



# Cougar Tales Newsletter

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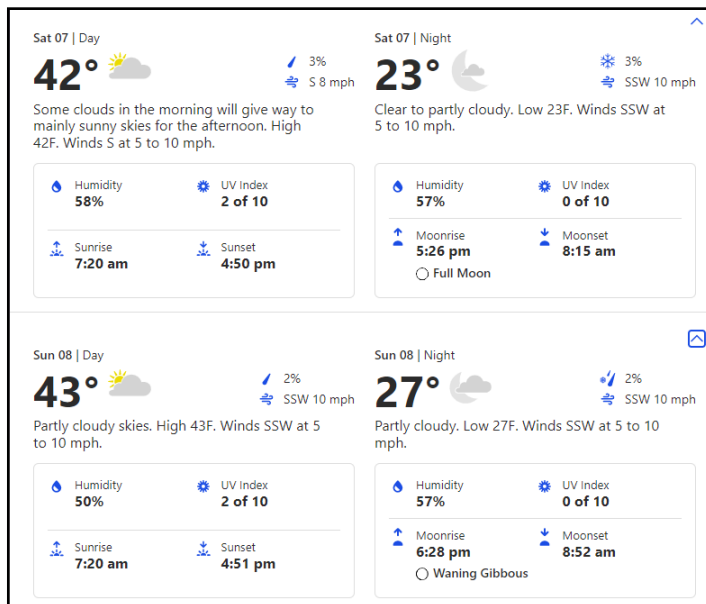
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And so much more...



# BLUF: Bottom Line Up Front

## Weekend Weather Forecast



### Wing training calendar:

Here is the link: <https://usaf.dps.mil/sites/12068/Lists/UTA%20%20Training%20Calendar/calendar.aspx>

To sign up for lodging,  
click here:

<https://www.signupgenius.com/go/10c0c4cacac2aa5fbcf8-lodging>

Also on Wing App!

### Clinic/Shot Hours:

Walk in hours for clinic: Sat. only for labs/immunizations 0830-1200 and 1300-1530

Flu shots are still available!

### Buckley SFB Gate Hours

Mississippi gate: 24/7

6th Avenue gate:

Saturday/Sunday: 0600-1700

### Inclement Weather:

(<https://www.buckley.spaceforce.mil/>)

Snow line, at (720) 847-7669 (SNOW).

140TH WING	233D SPACE GROUP
15-16 OCT 2022	15-16 OCT 2022
5-6 NOV 2022	5-6 NOV 2022
3-4 DEC 2022	3-4 DEC 2022
7-8 JAN 2023	7-8 JAN 2023
4-5 FEB 2023	4-5 FEB 2023
4-5 MAR 2023	4-5 MAR 2023
1-2 APR 2023	1-2 APR 2023
6-7 MAY 2023	NO DRILL FOR MAY
8-11 JUN 2023 (NOTE 1)	10-11 JUN 2023
NO DRILL FOR JULY	NO DRILL FOR JULY
5-6 AUG 2023	1-15 AUG 2023: ANNUAL FIELD TRAINING (NOTE 2)
9-10 SEP 2023	9-10 SEP 2023

# January Lunch Menu

### Saturday

Chicken Enchiladas  
 Hard Shell Beef Tacos  
 Refried Beans or Black Beans  
 Spanish Rice  
 Southwestern Zucchini and Corn

### Soup of the Day:

Chicken Tortilla

### Sunday

Baked Chicken Quarters  
 Boneless Pork Chops  
 Creamy Chicken Gravy  
 Noodles Jefferson  
 Italian Vegetable Blend  
 Carrots

### Soup of the Day:

Broccoli Cheddar Soup

### Short Order

Hamburgers  
 Hot Dogs  
 French Fries  
 Grilled Onions and Jalapenos

### Dessert:

Assorted Cookies  
 Ice Cream Sandwiches  
 Chocolate Toffee coated Ice Cream





Members of the Colorado National Guard provide support to civil partners at a warming center at the Denver Colosseum, Denver, Dec. 21, 2022. By order of Gov. Jared Polis, the Colorado National Guard was activated to assist the state emergency operations center (EOC) with extreme cold weather operations in Denver metro and surrounding areas due a cold front expected to reach a -50 degree wind chill. (U.S. Army National Guard photo by Sgt. 1st Class Joseph K. VonNida)

## Colorado National Guard activated for arctic blast, assisting civil authorities at warming centers

By Sgt. 1st Class Joseph K. VonNida, Colorado National Guard Public Affairs

**DENVER** – With an extreme cold front bearing down on Colorado, Governor Jared Polis signed an executive order authorizing the support of up to 100 Colorado National Guard members to assist civil authorities at warming centers across the Denver metropolitan area and Boulder, Colorado, Dec. 20, 2022.

