



17 JULY 2025

LONE STAR

Message from your OLS Internal Communications Team

The last edition of The Pulse will be 24 JUL 2025.



It has been our honor to serve you.
Thank you for reading.



PULSE



NEWS RESOURCE LINKS

We encourage you to stay informed.
Reading is a powerful patriotic act.
The below links were valuable resources in the
production of The Pulse.



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“THIS WE’LL DEFEND”: THE ENDURING ROLE OF FM 1 IN THE ARMY PROFESSION

Billed as a “primer to our profession of arms” and written for every soldier, FM 1’s themes should speak to aspiring soldiers as well as those simply wishing to understand the Army. Departing sharply from the 2005 version, FM 1 adopts an unconventional, reflective, and narrative-driven tone. Decidedly non-doctrinal, this style effectively engages the reader. FM 1 provides a values-based ethos that demands judgment in its application rather than a checklist for compliance.

The manual comprises ten concise, story-driven chapters across 74 pages. It is organized into three broad sections: what it means to be a soldier, what the Army does, and the Army’s obligations to teammates, leaders, and citizens. Each chapter incorporates historical vignettes that humanize the profession and should inspire readers to carry forward the legacy of those who served before them.

FM 1 describes the soldier as a warrior, a professional, and a leader. These roles are integral to a soldier’s identity, demanding grit, discipline, moral courage, and an “indefatigable force of will.” In describing what the Army does, FM 1 reaffirms that warfighting remains our most critical task, but that our contributions go beyond battle, encompassing defense support to civil authorities, humanitarian assistance, and strategic deterrence.

The manual emphasizes the soldier as the Army’s most important weapon system. It declares the Army focuses on “equipping the man,” not simply manning the equipment. This requires soldiers to be fit, lethal, disciplined, and adaptive. The American soldier makes up the Army and, when well trained and led, ensures the Army will achieve its mission.

FM 1’s final chapters stress the Army’s enduring obligations to... [finish article here](#)



MEMORANDUM FOR RECORD

FROM: CSM David Ocasio, LNO/NCOIC

SUBJECT: TXSG Service Members in Support to OLS/BS



I want to personally take this opportunity to express my sincere appreciation to all Texas State Guard service members who served with dedication and professionalism in support of Operation Lone Star and Border Support during these past years.

Your commitment to the mission, adaptability in a dynamic environment, and willingness to serve alongside our interagency partners reflect the highest values of the Texas State Guard. Whether it was through command and control, logistics, administration, security, or sustainment functions, your impact was felt throughout the entire state of Texas in all areas of operations.

The success of this mission relies on the strength, discipline, and initiative of all service members like you. Each of you has played a vital role in upholding the safety and security of Texas communities. Your performance continues to set the standard for service and excellence within the Texas Military Department and the Texas State Guard. You made a impactful difference to our state and to the safety and security of all affected by the illegal immigrations occurring in Texas.

As your LNO and NCOIC, I am proud to serve alongside such a capable and resilient team. Thank you for your continued dedication and professionalism. **Duty. Honor. Texas.**

CSM David Ocasio

TXSG LNO/NCOIC

Operation Lone Star/Border Support



ALERT: MILITARY-TARGETED PHISHING



ALCON:

We have identified an active phishing campaign targeting personnel with emails impersonating legitimate military-related entities. Attackers are using lookalike domains to trick recipients into clicking malicious links or providing sensitive information.

The following domains are confirmed malicious and should be treated as hostile:

- texasmilitarydepartment.agency
- military-bases-in-texas.cfd
- texas-mil.com
- texasmilitarypcs.com
- texasmilitaryrelocation.com
- militarystexasgov.com
- texasmilitaryhousing.com
- military-jobs-texas-us-01.today
-

Do not click any links, download any attachments, or reply to emails from these domains. If you receive an email from any of these domains, report it immediately using the “Report Phishing” button in Outlook.





Families
JUST THE FACTS: and Friendships
Talking About Deployment

Talking About Deployment

It's a good idea to talk about difficult things when:

- You feel ready to share. Don't let anyone pressure you into talking about anything that makes you too uncomfortable.
- You're well-rested.
- You're with someone you know and trust.
- You know you'll have enough time to share your thoughts and feelings and get feedback.
- You're not already feeling upset.
- You have some privacy.

Here are some tips for starting a conversation with someone close to you.

