



13 MARCH 2025

LONE STAR

TF INFO

The Pulse uses your TF input.

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

PULSE



CHAPLAIN'S CORNER

LUCK

St. Patrick's Day may be better known as an excuse for a party than a day celebrating the legacy of a Saint. Green beer with corned beef and cabbage are on countless menus during the month of March. Many jokingly discuss their plans and luck at chasing leprechauns or searching for pots of gold at the end of rainbows.

Do you feel lucky? Is there such a thing as luck? I appreciate games of chance, but life isn't a game --- is it. In my pre-Chaplain years, several trips to Vegas taught me a very important lesson. The odds are always on the house. We might have tools or calculations to narrow those odds but there are certain systems and ways in this world that lead to set outcomes despite our desire to change or beat them.

Some are convinced they can hone their skills at the table and play their cards in a way that will hopefully hit the jackpot or avoid going broke. After all, doesn't luck favor the prepared? Shouldn't we just be able to imagine the way things should be; work real hard; cross our fingers; and hope they work out? Unfortunately, that course of action may lead to worse odds. I had a Commander tell me one time that hope is a poor ingredient in a battle plan.

So how do we cope with the unknown and address those ways of the world that don't fit into a neat algorithm or can't be calculated by a hard drive? I do believe it's better to be prepared than lucky. It's vital

to come to grips with a foundation that helps prepare for uncertainty. This should be a preparation that provides assurance and not one that just offers an acceptable point spread. As we get ready for deployments and missions that involve many unknowns --- are you prepared or are you gambling? Are you prepared to deal with those weighty issues that most people choose to avoid --- issues of life and death? No other people-group grapples with them more than military/medical personnel or first-responders. These issues take up more of our attention the closer we get to them and the more we deal with them. They bring clarity to what's really important in the time we have.

I believe it's ok to ponder the significance of life, death, love, eternity, and similar topics. It's important to discuss them with those close to us. It's important to understand there are answers to topics that many choose to leave to chance. I agree ... hope is a poor ingredient in a battle plan. However, there's a difference between rolling the dice in hopes that the gods of fortune grant a favorable outcome, and the assurance that comes from the saving grace of the One who is Hope.

CH Maae

Prayer requests may be emailed to your unit Chaplain or to me at: patrick.v.maae.mil@army.mil



NEWS UPDATES ArmyTimes MilitaryTimes

[Read about the dismantling of a drug trafficking organization that operated between Mexico and Texas counties.](#)

[26,000 images flagged in DEI purge.](#)

[Former U.S. Marine Pleads Guilty to Submitting False Purple Heart Application.](#)

Think OPSEC: Don't make yourself vulnerable.



BEFORE SPEAKING OR POSTING ASK...

- Could this information compromise PERSEC?
 - Could this information compromise OPSEC?
 - Does this information or image disclose PII?
 - Does this information or image disclose secure facilities?
 - Does this reveal: Capabilities, Activities, Limitations, and Intentions (CALI)?
- Help keep us safe: if you observe a violation, report it.

g a m e



z o n e

NEW THIS WEEK

REPLAYS COMING TO VR



WWE2K25

Console: PS4, PS5

Genre: Sports/Wrestling

Release: March 14, 2025



FUTURE VR REPLAY REVEALS



[Click here to get help for yourself or a buddy](#)

BUDDY CHECK !! PICK A BUDDY TO CHECK ON TODAY.

Some warning signs may help you determine if a battle buddy is at risk for suicide, especially if their behavior is new, has increased, or seems related to a painful event, loss, or change:

- Talking about wanting to die or to kill themselves
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

[Click here to get help for yourself or a buddy](#)