In less than 80 minutes from the time of notification, the first 25 Colorado Air National Guard members volunteered and were prepared to begin onboarding to augment state emergency response efforts at the Denver Colosseum near downtown Denver.

“I love serving,” Task Force Arctic Commander U.S. Air Force Maj. John Moreland said. “I like moving and motivating troops, and I like to be able to assist those who may not otherwise have the service or help we’re about to provide.”

In 2021, just before the New Year’s holiday, the CONG was activated to assist at the Marshall Fire in Boulder County, Colorado.

“During the holiday season, the members of the Colorado Army and Air National Guard are here to help the people of Colorado in times of need, such as the extreme weather event we are about to experience,” said 140th Wing Commander U.S. Air Force Col. Christopher Southard. “As Citizen Airmen and Soldiers, we are always ready to support our community members in times of need. It’s an honor to serve our community when called upon.”

During COVID-19 relief efforts in 2020, over 130 service members aided people at shelters in Denver as part of a CONG task force named Shelter Support.

This year, the holiday season began not with heat from a rapidly moving wildfire, but an extreme cold front with a wind chill expected to hit near -50 degrees in some areas around the city. Less than 24 hours after receiving the call, the activated CONG members were mission ready and stood by to assist people seeking shelter.

"The Colorado Guard is assisting ... [people] whose resources aren't as plentiful to not have to bear all of the hardship that comes along with the elements, the cold, and the freezing temperatures," Moreland said. "Everyone here is a volunteer. They did not have to be here for this mission and so I would say that morale is high, they want to be here, and they believe in what it is we are doing."

Whether assisting with food service duties, directing foot traffic, checking people into the shelter, or just listening to someone's story, the Guard members of Task Force Arctic took advantage of every situation to develop relationships, build knowledge, or just lend a hand when times are tough.



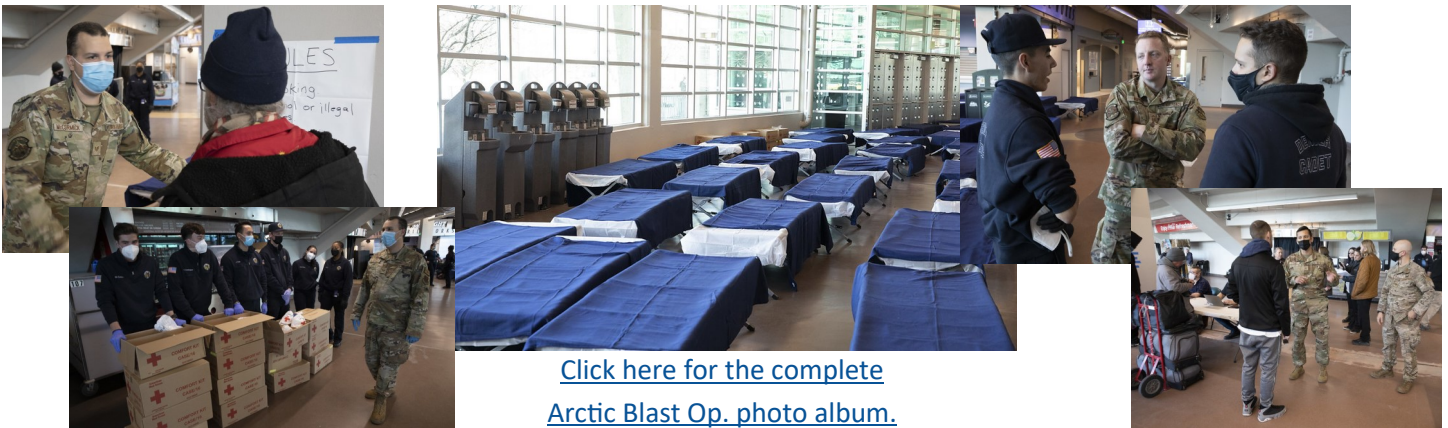
"Opportunities like this in our domestic operations portfolio always present an opportunity to exercise leadership skills that you may not otherwise be exercising," Moreland said. "I think this is a great season of the year to spread holiday cheer so-to-speak, to show love, to show kindness ... I'm excited about being here, and I think its safe to say that all the troops are also."

Before the day was over, the state emergency operations center granted requests for support at an additional four locations, and another 25 CONG members would answer the short notice call.

"Be it fires, floods, rescue operations ... the Colorado National Guard is always ready, and we are present wherever and whenever we are needed," Moreland said.

U.S. Air Force Master Sgt. Ryan Hopkins, 140th Wing, Colorado Air National Guard, explains the layout of the Denver Colosseum, Denver, to a team of Colorado National Guard members assisting at the Colosseum warming center Dec. 21, 2022.

