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#### TF INFO

The Pulse uses your TF input.

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

#### **Loving Others**

Verse Matthew 22:39, "Love your neighbor as yourself."

As we strive to love our neighbors, we remember that we are not doing so by our strength but through God's grace and power. When we lean on Him, we are empowered to love in ways that might seem impossible.

Loving our neighbors requires us to look beyond ourselves and put others first, just as Jesus did. It means showing mercy, offering grace, and being willing to make sacrifices for others' well-being. As we reflect God's love, we become a light in the world, drawing others closer to Him.

Prayer: Dear God, Thank You for Your love and for calling us to love our neighbors as ourselves. Help us to see others through Your eyes with compassion and kindness. Teach us how to serve and care for those around us, even when it's complicated or inconvenient. Fill our hearts with Your love so that it overflows into our actions, reflecting Your goodness to the world. Give us the strength to love all people, just as You have loved us.

By Chaplain Garcia

STARS STRIPES NEWS UPDATES ArmyTimes MilitaryTimes

**US Army wants to aggressively amass cheap** rockets.

Chinese satellites rehearsing "dogfighting" maneuvers in low Earth orbit.

6 Day Op: ICE and law enforcement arrest 370 connected to transnational organized crime. gangs, and egregious illegal alien offenders.

#### MILITARY **ON**SOURCE

Tax Consultants are available

Monday - Sunday: 0700-1100 (ET) / 1600-2000 (ET)-during tax season

### "Get 'em Done"

Call Us OCONUS

Quick guidance & answers



https://www.militaryonesource.mil/financial-legal/taxes/miltax-military-tax-services/

\*Services are good for Active Duty, Army and Air Guard, or reserve that are activated or drilling monthly, their direct DEERS dependents, and those who have separated within 365 days. Does not apply to a Texas State Guardsman who does not meet the above requirements.















### The Last of Us Part 2

Console: Windows Genre: Action Adventure Release: April 3, 2025



### Fatal Fury: City of the Wolves

Console: PC, PS4, PS5, Xbox Series X/S

Genre: Fighting

Release: April 24, 2025



### Clair Obscur: Expedition 33

Console: PC, PS5, Xbox Series X/S

Genre: JRPG

Release: April 24, 2025



#### MotoGP25

Console: PC, PS4, PS5, Xbox One. Xbox Series X/S. Switch

Genre: Racing

Release: April 30, 2025







Click here to get help for yourself or a buddy

# III II Y 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

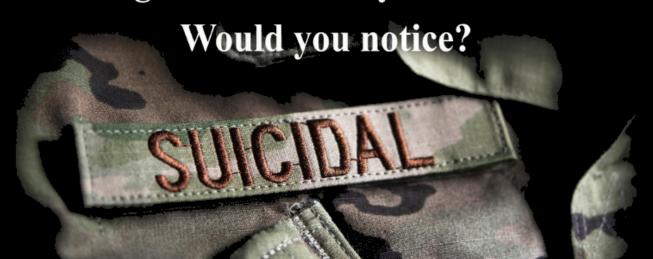
Click here to get help for yourself or a buddy

**SUICIDE & CRISIS** <u>.IFELINE</u>

#### **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.





You can <u>live at Laughlin AFB</u> in Del Rio while serving on OLS. Families and single SMs.





# Sign a Lease and Get ONE MONTH FREE!

+ No Upfront Fees

Act fast! This limited-time offer is only available until April 15, 2025. Contact us now to secure your new home!

#### **Community Amenities:**

- Community Playgrounds throughout property
- Pet Friendly, some restrictions apply
- Tennis Court
- Volleyball court
- **Dog Park**

#### **Housing Features:**

- 24 hour Maintenance
- Multiple 2, 3, and 4 bedroom plans available
- **™** Central AC/Heat
- Washer/Dryer hookups
- Refrigerator/dishwasher/garbage disposal
- Landscaping service provided

& SAVE \$50-\$100 OFF on Select Laughlin Homes

Call our team for details! (830) 313-5289

\*Must sign a lease and move in by April 15, 2025. Offer valid from March 15 – April 15, 2025 on select homes. Terms and conditions apply.





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.



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



**DOD Safe Helpline** 

1-877-995-5247



**Domestic Violence Hotline** 

1-800-799-7233



\*\*Military OneSource does not apply to TXSG.