988 | SUICIDE & CRISIS LIFELINE

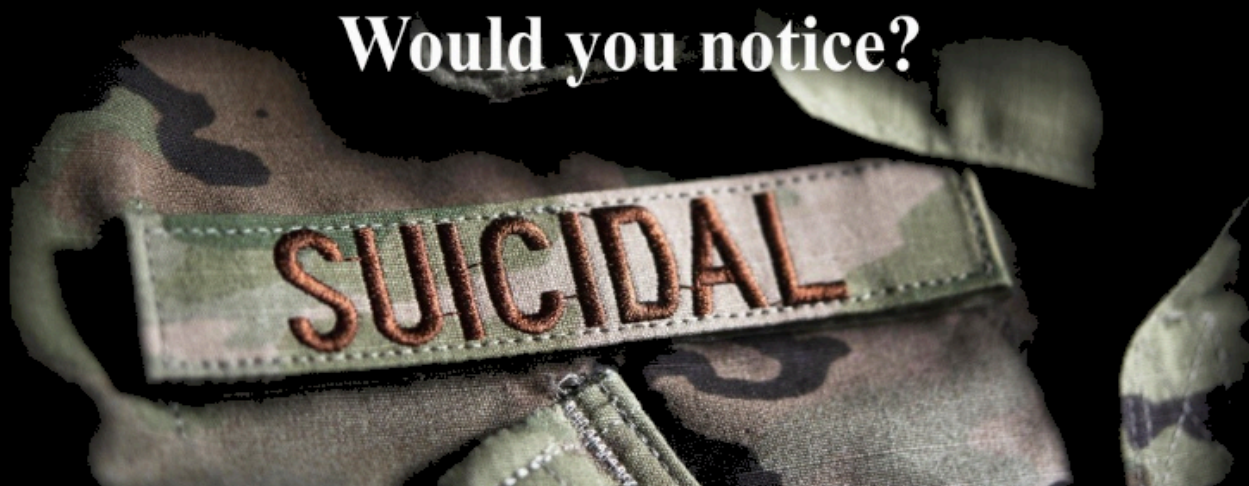
[Click here to get help for yourself or a buddy](#)

Get in Touch

The 988 Lifeline is for everyone. Through the 988 Lifeline, you have access to free, quality, one-on-one assistance. Our skilled, judgment-free counselors are here to provide compassionate support. You deserve to feel heard and cared about anytime, anywhere, 24/7/365.

The signs aren't always this obvious.

Would you notice?





Upcoming Behavioral Health Classes

Join us for sessions to boost your well-being!



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





[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 or scan QR to submit report](#)



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

TMD Counseling Program

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

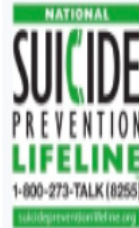
The Texas Military Department Counseling Program can be reached via the counseling line.

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



Suicide Prevention Lifeline
1-800-273-8255

[BEHAVIORAL HEALTH](#)



DOD Safe Helpline
1-877-995-5247

[JOB OPPORTUNITIES](#)



Domestic Violence Hotline
1-800-799-7233

[SERVICE MEMBER SUPPORT](#)



Military One Source
1-800-342-9647

[EDUCATION INFO](#)

**Military OneSource does not apply to TXSG.

[OLS POLICIES](#)



TF BDE



A big shout-out to our incredible partners at The Daughters of the American Revolution (DAR) and the USO for providing essential bedding items for the soldiers at FOB Eagle. We truly appreciate the continued support from our partners for the brave men and women deployed on the OLS Mission. Your generosity makes a difference!



We are committed to supporting individuals from all religious and faith backgrounds. If you need assistance or accommodations to support your beliefs, please don't hesitate to reach out.

Chaplain's Office, B18

Join the Signal
Chat



Team Contacts

- CH (MAJ) Garcia (832) 726-5888
- CH (CPT) Goss (931) 302-4605
- CH (1LT) Josephs (267) 206-8216
- SGT Hodsdon (512) 749-5392
- CPL Liberona (617) 774-7798
- SPC Rosales (832) 600-3298
- SPC Rebel (CAMP ALPHA) (603) 750-3843

Environmental and Safety issue reporting



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	



Fri 28 March
2644 Encino Park Drive, Eagle Pass
[Click here for details](#)

Adult Mental Health First Aid - Eagle Pass, TexasLearn how to support friends or family members dealing with mental health issues at our Adult Mental Health First Aid event in Eagle Pass.

FOB EAGLE COOKING CLASS

WED MARCH 19TH @ 1700*
IN THE DFAC W/ CHEF STEVE

Mother Sauces

Bechamel Milk + Butter	Velouté Stock + Butter	Espagnole Brown Stock + Brown Butter	Tomato Tomato + Spaghetti Sauce	Hollandaise Butter + Egg Yolk
Cream Cream + Cheese	Bercy Fish Stock + Shallots + White Wine + Butter	Chasseur Mushrooms + Shallots + White Wine + Butter	Creole Onion + Celery + Garlic + Pepper + Tomato + Cayenne	Bearnaise Shallot + Serrano + Butter + Citrus
Cheddar Cheese + Mustard + Mustard	Allemande Butter + Egg Yolk + Cream + Lemon	Chateaubriand White Wine + Shallots + Lemon + Serrano	Spanish Cocktail Sauce + Mustard + Olive	Mousseline Whipped Cream
Mornay Cream + Cheese + Butter	Supreme Chicken Stock + Mushrooms + Cream	Bordelaise Red Wine + Shallots + Bay Leaf + Thyme	Milanaise Mustard + Cheese + Ham	Maitaise Orange Juice + Whipped Cream
Mantua Cream + Butter + Paprika + Dried Shellfish	Aurora Almond + Tomato + Butter	Robert Onion + Mustard + Sugar + Butter	Neopolitan Garlic + Olive + Anchovy + Capers	Grimsod Saffron
Soubise Sautéed onions + melted and strained	Cardinal Fish Stock + Cream + Cayenne + Lobster	Duval Onion + Mustard + White Wine + Tomato	Bolognese Milk + Ground Meat + Red Wine + Onions	Choron Berkshire + Tomato Paste + Heavy Cream

*Time and lesson subject to change.