(U.S. Army National Guard photo by Sgt. 1st Class Joseph K. VonNida)



[Click here for the complete Arctic Blast Op. photo album.](#)

## Other Side of the Mountain Gang

The Other Side of the Mountain Gang was officially started over 36 years ago in 1982 by the a small group of retired Colorado Air National Guard members. We are now a group of over 600 and include retirees from the Colorado Air and Army Guard, as well as civilians who worked as state or federal employees at Buckley. We also have members from other services and widowed spouses who participate.

We have moved back to TREA 39, 15821 E. Centre Tech Circle, Aurora, CO. We meet on the first Wednesday of the month at 1100 HRS in person and on Zoom. Our website : [OTHER SIDE OF THE MOUNTAIN GANG](#)



# Developmental Opportunities:

**140th Wing:** MSgt Lisa Shoup—COANG-U

**233rd Space Group:** SMSgt Abbas Montoya—HRA

## 460th Space Force Base Opportunities:

### **NCO Professional Enhancement Seminar (NCOPEs)**

**17-20 Jan 0800 - 1600 | Bldg 210 Classroom 2**

Open to all E-5s and E-6s who have gone through ALS/GLS more than 12 months ago, and who have not yet attended NCOA. This 4-day seminar is designed to enhance your supervisory skills/leadership toolkit as well as augment and reinforce information taught in basic military training, technical training, ancillary training, PME, and job experience.

### **John Maxwell's: Becoming a Person of Influence**

**25 Jan 0800 - 1600 | Bldg 210 Classroom 2**

If you're life connects with others in any way, you're an influencer. In this class you'll learn to increase your impact with Maxwell's simple, insightful ways to interreact more positively with others and watch your organizational effectiveness go off the charts.

### **SNCO Professional Enhancement Seminar (SNCOPEs)**

**31 Jan - 3 Feb 0800 - 1600 | Bldg 210 Classroom 2**

Open to all MSgt-selects and MSgts who've been pinned on for *less* than 12 months. This 4-day seminar is provided by the Airman Development Advisor IAW DAFI 36-2670. It is designed to help you transition into the SNCO tier by enhancing your leadership and supervisory skills as well as augmenting and reinforce information taught in basic military training, technical training, ancillary training, PME, and job experience. This seminar provides a learning environment where we will discuss some of the pertinent issues and programs that new SNCOs will likely work with on a regular basis. It will also prepare our newest MSgts to tackle their new duties and roles within the organization.

## Stay Connected!



Keep informed with up-to-date events and opportunities through our digital services and on-line presence. The 140th Wing app is available from your app store and will have immediate postings for you to take advantage of.

Link to Wing app on Android: [https://play.google.com/store/apps/details?id=com.m360mobile.Wing140&hl=en\\_US&gl=US](https://play.google.com/store/apps/details?id=com.m360mobile.Wing140&hl=en_US&gl=US)

Link to Wing app on iPhone: <https://apps.apple.com/us/app/140th-wing/id1387447642>



# UTA Weekend Daycare

GREAT NEWS for our **Service Members who are assigned to or working on Buckley SFB during UTA weekends**. The Buckley SFB Family Child Care (FCC) program is offering free certified in-home care for children ages 2 weeks to 12 years, in either on-installation housing or in civilian communities for service members on drill weekends. The groups are multi-age and smaller ratios than in the centers.

Free childcare on UTA weekends is available for Single Service Members, Dual Military Service Members, and Service Members who have spouse that works outside the home on drill weekends, they will provide their work schedule.

The point of contact to register for this childcare is:

Primary - Ms. Wynnne Wahlfeldt at [wynnie.wahlfeldt@spaceforce.mil](mailto:wynnie.wahlfeldt@spaceforce.mil),

Secondary - Tiffany Johnson (If Ms. Wahlfeldt is out of office), [tiffany.johnson.36@spaceforce.mil](mailto:tiffany.johnson.36@spaceforce.mil).

If it is the first time requesting this care, Service Members should submit the attached form at least 1 week prior to drill. If the member does not currently use the CDC, they will require a few additional documents such as, spouse proof of employment (if the member has a spouse), an immunization record, and their drill calendar.

Once the child is registered, they are good to go for the year and will only require a phone call or email request for care NLT the Wednesday prior to drill month.

Additionally, please contact Ms. Wynnne Wahlfeldt if you know of anyone that wants to be a FCC Provider, the Buckley SFB Family Child Care (FCC) program is looking for more providers. This is a great employment opportunity if the family member needs to be at home. Buckley SFB will provide all the equipment and tools to get them started with their own home business.

