



6 MARCH 2025

LONE STAR

TF INFO

The Pulse uses your TF input.

Send content submissions and requests to: ols-ict@sg.tmd.texas.gov

CHAPLAIN'S CORNER

Strength for the Journey

"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint." – Isaiah 40:31

Life often feels like a long journey with stretches of both joy and struggle. Some days, we wake up energized, ready to take on the world. Other days, we carry burdens that feel too heavy, our strength seemingly depleted. But Isaiah reminds us that when we place our hope in something greater than ourselves, we are renewed.

Strength doesn't always mean sprinting ahead without weariness. Sometimes, it looks like walking forward when giving up seems easier. It means taking one step, then another, even when the path ahead is unclear. Like an eagle that soars effortlessly on the wind, we are reminded that we don't have to rely on our own power alone.

Perhaps today, you feel exhausted by responsibilities, challenges, or uncertainty. Pause. Breathe. Remember that renewal comes not from striving harder but from trusting deeper. Strength is found in moments of stillness, in quiet prayers, in choosing to believe that there is grace for today and hope for tomorrow.

So, take heart—whether you are soaring, running, or simply walking forward, you are never alone. The journey is long, but strength is promised for every step.

Reflection: What is one way you can find renewal today?

PULSE



NEWS UPDATES



[High-Ranking Sinaloa Leader Extradited to El Paso, Faces up to Life in Federal Prison](#)

[Mexican National Sentenced for Assaulting Border Patrol Agents at El Paso Processing Center](#)

[New Army ammo facility to supply millions of 6.8 mm rounds annually](#)

[Trump administration pauses flow of intelligence to Ukraine](#)



g a m e



z o n e

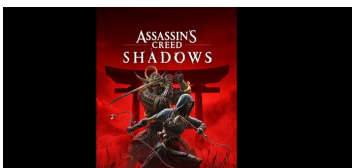


STRATOGUN

Platform: VR PC, Switch, Xbox Series X/S, PS5
Genre: Arcade Shooter
Release: March 2025



XENOBLADE CHRONICLES X DEFINITIVE EDITION
Platform: Switch
Genre: RPG
Release: March 20, 2025



ASSASSIN'S CREED SHADOWS

Platform: PS, Xbox, PC, macOS, iPadOS
Genre: Action RPG
Release: March 20, 2025



ATOMFALL

Platform: PC, Xbox, PS
Genre: Survival
Release: March 27, 2025



OLS RESOURCES GUIDE

- [BEHAVIORAL HEALTH](#)
- [SERVICE MEMBER SUPPORT](#)
- [JOB OPPORTUNITIES](#)
- [EDUCATION INFO](#)
- [OLS POLICIES](#)

[Click here to access the Joint Task Force Lone Star Standards Book](#)

JOINT TASK FORCE LONE STAR



STANDARDS BOOK

"Discipline is not instinctive. It must be taught, reinforced, and required!"
Author Unknown

OLS Workers Comp Injury Report

[Click here to submit report](#)

Mar 5, 2025



If you believe you sustained a work-related injury, submit your Worker's Compensation Injury Report through this official intake form.

Timely reporting is essential! Delays may affect processing and benefits.

Texas Army National Guard Child and Youth Program

YOUNG HEROES SUMMER CAMP

FREE | 2-6 JUNE 2025 | 3RD-8TH GRADE

COMPLETE THE GOOGLE FORM TO REQUEST A REGISTRATION PACKET AND ADDITIONAL INFORMATION. GOOGLE FORM LINK OR QR CODE BELOW.

REGISTRATION CLOSES 5 MAY 2025

WHO: YOUTH OF CURRENTLY SERVING TXARNG MEMBERS

MUST BE IN 3RD-8TH GRADE BY FALL 2025

OPEN TO 40 BOYS AND 40 GIRLS. FIRST COME, FIRST SERVED

WHERE: YMCA TWIN LAKES CEDAR PARK, TX

GOOGLE FORM LINK: [HTTPS://FORMS.GLE/WST88ZAJFM4XQHS8](https://forms.gle/WST88ZAJFM4XQHS8)

TMD Counseling Program

Promoting Emotional Wellness, Resiliency and Readiness of our Military Community.

The Texas Military Department Counseling Program can be reached via the counseling line.

512-782-5069

The Texas Military Department (TMD) Counseling Program was created to provide free and confidential counseling to Texas Military Service Members, thereby promoting overall wellness. We are located in various cities across the state and are available to meet via telephone, video or in person.

What services do our counselors provide?

- Individual counseling
- Counseling Line support
- Traumatic Event Management
- Collaboration with Unit Leadership to promote wellness

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)

Suicide Prevention Lifeline
1-800-273-8255

DOD Safe Helpline
1-877-995-5247

DOD Safe Helpline
1-877-995-5247

Domestic Violence Hotline
1-800-799-7233

Domestic Violence Hotline
1-800-799-7233

MILITARY ONE SOURCE

Military One Source
1-800-342-9647

**Military OneSource does not apply to TXSG.



Upcoming Behavioral Health Classes

Join us for sessions to boost your well-being!



