



WHO: All Tricare Beneficiaries that live in Texas Ho

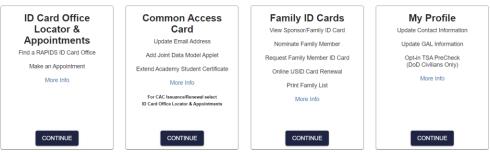
Home | TRICARE

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



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.

TF INFO

CHAPLAIN'S CORNER

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.

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







Lego Horizon Adventures Platform: PC, PS 5, Switch Genre: Action Adventure Release Date: November 14, 2024

STEAM

The Internal Communications Team needs your feedback. Please let us know what you would like to see. We can be reached at: <u>ng.tx.txarng.list.ols-info@army.mil</u> -

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 STRIPES. ArmyTimes MilitaryTimes

TF EAST 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.

Destroy Boys

NOVEMBER 24, 2024 1900 311 S 17th St McAllen, TX 78501 Venue: Cine El Rey Admission: Linked below https://www.vividseats.com/destr ov-boys-tickets-mcallen-cine-elrey-11-24-2024--concertsrock/production/5009085?showD etails=VB11260108908&groupId=4 3563&atv=1







Hermanos Espinoza

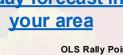
NOVEMBER 29, 2024 2000 801 Convention Center Blvd. McAllen, TX 78501

Venue: McAllen Performing Arts Center Admission: Linked below https://www.ticketmaster.com/event/3A0060F78F4A771A

	8 PM	11 PM	2 AM	5 AM	8 AM	11 AM	2PM
	Thu	Fri	Sat	Sun	Mon	Tue	Wed
1.1	81° 52°	84° 60°	86° 66°	90° 69°	92° 67°	89° 67°	90° 69°

1	7 day forecast i	n
	your area	

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PAY DATES FY25									
TASK FORCE		Period	Days	Date Paid		Period	Days	Date Paid	家業が
TF EAST		30 OCT - 28 NOV 24	30	5-7 Dec		29 NOV - 29 DEC 24	31	071	
TXSG		1 NOV - 30 NOV 24	30	5-7 Dec		1 DEC - 31 DEC 24	31	6-7 Jan	



TF BDE STAR PULSE + 21 NOVEMBER 2024

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yesterday you said tomorrow

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 flys | 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)



day forecast in vour area

OLS Rally Point

7PM	10 PM	1 AM	4 AM	7AM	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°

PAY DATES FY25									
TASK FORCE	Period	Days	Date Paid		Period	Days	Date Paid	応告生な	
TF EAGLE/LS	31 OCT - 29 NOV 24	30	5-6 Dec	5.6 Dec		30 NOV - 30 DEC 24	31	071	均均常
TXSG	1 NOV - 30 NOV 24	30			1 DEC - 31 DEC 24	31	6-7 Jan	前日常男	