## Message from TAG

Please join me in congratulating Brigadier General D. Micah “Zeus” Fesler on his selection as the next Assistant Adjutant General-Air and Commander, Colorado Air National Guard. Zeus is a familiar face to many of you as he is currently the Chief of Staff-Air and served as the 140th Wing Commander from August 2019 to August 2021. He has led Airmen in both combat and peacetime and brings a rich background of innovative tactical and strategic experience at multiple levels in both military and civilian sectors. Zeus possesses incredible problem-solving skills and unbelievable compassion, combined with an unrelenting positive attitude and energy level that is extremely rare. I have no doubt Zeus will continue to lead the men and women of the COANG into the future with the same passion he had in all his previous leadership positions.

I want to congratulate Brigadier General Shawn Ryan on his 32+ years of exemplary service to both State and Nation culminating with his assignment as the Assistant Adjutant General-Air, and Commander of the Colorado Air National Guard. Shawn has served in this role since May 2021 during the most challenging time in our organization’s history. He ensured that the men and women of the COANG were trained and equipped to accomplish both their federal and domestic operations missions. He oversaw the COANG’s response to COVID and ensured the readiness for the individual and collective deployments of the 140th Wing.

Thank you, Shawn for a job well done!

The date and time for the Change of Command ceremony will take place Sunday, January 8th, at 1400 in Hangar 909, and Brig. Gen. Ryan’s retirement ceremony will take place during March drill.







***Brigadier General Laura L. Clellan***

*The Adjutant General of Colorado*

*cordially invites you to a*

*Change of Command Ceremony at which*

***Brigadier General Shawn G. Ryan***

*will relinquish command of the Colorado Air National Guard to*

***Brigadier General D. Micah Fesler***

*Sunday, January eighth*

*at two o'clock in the afternoon (Mountain Standard Time)*

*Buckley Space Force Base, Hangar 909*

*Reception to follow*

*Parking & seating is limited - please carpool*

***R.s.v.p. by 2 January 2023***

***POC: CMSgt Brandon Shulman***

***720-847-6630***

***Alt POC: Capt Kathryn Nay***

***720-847-7600***

***Military: Uniform of the Day***

***(OCP/Flight Suit)***

***Civilian: Casual***

# Resiliency Hotline

You can now call one number to access all your Resiliency Programs/Personnel from one location. If you, your Wingman, or one of your team members needs help, just call 1-866-333-8844 to contact the following: Director of Psychological Health (DPH), Chaplain, Service Member/Family Programs, Sexual Assault Response Coordinator, Legal, Prevention Coordinator, State Equal Employment Manager, and the Chief Diversity Officer. Just scan the QR code above and save this contact to you phone. You never know when you or someone you know may need it.





## **140WG GP/Commanders and Senior Enlisted Advisors 2022 End of Year review:**

**OG:** You want to see a Group execute the mission at the highest level consistently throughout the year? We did and this is the proof. The Operations Group deployed to Prince Sultan Airbase, Saudi Arabia, for just over 3 months, where we flew 3219 combat hours over the course of 569 sorties and employed 2,000 rounds of 20 millimeter, 7 laser guided rockets and 55 precision guided weapons to kill hundreds of ISIS fighters during the Hasakah prison break, and defend coalition forces in Iraq and Syria. We deployed to Miramar in support of the Marine F-18's for two weeks to conduct dissimilar basic fighter and air combat maneuvering while also executing 35 incentive flights for our Wing members in recognition of their selfless service and outstanding dedication. We added to that 35 with another 32 incentives during the months of October and November. We deployed a 4 ship again to Fallon in support of Navy Top Gun where our pilots dominated wannabe Mavericks in the mighty Block 30. We smoked the Readiness Exercise Evaluation, surge flying out of 3 separate locations, the ACC Standardization and Evaluation inspection, and the Alert Forces Operational Assessment conducted by 1st Air Force. All this was conducted while also manning the 24/7 alert mission in defense of Colorado and the United States. Things aren't going to slow down as we continue to prepare and train in 2023. BANG!

**MXG:** 2022 captured another remarkable year for the 140th Maintenance Group. The deployment to Air Force Central Command in support of Operation Inherent Resolve showcased the professionalism and dedication of our maintainers as they sustained a high-level of aircraft availability, both downrange and at home-station. The deployed 140th ops/maintenance team executed over 550 sorties, totaling over 3,000 hours of mission time, and lead the way with the 378th Air Expeditionary Wing's first hot Integrated Combat Turn, utilizing multi-capable Airmen from four career fields. The ops/maintenance team demonstrated downrange Agile Combat Employment (ACE) in two exercises: SPEARS OF VICTORY, where we built a unique nation-state partnership as the first American unit to participate in the Kingdom of Saudi Arabia's inaugural Flag event. The team also executed AGILE SPARTAN, running a joint service/joint partner exercise with the United States Marines and the Royal Saudi Air Force, which the Combined Forces Air Component Commander ACE Cell cited as the best ACE unit seen to date. The 140th MXG authored the playbook for Total Force Integration success; the active association partnership with the 383d Fighter Squadron strengthens our organization and helps increase the number of trained fighter pilots available to our Combat Air Forces. Despite multiple challenges (older F-16s that break more often, decreasing aircraft parts availability, and an unreliable depot schedule) the superstars of the 140th MXG are leveraging the Theory of Constraints to optimize aircraft maintenance practices and increase daily aircraft availability. As we move into 2023, MXG leadership remains focused on building force development opportunities throughout the group and strengthening our culture and values of mutual respect, inclusivity, teamwork, and excellence.

