

# ★ LONE STAR PULSE ★

Tricare



21 November 2024



**WHO: All Tricare Beneficiaries that live in Texas**

[Home | TRICARE](#)

**WHAT: January 1st 2025, Texas, Illinois, Louisiana, Oklahoma, and Wisconsin will transition from TRICARE East to TRICARE West.**

To ensure you receive the most up to date and current information and prevent lapses in your current TRICARE coverage:

1. Log in to ID Card Office Online (osd.mil) to update your Profile and update Dependent Profiles.

[ID Card Office Online](#)

<p><b>ID Card Office Locator &amp; Appointments</b></p> <p>Find a RAPIDS ID Card Office</p> <p>Make an Appointment</p> <p><a href="#">More Info</a></p> <p><b>CONTINUE</b></p>	<p><b>Common Access Card</b></p> <p>Update Email Address</p> <p>Add Joint Data Model Applet</p> <p>Extend Academy Student Certificate</p> <p><a href="#">More Info</a></p> <p>For CAC Issuance/Renewal select ID Card Office Locator &amp; Appointments</p> <p><b>CONTINUE</b></p>	<p><b>Family ID Cards</b></p> <p>View Sponsor/Family ID Card</p> <p>Nominate Family Member</p> <p>Request Family Member ID Card</p> <p>Online USID Card Renewal</p> <p>Print Family List</p> <p><a href="#">More Info</a></p> <p><b>CONTINUE</b></p>	<p><b>My Profile</b></p> <p>Update Contact Information</p> <p>Update GAL Information</p> <p>Opt-In TSA PreCheck (DoD Civilians Only)</p> <p><a href="#">More Info</a></p> <p><b>CONTINUE</b></p>
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[DS Logon – DMDC](#)

2. Log into the Beneficiary Web Enrollment (BWE) milConnect - BWE (osd.mil) to ensure healthcare coverage is correct.

[milConnect - FAQ](#)

[Find a TRICARE Plan | TRICARE](#)

3. Starting in early November you should create an account on the TriWest patient portal.

4. To ensure you can make your payments to TriWest (if applicable), update your payment information (Note: If you pay by allotment, you do not need to do this. Allotment payments will transfer automatically).

5. Search for providers in the new TriWest provider network directory on the patient portal.

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TF INFO



21 November 2024

## CHAPLAIN'S CORNER

## NEWS UPDATE

### How Family Makes Us More Resilient

Family plays a crucial role in building resilience, offering emotional, practical, and psychological support that helps individuals navigate life's challenges. A strong family provides a foundation of love, stability, and security, which fosters confidence and the ability to face adversity.

One of the keyways family enhances resilience is by offering emotional support. During difficult times, family members provide a safe space to express feelings, share concerns, and receive reassurance. This sense of belonging and unconditional love helps individuals cope with stress and builds emotional strength.

Families also encourage resilience by modeling and teaching coping mechanisms. Observing how parents or siblings handle hardship instills valuable lessons in problem-solving, perseverance, and adaptability. These lessons prepare individuals to face their own challenges with greater confidence. Ultimately, family fosters values like faith and perseverance. As Proverbs 17:17 says, "A friend loves at all times, and a brother is born for a time of adversity." This shared support system helps individuals endure challenges and come back stronger.

[Homelessness among veterans drops to record low levels](#)

[VA plans to drop co-pays for all telehealth services](#)

[Chris Pratt-produced film on heroic military chaplains hit theaters](#)

STARS AND STRIPES  
ArmyTimes MilitaryTimes

### Upcoming Releases



#### Microsoft Flight Simulator 2024

Xbox Series X, PC  
**Genre:** Simulator  
**Release Date:** November 19, 2024

#### Genshin Impact

Xbox One, Xbox Series X  
**Genre:** Action RPG  
**Release Date:** November 20, 2024



#### Mario & Luigi: Brotherhood

**Platform:** Nintendo Switch  
**Genre:** RPG & Adventure Platformer  
**Release date:** November 7, 2024



**Polygon**  
2024 Release Dates



#### Lego Horizon Adventures

**Platform:** PC, PS 5, Switch  
**Genre:** Action Adventure  
**Release Date:** November 14, 2024

The Internal Communications Team needs your feedback. Please let us know what you would like to see. We can be reached at: [ng.tx.txarnq.list.ols-info@army.mil](mailto:ng.tx.txarnq.list.ols-info@army.mil)

# ★ LONE STAR PULSE ★

**TF EAGLE**



**21 NOVEMBER 2024**

Chaplain Fitts Presents

LAST TUESDAY OF EVERY MONTH

## Chaplain's Cigar Night

COME JOIN US FOR FREE CIGAR'S AND A DEVOTION PRESENTED BY CHAPLAIN FITTS

**1930-2030** | PAVILION NEXT TO DFAC

- This event is **FREE**
- Have an opportunity to connect with other soldiers and enjoy a cigar!
- Hosted by Chaplain Fitts

UMT IS AVAILABLE FOR SOLDIERS IN NEED, SCAN OUR QR CODE TO JOIN THE CHAPEL CHAT

CALL TO **action**

Flu vaccines available now.

Building: A-05  
Hours: 0800-1600

**PFC Gobble** wants *National Guard in IDT status* to know they're eligible to get a flu vaccine at the **FOB Eagle BAS.**

## 4-PERSON SCRAMBLE

Contact Parks and Rec office at **830-773-4343**

**NOVEMBER 24 2024**

**\$20 PER PLAYER**

REGISTRATION DEADLINE: 11/23 BY 5:00 P.M.