1. Set up a structure:

- Pick people who understand and support you.
- Talk with people you've turned to in the past.
- Plan the conversation in advance so that the person you will talk with can give you their full attention.
- Choose a time and place where you will have privacy and few distractions.
- If you've got kids, get a babysitter. This will free you up so you can say what you need to, without your children hearing something that might confuse or scare them.
- Tell others what you need and how they can help.
For example, you may want to ask them to listen, and not interrupt or judge you.
- Some people worry that their "personal business" will get passed around. Let the person you're confiding in know up front that you don't want the conversation to be shared with others.

2. Take your time to think:

- Are you comfortable with and trusting of the person you're talking to?
- Remember that **trust** is built over time.
- Test the waters. Say a little and see how they deal with it. This also gives the other person time to think about what you said and how to respond.
- Pace yourself. You don't have to talk about your entire deployment in one sitting.
- Go slow. Make sure you're being understood.
- Begin by talking about how you prepared for the deployment and move on through time.
- Share the funny, good, and interesting events you had along with the difficult times.
- If the response you get upsets you, mention this. Try to understand the other person's point of view.
- It can be helpful to get more than one opinion about what you're going through.

3. Follow up:

When you are finished sharing, you can:

- Thank them for listening and for being there for you.
- Schedule a cool-down time after talking.
- Make a plan to continue the conversation (maybe weekly or monthly).
- Seek Out Support: Schedule time to meet with a professional such as a psychologist, counselor, member of the clergy, or your doctor or nurse.
- Join a support group in which you can relate to people who have had similar experiences.
- **If you are thinking about harming yourself or harming someone else, seek help immediately by calling 911 or visiting the closest emergency room.**
- If you are active duty, you can call MilitaryOneSource, which provides services including brief counseling to active duty military personnel, including Reservists and the National Guard (1-800-342-9647; www.militaryonesource.com). Services are also available through the VA at www.seamlesstransition.va.gov, or through a Vet Center at www.va.gov/rcs/index.htm.

**7 DAY FORECAST
FOR EAGLE PASS**

Thu	Fri	Sat	Sun	Mon	Tue	Wed
96° 74°	93° 76°	96° 77°	99° 77°	99° 78°	101° 79°	100° 77°



PAY DATES: EAGLE, LONE STAR, TXSG							
TASK FORCE	Period	Days	Date Paid		Period	Days	Date Paid
TF EAGLE/LONE STAR	30 JUN - 30 JUL 25	31	6-7 AUG		31 JUL - 31 AUG 25	32	5-8 SEP
TXSG	1 JUL - 31 JUL 25	31			01 AUG - 31 AUG 25	31	



JUST THE FACTS: Families and Friendships
Beating Isolation

Ways to overcome isolation:

- Make plans to hang out with others and stick to the plan. For example:
 - Make at least one phone call a day, even if it's just five minutes.
 - Commit to leaving the house for at least 30 minutes a day and go somewhere around other people like a park or maybe the mall, or where people are engaging in social activities.
- Talk with people you trust so you don't feel alone. For example, you can talk about:
 - What happened during your service (the actual events that occurred).
 - Your thoughts and feelings about what happened.
 - How you're coping, including positive coping (exercising more), and harmful coping. (using recreational drugs, sleeping too much).
 - How you've grown or changed for the better.
 - Practical decisions such as how to look for a job or how to quit smoking.
 - Reactions you might be having that concern you (nightmares, heart pounding, becoming startled by loud noises, being irritable often).
- Get involved in your community. You can:
 - **Work out:** join an athletic event; take a class at a local gym or community center; try a new sport or physical activity.
 - **Start a hobby:** find a group nearby with similar interests, whether it's music, motorcycles, reading, basketball, cooking, golf, or anything else that interests you.
 - **Participate in a church, synagogue, mosque or temple:** joining a place of worship can help you start new relationships and give you spiritual direction.
 - **Join a professional group or a neighborhood organization:** participate in a book club at your local library or bookstore.
 - **Take a class:** learn an instrument, take an art class, or join a community education course to meet people with similar interests.
 - **Join a veteran's organization, even while you're active duty:** groups for veterans (such as VA's, Vet Centers, and Veterans of Foreign Wars) can be a comfortable, safe place to talk and experience a sense of belonging.
 - **Volunteer for community service projects:** join a park cleanup detail, get involved in activities at your local hospital, work with disadvantaged youth.
 - **Join a cause:** get together with a group of people working toward a goal you believe in, such as an election or the protection of a natural area.
 - **Be a good neighbor:** help a neighbor with a garden or home maintenance project; invite a neighbor over for coffee.