**233 Space Group** – 2022 saw unprecedented operations across the Space Group. The MGS was activated in support of the Russian invasion of Ukraine and will likely remain on status for the foreseeable future. Additionally, MGS was deployed in support of USSTRATCOM exercise Global Thunder in February and our newly developed super FPAK CONOPS was tested in June with its deployment to Wyoming during AFT. Lastly, the Group received formal notification that we will take on portions of the MGS follow on mission: S2E2 (SBIRS—Survivable and Endurable Evolution) in partnership with the United States Space Force Delta IV. Lastly, Colorado Lieutenant Governor Diana Primavera, TAG, staff, and industry professionals visited Greeley Air National Guard Station and received an orientation to the 233d mission and Colorado Guard service member contribution to national security.

The 138th Space Control Squadron "Ghostriders" were deployed on an out-of-cycle deployment to the AFRICOM Area of Responsibility. This deployment was within 7 months of their last 6-month deployment in 2021. Additionally, the 138th participated in multiple exercise to include Neptune Falcon, a joint exercise that included Air Combat Command and U.S. Space Force assets, where the Ghostriders became the first electromagnetic warfare unit in the Air Force to

connect to the Range Closed Loop Environment, demonstrating critical capability for combatant commanders. Finally, the 138th enjoyed a personal visit from Colorado Governor Jared Polis, where he received a 233d Space Group mission brief and increased situational awareness of the Space National Guard initiative in deliberation in Congress. Additionally, the Combat Training Schoolhouse (233d Det 1) graduated 30 guard personnel from 4 states (CO, FL, CA, and HI) with certification in Space Electromagnetic Warfare operations. Our training capacity provides an essential qualification means for Air Force and Space Force electronic warfare professionals in continual demand to defend the national security interests of the U.S., its allies, and its partners.

**MSG:** In 2022 the 140 MSG team showcased their far-reaching critical capabilities through expertly supporting multiple large-scale undertakings, to include: the PSAB deployment, SSP engagement, Miramar TDY, Ukraine Humanitarian mission, and alert missions. More specifically, in support of our Space GSUs, we established the first ever mobility warehouse for the 233d SG. Additionally, we integrated with the CO Army National Guard's Cyber Protection Team at Exercise Cyber Shield to partner with the Slovenian Ministry of Defense at Exercise LOCKED SHIELDS ensuring full validation for Slovenia which helped make us EUCOM's #1 choice to provide cyber expertise to a new SPP candidate Malta, planting the seeds for further U.S. integration. We were also #1 in all of ANG Combat Arms for qualifications and personnel trained which aided us to dominate CONG's Best Warrior challenge where six members completed the three-day competition amassing four individual event awards and the "Best Warrior" crown. Furthermore, the 140 MSG had a significant role in the Wing's Readiness Exercise Validation, where we deployed wing personnel to set up a base camp at the Agile Combat Employment site in Nebraska, as well as training, directing, and managing the 140th Wing's Emergency Operation Center. Finally, for the first time ever, the 140 MSG took home the NGB "Distinguished Mission Support Group Plaque" showcasing our efforts as one of the top five MSG's in the nation! Looking forward to 2023, we are excited to continue the momentum and deliver premier support for mission execution anytime, anywhere.

**MDG:** The 140th Medical Group has had a fantastic year! Our CERFP conquered EXEVAL after a year plus of arduous combined training events and exercises. Our State Partnership Programs continued to grow with both Slovenia and Jordan. We worked along-side Slovenia during multiple Role II events and as they took over as the framework nation for the Balkan Medical Task Force. Jordan expressed the need for a critical care infrastructure, and we built a team to help them move forward with that goal. Our Medical Support Squadron made sure the Wing was fit to fight as we processed multiple ACE missions and deployments as well as participated in the REV, which all were huge successes. We look forward to all the experiences and challenges that 2023 will bring.

**WGS:** In 2022, the Wing Staff supported our returning Deployers by providing both events like the Strong Bonds program in addition to a variety of counseling services. At the same time, they've kept their focus on the future, planning and executing an incredible midpoint exercise in the REV, earning multiple 'valid yeses' for the Wing. They've helped keep the force sharp in assisting in the execution of 80 ACA events and beginning to modernize our Electronic Records Management system. Finally, they've helped the Wing continue to grow, both literally and metaphorically, by conducting and guiding us through the DEOCS survey as well as bringing in over 150 new team members to share our journey with us.