Military One Source

1-800-342-

9647









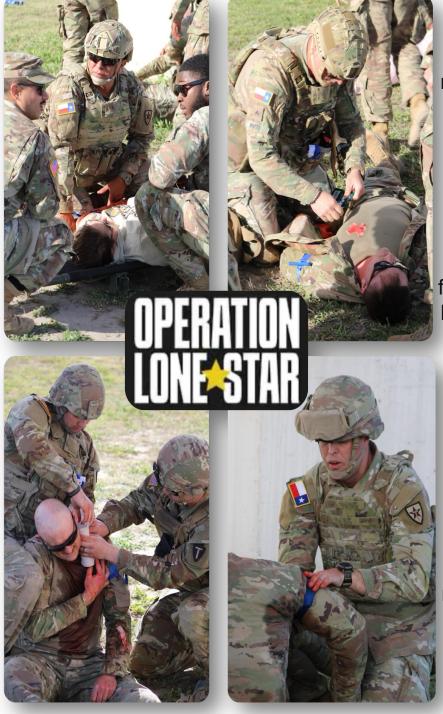












Texas State Guard and Texas **Army National Guard soldiers** recently conducted realistic masscausality training that is a part of the Combat Lifesavers Course (CLS), offered to the soldiers based at FOB Eagle.

Collaborative exercises and training classes, like this are vital for ensuring seamless cooperation between both organizations within the Texas Military Department. The experience gained is

invaluable and enhances our collective ability to respond effectively to mass casualty events.

The CLS course aims to train individuals to provide lifesustaining care to injured service members in combat until they can receive care from a medical professional.

### 7 DAY FORECAS **FOR YOUR AREA**

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	75°	66

Fri 81° 66°



Sat





98° 64°

Mon



Tue

Wed

5° 66°

96° 67°

83° 68°

94° 69°

<b>OLS Rally Point</b>

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		u- <i>i</i> iviai		1 Mar - 30 Mar 25	30







### LONE STAR

27 MARCH 2025

**FOB Eagle & Camp Alpha: Unit Ministry Team Needs Survey** 

# \* ARMY CHAPLAINS Serving all Soldiers Tap to take the survey

**FOB Eagle Unit Ministry Teams** (UMT) Resource/Need Survey

Let us know how to help you. Come visit us in B-18 on FOB Eagle or the UMT Trailer on Camp Alpha.

### **Occupational Burnout Prevention**

Please join us to learn strategies to prevent burnout and techniques to minimize its effects. We will also be discussing the causes of burnout and signs that indicate its presence.

Dates: April 1st, 11th, 15th, 25th, 29th

Time: 0900-1000 & 1500-1600

Location: MWR



Support the troops in getting to a class.





WHO: JTF-LS Personnel (IDT in JOA)

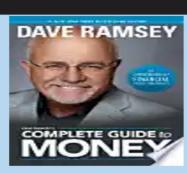
(TF East with CoC Approval) WHAT: FINANCIAL BSRT WHEN: 03 April 2025 TIME: 0900-1400

WHERE: Casa Del Palmas 101 N Main St., McAllen, TX 78501

GAME Room (2<sup>nd</sup> Floor)



Scan QR Code:



LOOKING **FORWARD TO** SEEING **EVERYONE** 

To Pre Register Tap here to pre-register

POC: SFC JOHN BARKLE

@ ng.tx.txarng.list.ols-bde-r3sp@army.mil Include: Name. DOD ID. Section

CIVILIAN **ATTIRE** ONLY

**7 DAY FORECAST FOR YOUR AREA** 

Thu

Fri

Sat

Sun

Mon

Tue

Wed

75° 66°

81° 66°

90° 69°

96° 67°

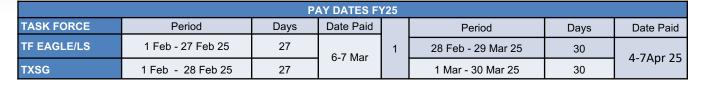
98° 64°

83° 68°

94° 69°



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OLS	Rally	Point









### LONE STAR DI

27 MARCH 2025



### **Experience the Magic of Ireland in McAllen!**

March 29, 7:30 pm McAllen Convention Center 700 Convention Center Blvd McAllen, TX

Click here for details



# OWE Spring WORKSHOP: Mimosas, Money & Mindset

Saturday, March 29 · 9am - 12pm

DoubleTree Suites by Hilton Hotel McAllen 1800 South 2nd Street McAllen, TX

Click here for details



#### Spring Festival

Sat, 29 Mar, 2025 at 12:00 pm to 04:00 pm 1026 S Fir St Pharr, Tx 78577 Click here for details



#### Mission Wine Festival

Saturday March 29, 2025 at 12:00 PM to 8:00 PM

Hacienda Antigua Event Center, 9551 N N Moorefield Rd, Mission, TX 78574

This indoor festival showcases 40+ different wines from some incredible wineries from all throughout Texas, each bringing a selection of their most popular, unique, or new wines!

Click here for details



#### The Arts as Divine Inspiration (Free Event)

Saturday, March 29 · 2 - 4pm CDT McAllen Public Library, Board Room 4001 N 23rd St McAllen, TX Art has a unique ability to inspire and

Art has a unique ability to inspire and uplift us, to teach us and help us understand the world around us, to help us heal and bring us together.

Click here for details for this event

Mon

94° 72°

### 7 DAY FORECAST FOR YOUR AREA















Wed

Tue

86° 73° 95° 74°



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TASK FORCE	Period	Days	Date Paid		Period	Days	Date Paid
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