730) days on mission. This past week I was reminded from my own life and talking with a Soldier this past week, relationships are what is most important. That may be your relationship with your God in your faith tradition. It is also the family and friends who are closest to us throughout our life. If you are like me maintaining key relationships has been a challenge after multiple missions over the past 5 years. A few steps to ponder. Realize you want to feel closer to God, and to others in your life. Give yourself some grace life has been challenging to say the least. Start where you are today, send a text or prayer, saying hey I am sorry for having been away for a while, fallen out of touch. It has been a while; I have missed our talks. I look forward to smiling and laughing again with you. The years are going by fast, this uniform will come off and maybe hung in the back corner of our closet one day. The relationships in our lives are what matter most! Be encouraged to reach out and invest in them, they will be all we have once our military service is complete. They are why we put on this uniform, to serve and protect the ones we love. May the Lord make your love increase and overflow for each other and for everyone else, just as ours does for you. 1 Thessalonians 3:12 Thank you for all that you do each day! Blessings, CH Gerber

Texas Guard Flies 'Come and Take It' Flag amid Dispute with feds | Armytimes.com

Texas-bound convoy tries to recruit veterans for border protests | Armytimes.com

Fatal drone attack similar to recent incidents in Iraq and Syria | Armytimes.com

No diploma, no problem: Navy lowers requirements as it struggles to meet recruitment goals | Stipes.com

Meet the Soldiers who have created a lifesaving network of bone marrow donations in the Army Military.com

rmy times STARS STRIPES.

### **Upcoming Releases**













The U.S. Army Esports (USAE) Team is a highly successful, Department of the Army (DA) sanctioned program ran by the U.S. Army Recruiting Command & the Marketing and Engagement Brigade. The organization fields competitive teams, streaming talent, and commentators to represent the U.S. Army both online and in person at events across the nation. Our mission is simple: connect America to its Army through Soldiers' passion for gaming.

We are looking to expand its talent pool of Active Duty, Army Reserve, and National Guard Soldiers across select Esports genres and platforms to join our At-Large Team. All interested Soldiers should join the DISCORD server no later than 01FEB2023 to be considered for the teams and to receive additional instructions on the selection process and timelines

Join our **DISCORD** server here https://www.discord.gg/usarmyesports

## GAMEINFORMER

2024 release dates

The Internal Communications Team needs your feedback. Please let us know what you would like to see. We can be reached at: ng.tx.txarng.list.ols-info@armv.mil - Thank you, - ICT Representatives