10 MARCH @ 0900: HEALTHY THINKING

10 MARCH @ 1500: COMMUNICATION

17 MARCH @ 0900: COMMUNICATION

17 MARCH @ 1500: HEALTHY THINKING

24 MARCH @ 0900: HEALTHY THINKING

24 MARCH @ 1500: COMMUNICATION

31 MARCH @ 0900: COMMUNICATION

31 MARCH @ 1500: HEALTHY THINKING



Participating in these classes not only provides valuable insights but also promotes social interaction. Engage with others who share your interests and goals for a healthier mindset.

Support the troops in attending a class this month!



Scan QR code to join the BH Signal chat





TF BDE

To ensure soldiers are prepared for potential operational challenges, FOB Eagle continues to facilitate specialized training. This training encompasses a variety of skill-building activities including Combat Life Saving techniques, Throw Rope & Buoy rescue methods, and Drivers Training. These courses are part of a broader program aimed at maintaining soldier readiness.



7 DAY FORECAST FOR YOUR AREA



OLS Rally Point

PAY DATES FY25							
TASK FORCE	Period	Days	Date Paid		Period	Days	Date Paid
TF EAGLE/LS	1 Feb - 27 Feb 25	27	6-7 Mar	1	28 Feb - 29 Mar 25	30	4-7Apr
TXSG	1 Feb - 28 Feb 25	28			1 Mar - 30 Mar 25	30	



MAKE OUT TIME TO ATTEND

MOVIE NIGHT

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MARCH 6TH.
CAMP EAGLE FOB
VENUE: THE CHAPLAIN
OFFICE, B-18
TIME: 1930

Come Together

LET US REASON

- Isaiah 1:18

★

TUESDAYS AT 1900 *fellowship*
CAMP ALPHA DEL RIO (CHAPLAIN TRAILER)

★

THURSDAYS AT 1930 *location*
CAMP EAGLE FOB (CHAPLAIN TRAILER)

★

Come Join us!

Every Wednesday @ 1900

Located: FOB Eagle B-18

Available free snacks and drinks!

JOIN US!

Women's BIBLE STUDY

Romans 12:2 And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

ARMY COMBAT FITNESS TEST

If you need assistance preparing for ACFT events, we invite you to join us! Everyone is welcome to attend our sessions every Monday, Wednesday, and Friday @ 1700 outside B-08. We look forward to seeing you there!

Every Wednesday

ICE CREAM MILKSHAKE

DFAC

1700 - 1900

COOKING CLASS

WITH CHEF STEVE BEHR

EVERY WEDNESDAY
STARTING AT 5PM

AT DFAC

Environmental and Safety issue reporting

7 DAY FORECAST FOR YOUR AREA

Thu	Fri	Sat	Sun	Mon	Tue	Wed
83° 61°	93° 67°	76° 49°	70° 46°	77° 54°	83° 59°	87° 58°



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TF EAST



McAllen Public Library is thrilled to announce its fifth annual World Languages Festival at Main Library on Saturday, March 8th from 10:00AM-1:00PM! [Click here for information](#)



Circus & Specialty Acts, Circus Vazquez
Tickets are available. This event has multiple dates, please click the link below for details.

[Click here for details](#)



FemCity @ McAllen Women's International Day Market
Welcome to the FemCity @ McAllen Women's International Day Market at Glimmer Gallery by Indi! Join us for a day of celebrating women from around the world. This in-person event will feature a variety of vendors showcasing unique products and services.

[Click here for details](#)



March 7 @ 7:00 pm - 9:00 pm [Click here for info](#)
\$37
Step-by-step instructed painting class by an awesome artist! Includes all painting supplies and a 16x20 take-home canvas!
Bring your favorite food and drinks. (Any alcohol permitted, must be 21 to drink)
Create something definitely wall worthy! These make great gifts too! We have music, and games.
Please pre-register. We do not accept payments at the door.
BYOB ~ 2 hour classes ~ No talent needed!
Recommended Register 2 hours before any class.



Farmer's Market [click here for details for this event](#)
Come out to the farmers market this weekend & support your local farmers! Join us for our weekly #FarmersMarket of locally produced fruits, meats, vegetables& educational programs for the public – something for everyone at #FiremensPark #Townlake
[Town Lake at Firemen's Park](#)
North 1st Street
McAllen, TX 78501
March 8 Time: 9:00 am - 12:00 pm

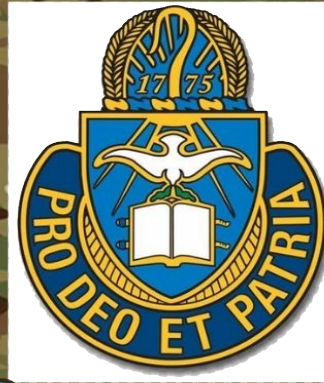
7 DAY FORECAST FOR YOUR AREA

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Camp Alpha Chapel

Signal Chats

ASG Chapel News & Info



[Tap link or scan QR](#)



TF Eagle Chapel Chat

[Tap link or scan QR](#)

Contacts



CH (MAJ) GARCIA 832-726-5888

CPL LIBERONA 617-774-7798

SPC REBEL 603-750-3843

We're here for you!

Need something?

If you need something we don't have, send us a message, we'll find it.

Wanna talk? Contact us.

Chaplain Teams have confidentiality.

Chapel

Visit the chapel at any time, we've got resources and a quiet space to gather yourself.

Give us your suggestions about what you'd like to see us do or how we can better serve.