Connecting with others can help you:

- Improve your mood.
- Decrease your boredom.
- Help your friends and loved ones feel good.
- Lower your chances of harmful coping (such as heavy drinking).
- Find meaning in what happened during your deployment.
- Understand and reduce painful deployment memories and feelings.
- Help friends and family better appreciate your deployment experiences.
- Remember: isolation can **increase** upsetting thoughts and feelings.

7 DAY FORECAST FOR MC ALLEN

Thu	Fri	Sat	Sun	Mon	Tue	Wed
96° 77°	96° 79°	97° 79°	96° 80°	98° 79°	96° 79°	96° 79°



PAY DATES: HAWK, WEST, TXSG							
TASK FORCE	Period	Days	Date Paid		Period	Days	Date Paid
TF HAWK/WEST	29 JUN - 29 JUL 25	31	6-7 AUG		30 JUL - 31 AUG 25	33	5-8 SEP
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HILL COUNTRY FLOODS – SUPPORT FOR RESPONDERS

END EAVORS

TEXAS HILL COUNTRY FLOODS

MENTAL HEALTH & DISASTER SUPPORT

If you're a veteran, first responder, law enforcement, their families, and caregivers impacted by the July 4th Texas Hill Country Floods we're here with support that meets you where you are. Care is confidential. Services are free. Help is nearby.



MENTAL HEALTH SUPPORT

- Individual and group counseling
- Trauma recovery and grief support
- Available in-person and via telehealth



MENTAL HEALTH & RESILIENCE TRAINING

- Professional training for veterans, law enforcement, and first responders responding to the disaster



CONFIDENTIAL CARE COORDINATION

- Resources, referrals, and care coordination for stress, grief, and crisis response from licensed social workers



PEER SUPPORT GROUPS FOR:

- Veterans
- Military families
- Law enforcement & first responders



PEER NAVIGATORS

- Compassionate guidance from those who've been there



RESOURCE COORDINATION

- Shelter, food, and clothing assistance for people displaced or affected by the floods



WELLNESS SERVICES

- Trauma recovery and peer support
- Licensed counseling
- Available in-person and via mobile and telehealth



FAMILY SUPPORT

- Stress and crisis support services for spouses and children



SCAN
← FOR
ASSISTANCE

or email us at RequestsForAssistance@endeavors.org





MESSAGE FROM MG SHERIDAN, TXSG COMMANDING GENERAL

11 JULY 2025



Texas State Guard,

The Texas State Guard has mobilized and deployed over **60 dedicated Service Members** in support of the **July Flood Response** across multiple regions of the state. These missions highlight our commitment to serving Texans during times of crisis and showcase the professionalism and adaptability of our force.

Operational Highlights:

State Operations Center (SOC) Support

10 personnel are engaged in **24-hour operations**, directly supporting the coordination of statewide emergency efforts.

1st Brigade – General Support Unit (GSU)

Area of Operations: Kerrville and San Antonio

In San Antonio, teams are supporting TDEM with **critical logistics and shuttle operations**.

In Kerrville, TXSG personnel are assisting the Salvation Army by managing a donation center and **inventorying over 369 pallets of supplies** for public distribution.

6th Brigade – Damage Assessment Teams (iSTAT/pSTAT)

Conducted structure surveys in **San Antonio** (21 structures across a 31-square-mile area).

In **Travis County**, teams surveyed **400 homes** on 10 July and are currently surveying **255 homes** in the Leander area.

Response personnel are now integrated with the team, and operations are enhanced through a **live common operating picture**, shared across the SOC and TEOC that was created by the TXSG team on the ground.

It is also essential to recognize that several Texas State Guard Service Members, while not deployed through the TXSG, are actively serving in responder roles through their civilian occupations or other volunteer efforts.

These missions reflect our enduring commitment to the people of Texas and our capability to integrate with local, state, and federal partners during real-world operations. The professionalism, efficiency, and selfless service of our Service Members remain the foundation of our success.

Thank you to all who continue to serve with pride and distinction.

ORIGINALLY SIGNED: ROGER O. SHERIDAN, MG, TXSG, Commanding



FATHER FORWARD CLASS



Father Forward: Present. Engaged. Supportive.