**240 CEF:** Calendar year 2022 saw 240th members travel to Alaska and Wake Island for critical infrastructure assessments and provided USSF master planning and programming for space launch capability at Cape Canaveral. Unit members were embedded with 7AF staff for Ulchi Freedom Shield in Korea, the largest peninsula-wide exercise! One of our members is currently serving 365-days in Poland to standup an infrastructure PMO. Another member is providing fulltime critical GIS capabilities to the Colorado fire watch team. As the year closes, our members sustain customers directly for CO JFHQ, SAF, PACAF, EUCOM and SPACECOM. Calendar year 2023 will see the 240th CEF expanding OPLAN tasked exercise engagement in INDOPACOM, boots-on-ground advancement of PACAF second island chain infrastructure and increased end strength manning.



Lt. Governor Dianne Primavera & TAG Visit 233rd Space Group, Dec 9, 2022







Three nominees U.S. Air Force Command Chief Master Sgt. Todd Scott, Maintenance Squadron Commander, U.S. Air Force Maj. Joshua Eveslage, 153rd Aircraft Maintenance Commander, and U.S. Navy Capt. Tom McAndrew, pose together at Bear Dance Golf Course in Larkspur, Colorado on November 11, 2022. The 50th annual ESGR banquet recognized three Colorado company award winners on the dedication to National Guard and Reserve member's military service. (U.S. Air Force photo by Staff Sgt. Hannah Roethke)

## Employer Support of the Guard and Reserves recognizes three Colorado Freedom Award winners

By Staff Sgt. Hannah Roethke, 140th Wing Public Affairs

For the first time since the Employer Support of the Guard and Reserve was established, three Freedom Awards were presented to Colorado employers for their support of members of the National Guard and Reserve.

An ESGR banquet, typically held in Washington, DC, was hosted in Larkspur, Colorado, Nov. 11, 2022, and brought together the three Colorado company's CEO's and their nominees to receive their prestigious awards.

"It goes to show that Colorado is a very supportive state for their military personnel," said U.S. Air Force Col. Michael Bruno, deputy chief of staff for the Colorado Department of Military and Veterans Affairs.

Bruno emphasized that the award winners look out for their employee service members especially during deployments and that the ESGR helps recognize how exemplary the employers in Colorado are.

"The ESGR's goal is to recognize, educate, and mediate," Colorado ESGR Chairman, Mark Hennessey said.

ESGR actively supports the employee's civilian employment, educates the employers on the systems in place to protect the service members, and mediates between the employers and employees to ensure service members are appropriately supported correctly to the needs of the service member.

ESGR hosts military and employer outreach programs in over 54 states and territories. There are an average of 2,300 nominations from all branches of the military annually. Only 15 awards are given each year and of those only five are Freedom Awards, encompassing three different employer types: small, large, and public.

The Colorado winners represented each category this year which raised special attention from ESGR.

"Currently, employers know that military men and women aren't just good hires, but great hires," ESGR National Chairman Ron Bogle, said. "They are team driven, mission accomplishment focused, show up to work, work well in diversity, and they are focused on getting the job done." Bogle was appointed by U.S. Secretary of Defense Mark Esper. "It's very important to get the message out to encourage employers to take care of military members while they take care of the mission. That's paramount," said U.S. Air Force Command Chief Master Sgt. Todd Scott, individual mobilization augmentee to the senior leader at U.S. Space Command, Peterson Space Force Base, Colorado Springs,



Colorado. "I appreciate everything the ESGR has done to facilitate these awards to these companies and I'm sure that there are so many other companies that are doing a great job. We will continue to get the word out."

Scott was activated to help set up the Space Force during the COVID 19 pandemic's first stages. "My employer was very supportive in that they made sure that my family was taken care of and my benefits were still there. They also made sure that my work team was also taken care of as well," he said. "This is a way to give back to the employer and recognize them for how well they have take care of their military employees."

Wyoming National Guard's 153rd Maintenance Squadron Commander, U.S. Air Force Maj. Joshua Eveslage, nominated his employer the Jefferson County Sheriff's Office. Eveslage is a traditional guardsman with three overseas deployments, while also serving as a county patrol sergeant for the last 17 years.

"They go above and beyond," Eveslage said. "They took care of my house, watched my dog, and built a fence for another deployed member."

He stated that his employer also meticulously submitted pay matching paperwork so that his retirement wouldn't take an income hit. A process that normally becomes overlooked and increasingly stressful on deployed members.