Shop Small Market invites you to our...

SPRING Market

March
Saturday 15 6pm-10pm

Vendors • DJ BRAD • Food Trucks
• Pet Friendly • Indoor / Outdoor Event!

San Fe Soccer Training Facility
402 E. 3rd St

March 15th from 1800-2200
402 E 3rd St., Del Rio

Join us on March 15th for a night of delicious eats from food trucks, awesome tunes by DJ B-RAD, and amazing vendors offering unique goodies! It's the perfect way to spend your night—supporting local, enjoying great food, and having fun! 🎉🎵

ARMORED CATFISH/MUD SUCKERS FISHING tournament

SAN FELIPE CREEK *NO ENTRY FEE *NET FISHING RECOMMENDED
NO FISHING LICENSE REQUIRED *MINORS NEED ADULT TO REGISTER

MARCH 14-16TH 2025
REGISTRATION FRIDAY, 14TH 5-7:00PM

CASA DE LA CULTURA
302 CANTU ST DEL RIO TEXAS

WEIGH-IN SUNDAY MARCH 16TH @NOON

\$300
\$250
\$150

March 14th -16th 302 Cantu St., Del Rio
[Click here for details](#)

The Casa de la Cultura is working with the Texas Parks and Wildlife and San Felipe Creek Coalition on ways to manage the invasive fish populations in the San Felipe Creek and prevent or reduce the ecological damage caused by these invasive species, the armored catfish also known as the mud suckers.

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Online: Poetry Inspired Journaling for BIPOC Women Limited Time Offer!!

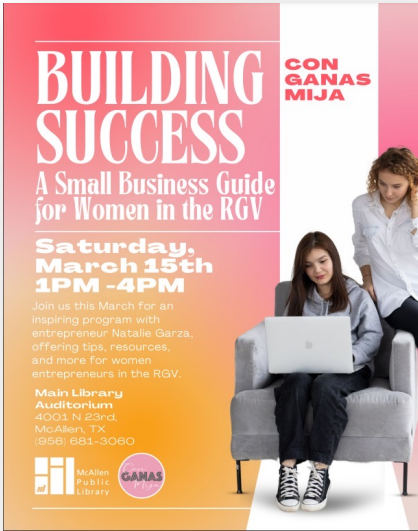
Buy One Get One Free ends 3/08/25 at 11:00 pm PST. Bring your bestie and I'll do the rest-e!!!
[Click here for details](#)



Payne Arena 2600 N 10th St
Hidalgo, TX 78557
 Mar 15, 2025
 8:00 PM CDT
[Click here for details](#)



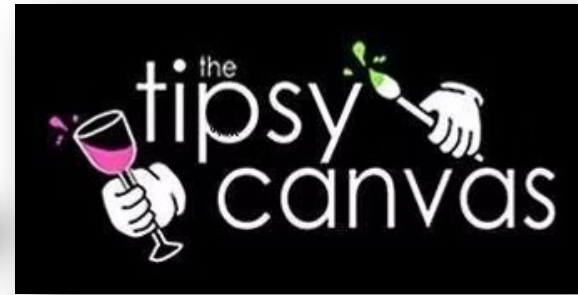
Pharr Skate Jam
 Sat, 15 Mar, 2025 at 06:00 pm to 10:00 pm
 Victor Garcia Municipal Park
 205 W Polk Ave, Texas, Pharr
[Click here for details](#)



Building Success: with Con Ganas Mija A Small Business Guide for Women in the RGV
 March 15 @ 1:00 pm - 4:00 pm
[Click here for details](#)



SAXET Trade Show
 March 15 @ 9:00 am - 6:00 pm
 McAllen Convention!
 Enjoy food and music while browsing dozens of vendors for your outdoor activities. \$8 at the door. [Click here for details](#)



Painting Classes
 March 14 @ 7:00 pm - 9:00 pm
 Event Series
 \$37
 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.
[Click here for details](#)

7 DAY FORECAST FOR YOUR AREA

Thu	Fri	Sat	Sun	Mon	Tue	Wed
95° 68°	100° 68°	91° 60°	85° 55°	84° 62°	87° 67°	90° 62°



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