Eagle Pass Golf Course  
4833 Billco St., Eagle Pass, TX 78852

**PRIZES!** SPONSORED BY:

Sports Night Patsy Winn Sport Complex  
[www.facebook.com/photo/?fbid=984689920354732&set=a.632768342213560](http://www.facebook.com/photo/?fbid=984689920354732&set=a.632768342213560)

**THE SUPPORT HUB**

## SPORTS NIGHT

EVERYONE IS INVITED TO ATTEND SPORTS NIGHT

**TUESDAY 26 NOVEMBER**

5:00PM-9:00PM  
\$5 ADMISSION FEE  
SPORTS COMPLEX  
SPORTS EQUIPMENT WILL BE PROVIDED

4-Person Scramble contact Parks and Rec office at **830-773-4343**  
[www.eaglepasstx.gov/calendar.aspx?view=list&year=2024&month=11&day=24](http://www.eaglepasstx.gov/calendar.aspx?view=list&year=2024&month=11&day=24)



7 PM	10 PM	1 AM	4 AM	7 AM	10 AM	1 PM
Thu	Fri	Sat	Sun	Mon	Tue	Wed
77° - 41°	81° - 49°	84° - 56°	88° - 56°	87° - 59°	77° - 57°	83° - 59°

**7 day forecast in your area**

OLS Rally Point

**PAY DATES FY25**

TASK FORCE	Period	Days	Date Paid	Period	Days	Date Paid
TF EAGLE/LS	31 OCT - 29 NOV 24	30	5-6 Dec	30 NOV - 30 DEC 24	31	6-7 Jan
TXSG	1 NOV - 30 NOV 24	30		1 DEC - 31 DEC 24	31	



# ★ LONE STAR PULSE ★

**TF BDE**



**21 NOVEMBER 2024**

FOB Eagle's first NCO Induction Ceremony was held on November 13, 2024 and marks an important milestone for the Texas Military Department. This ceremony, which welcomed 23 new Non-Commissioned Officers (NCOs) into the ranks of leadership, was a symbol of their transition from followers to leaders.

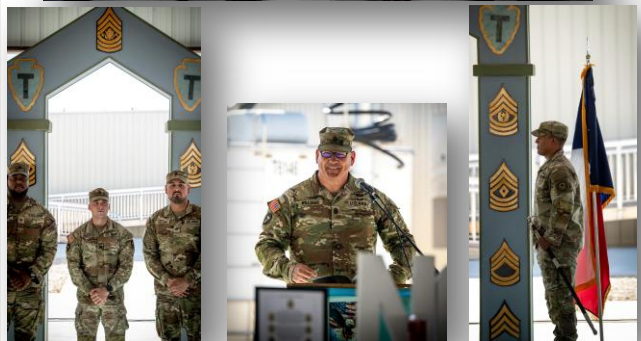
The tradition they participated in has been passed down for over 200 years, originating from the time of Frederick the Great. By holding this ceremony for the first time at FOB Eagle, these NCOs carried on a time-honored military tradition, emphasizing the responsibilities and honor associated with becoming an NCO. This was especially significant as the NCOs of TF-Eagle, who had been serving on the (OLS) mission, continued their proud legacy of leadership and service.

This induction ceremony is a key event in recognizing the dedication and hard work that these soldiers have put into their careers. It marks the moment they officially assume their new roles as leaders, with all the responsibilities that come with being an NCO, such as mentoring soldiers, ensuring readiness, and upholding the standards of the military. For these 23 individuals, it was not just a ceremony; it was a recognition of their journey, commitment to service, and the beginning of a new chapter in their military careers. **DUTY. HONOR. TEXAS.**

yesterday you said tomorrow  
**START TODAY**  
**CHIEF OF STAFF'S CHALLENGE**

- Daily step Count** | +7000 (walk + 2 miles)
- Weekly Workout** | 3 lift days | 2 cardio days | mobility day | 1 off day | 4 sets | X reps almost to muscle failure
- Push Day** | bench press | DB lateral raises | Overhead press | Skull-crushers | DB flies | Dips
- Leg Day** | leg curls | back squats | leg extension | Romanian DL's | hyperextensions
- Mobility Day** | elephant walks | Jefferson DB curls | bar hangs | AG split-squat | couch stretch
- Pull Day** | bent-over rows | hammer curls | bicep curls | lat-pulldowns | BB shrugs | Deadlifts
- Cardio Day 1** | 30-45 minutes weighted walk or ruck
- Cardio Day 2** | 1 Mile Warm Up | .5 Mile at 90% | .5 mile 80% | .5 mile Walk

**Routine** Weigh daily | Stay hydrated | Fast until noonish | No meals after 8PM | Workout upon wake up | Go to bed @ same time daily | Max of 2-3 alcohol drinks per month | Log strength gains and weight loss | Protein intake relative to weight (1g per lb)



7PM	10PM	1AM	4AM	7AM	10AM	1PM
Thu	Fri	Sat	Sun	Mon	Tue	Wed
☀️	☀️	☀️	☀️	☁️	☁️	☁️
77° 41°	81° 49°	84° 56°	88° 56°	87° 59°	77° 57°	83° 59°

**7 day forecast in your area**

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