U.S. Navy Captain, Commander, Tom McAndrew, Navy Reserve Space Command headquarters, recently deployed to assist with the U.S withdrawal from Afghanistan. "The experience that I had was unbelievable," he said. "Being the CEO of a hi-tech cyber security company and then 90 days later being a part of the largest human noncombatant evacuation in history is a testament to what we do here. The mission could not have happened without the National Guard and Reserve."

McAndrew is also a Freedom Award-winning CEO recipient at CoalFire, a Cyber Security Company. The Freedom Award is the highest recognition given by the U.S. Government to employers for their support of their employees who serve in the Guard and Reserve. He believes the country needs us to make sure that the best and brightest in the civilian sector also continue to stay relevant in the military.



## Celebrate Your Heritage!

Each month there is an opportunity for you to tell the story of your heritage and how it has affected and/or enhanced your military career. We would like to showcase your story and share it with others as we celebrate the diversity within our unit. Our desire is to foster an inclusive, people-first culture of equity, diversity, and inclusion within the unit.

Help us highlight your individual story and possibly inspiration others! Contact Public Affairs at:

[140wg.pa.org@us.af.mil](mailto:140wg.pa.org@us.af.mil).

February: Black History Month

March: Women's History Month

April: Women's History Month

CULTURAL  
AWARENESS



# OBSERVANCE

## MARTIN LUTHER KING JR. DAY

Each year, on the third Monday in January, the Department of Defense joins the nation in honoring the life and legacy of Dr. Martin Luther King Jr.

King is remembered as America's preeminent advocate of nonviolence and a leader of the Civil Rights Movement. While others were fighting for equality by "any means necessary," he used the power of words and acts of nonviolent resistance. King's achievements are well documented.

However, few people know of the history and connection he had with the island of Bimini in the Bahamas. King chose Bimini because it was where his friend, politician and civil rights reformer Adam Clayton Powell, Jr. had a home. Artist Tommy Saunders worked as a personal assistant for King during his visits.

Meanwhile, Tommy's older brother Ansil, a boat builder and champion bonefisher, became King's guide and friend. He would take King to secluded parts of the island where he could be alone with his thoughts. Like King, Ansil Saunders is a deeply religious man, and the two quickly bonded over their faith.

During one visit to Bimini, King wrote notes for his Nobel Peace Prize acceptance speech, which he gave in Oslo in 1964.

In 1968, King returned to the island. Saunders, again, found a quiet place on Bonefish Creek, where King would write his final speech, *"I've Been to the Mountaintop."*

Saunders shared in a later interview, his conversation with King. He said, *"He told me 'You know, Ansil, I don't think I'll make 40 years old.'" He went on to share, "We didn't have time to fish because he wanted to just write at that time. He came to Bimini to feel peaceful."*

On April 4, 1968, days after returning from Bimini, Martin Luther King Jr. was assassinated in Memphis, Tennessee.

The Defense Department recognizes that freedom, equality, and inclusion are true force multipliers and imperative to the national defense and the strength of our nation. Dr. King recognized the power of service. Observing MLK Day through service continues the DoD's mission of promoting change and building communities.



# 2022 COANG Christmas Party







# Material Management Hours of Operation

## Clothing & Mobility

Clothing POC - TSgt Garret Fickbohm (847-9753/9778)

Mobility POC - SSgt Nick Love (847-9778/9780)

**Tue–Thur** - Available by appointment only

**Friday** – 0800-1100 & 1300-1500

**Sat Drill** – 0830-1100 & 1300-1500

**Sun Drill** – CLOSED

## Flight Service Center (FSC)

POC - TSgt Joel Hanson (847-9741)

**Tue–Fri** – 0615-0800 & 0900-2230

**Sat Drill** – 0700-1800

**Sun Drill** – 0600-0745 & 1115-1600

“During High Tempo Hours are subject to Change”



Two members of the military contingent hold a portion of the U.S. Flag during opening ceremonies at the Denver Bronco's Salute to Service game, Invesco Field at Mile High, Sunday, November 20, 2022. (U.S. Air Force photo by SrA Mira Roman)

## Ivy Soldiers attend Denver Broncos "Salute to Service" Game

Story by Sgt. Matthew Marsilia, 4th Infantry Division Public Affairs Office

Sunday, November 20, 2022

FORT CARSON, Colo. — 4th Infantry Division Soldiers and members from the armed forces attended the Denver Broncos "Salute to Service" game against the Oakland Raiders at Empower Field at Mile High Stadium in Denver, Colorado, November 20, 2022.

The event hosted service members from the U.S. Army, Navy, Marine Corps, Air Force, Coast Guard, and Space Force.

The daylong event started inside the stadium with a brunch provided by the Denver Broncos staff. Upon completion of the meal, multiple guest speakers spoke to the attendees. One speaker stood out in particular, the first African-American Secretary of State, Dr. Condoleezza Rice.

Rice, a partial owner of the Denver Broncos, showed her appreciation for the service members.