Welcome to Father Forward: Present. Engaged. Supportive. This supplemental module intends to provide support to fathers or father figures who have childrearing responsibilities for a child or children. This module can also support those who parent alongside fathers or father figures and can help these individuals gain a better understanding of the value fathers can bring to a child's life and their role in the parent-child relationship.

Program Objectives

This module intends to teach two main concepts. First, fathers can be nurturant, effective caregivers to their children from infancy through adulthood. Second, fathers' parenting practices impact their children's development.

This module will discuss the following:

- Factors that influence fathers' experiences.
- Fathers' impact on their children's outcomes.
- The benefits of father involvement on fathers.
- Ways that fathers are, or can be, involved.
- Unique experiences of divorced and unmarried fathers.
- Fathering around parental absences.
- Challenges that fathers may face.
- Strategies fathers can use to incorporate self-care into their daily routines.



Fathers play an important role in their children's lives and development. Every child needs their father.

Resources included:

Activities for all childhood phases

Developing a media plan

Family meetings

Paternal Perinatal Depression

Coparenting

Online communities for fathers

Dads, take the free course here.

7 DAY FORECAST FOR EL PASO

Thu	Fri	Sat	Sun	Mon	Tue	Wed
95° 76°	94° 74°	95° 74°	96° 75°	97° 76°	99° 75°	93° 73°



OLS Rally Point

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MILITARY AND VETERAN CAREER FAIR

MILITARY TO MANUFACTURING

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Fort Cavazos, TX | July 30, 2025



Connecting the military and veteran community with manufacturers and supply chain companies who are hiring!

Regional and national employers will be in attendance.

Career Opportunities in:

- > Supply Chain
- > Leadership
- > Logistics
- > Quality Assurance
- > Accounting
- > Maintenance
- > Operations
- > Production
- > Human Resources
- > Sales

July 30, 2025

10 AM - 2 PM CT

Lone Star Conference Center
24th Street, BLDG 5764 Fort
Cavazos, TX 76544



Participating Employers



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kNAUF





FOB EAGLE SITE REFERENCE SHEET

Physical Address:

496 County Road 523
Eagle Pass, TX 78852

SECURITY - ECP #1

MAIN ENTRY CONTROL POINT

- Open 24/7
- 100% ID Check

HOUSING & BASE CAMP OPERATIONS

A-01 MAYOR CELL

- Daily Office Hours: 0600-2000
- [MAYOR CELL WORK ORDER REQUEST](#)
- Mail pick up inside
- Phone: [512-987-8462](#)

A-03 LAUNDRY SERVICE

- Daily Full-Service: 0800-1900

24-Hour Turnaround

- Daily Self-Service: 0800-1900

Select machines only

**10 lbs. per laundry bag. Two bag limit.*

- **Prohibited Items:** shoes, backpacks, military equipment (TA-50), and pillows.
- Ensure all pockets and equipment are checked for pens or other items before laundering.

Phone: [512-987-8462](#) (Mayor Cell)

A-04 DINING FACILITY (DFAC)

Breakfast: 0700-0900; Lunch: 1100-1300;
Dinner: 1700-1900; Midnight: 2300-0100;
Snacks / Drinks: 24/7 (*Two per item, per person*)

**100% ID Check & Dress Code in effect.*

Phone: [512-987-8462](#) (Mayor Cell)

MEDICAL

A-05 BASE AID STATION

- Office Open: Mon-Fri 0800-1600
- Sat-Sun & After-Hours: On-Call
- Phone: [512-897-5234](#)

Mailing Address:

496 County Road 523 Suite A-01
Eagle Pass, TX 78852

BASE CAMP RESOURCES

B-01 BEHAVIORAL HEALTH

- Office Open: Mon-Fri 0900-1700
- Daily On-Call: 0700-1900
- Phone: [512-542-4638](#)
- Crisis Line: 988

B-03 GYM

- Open 24/7
- Phone: [512-987-8462](#) (Mayor Cell)

B-05 MWR/LOUNGE

- Open Daily: 0600-0100
- Contact the Mayor Cell for reservations.
- Phone: [512-987-8462](#) (Mayor Cell)

B-08 FORCEPRO

- Office Open: Mon-Fri 0800-1600
- Phone: [512-470-3850](#) (24 Hours)

B-18 CHAPLAINS | EO

Chaplains:

- Office Open: 0800-1700

EO:

- In Office: 0800-1700
- Phone: 706-627-4395 SFC Evans

C-05 CONFERENCE ROOM

- Open 24/7
- Contact your unit S3 for reservations.