"It's an honor and a pleasure to have you all here today," said Rice. "We understand the sacrifices you all make to protect the American people day in and day out. We thank your families' sacrifices as well; they are a huge part of your success. We are grateful to have you on the front lines of freedom."

She then presented Maj. Gen. David Hodne, commanding general, 4th Inf. Div. and Fort Carson, an honorary game ball ingrained with the 4ID insignia.

Once the pregame ceremony finished, it was time for the Denver Broncos to take the field.

It was also time for Ivy Soldiers to take the field as well.



Service members from all branches ran out of the tunnel waving the American flag beside Denver Broncos players, igniting the crowd with excitement and pride.

"This was a once in a lifetime opportunity for me," said Cpl. Fagava'a Sea, a combat engineer, assigned to 52nd Brigade Engineer Battalion, 2nd Stryker Brigade Combat Team, 4th Inf. Div.. "Being out on the field with the players, absorbing the atmosphere, and representing the division was an all encompassing experience."

Lastly, emerging from the tunnel through a smoke screen was Hodne alongside starting quarterback for the Denver Broncos, Russell Wilson. Cheers and applause echoed through the stadium as they closed the final yards to midfield.

With just a few minutes before kickoff, Ivy Soldiers joined other service members in unfurling a U.S. flag on the field during the national anthem.

The "Salute to Service" game saw the Oakland Raiders defeat the Denver Broncos 22-16 in an overtime thriller bringing the Broncos' record this season to 3-8.



For the complete photo album, click here: <https://flic.kr/s/aHBqjAkKhs>.

**We want to hear from YOU:**  
**Please complete this Marketing Survey**  
**to help us improve our Cougar Tales**  
**for EVERYONE!**

[Cougar Tales 4-question survey](#)

For past issues of Cougar Tales, [click here](#).





# Base-wide Benefits: If you know, you know...

## Weekly Nutrition Classes

Every Tuesday from 1200 – 1300 in the Human Performance Center Kitchen/Classroom (bldg. 35). Topics include Nutrition Basics, Nutrition & Exercise, Fad Diets & Food Trends, and a Seasonal Cooking Demo on the 4<sup>th</sup> Tuesday of each month. Contact our Registered Dietitian at [kelly.e.sloan.ctr@health.mil](mailto:kelly.e.sloan.ctr@health.mil) or (720) 847-6865 for more information!

## Lodging Deadlines for UTA Weekends

The Signup Genius cutoff dates/times for lodging are listed below. The importance of this information is so you can meet the sign-up deadline and get your room for the following UTA.

February 2023: closes at 11:59pm on 24 January 23	May 2023: closes at 11:59pm on 25 April 23
March 2023: closes at 11:59pm on 21 February 23	June 2023: closes at 11:59 pm on 28 May 23
April 2023: closes at 11:59pm on 21 March 23	August 2023: closes at 11:59pm on 25 July 23

## PT Testing for UTA Weekends

To sign up for your fitness test, please read the following and sign-up through the link below.

If you are on a profile, make sure to bring the AF Form 469 with you to fitness testing. If you do not bring it and claim you are on a profile, you will be turned away. Reminder: you must wear your Air Force physical fitness uniform when testing on drill weekends.

Click here to sign up (be sure to select correct month of test): <https://www.signupgenius.com/>

## JOB Announcements

**Flightline/Runway Escort**— Looking for a little extra income? Why not be an escort for flightline work? Must have a flightline badge w/escort. Fulltime status dates: Mar-Sep. Requirements: Line Badge, Drivers License, Flightline Drivers Training. POC: Contact: Tyler Thompson at 719.499.6532. Hours: M-F, 7am-5pm. Pay rate: \$30/hr.

**Space Control Officer (2 Vacancies): O1-O4** — (Traditional Guardsmen) Gain and maintain Combat Mission Ready (CMR) status as a Space Control Operator and Space Control Crew Commander.

**HOT TRADITIONAL JOBS Positions:** Security Forces, \*Fuels, \*Crew Chief, \*Armament & \*Munitions

\* - Indicates a career field with a cash bonus.

For more information concerning jobs in the Colorado Air National Guard

click here: [CO National Guard > Jobs \(ng.mil\)](#). ANG jobs listed in USA Jobs: [USAJOBS - COANG Search](#)



***Brigadier General Laura L. Clellan***

*requests the pleasure of your company  
for a ceremony in honor of*

***Colonel Michael J. Bruno***

*on the occasion of his promotion to the rank of  
Brigadier General*

*on Saturday, the seventh of January,  
at two o'clock in the afternoon*

*Colorado Air National Guard*

*18680 E. Breckenridge Ave.*

*Building 700*

*Buckley Space Force Base, Colorado, 80011*

*Reception to follow*

***R.s.v.p. by 5 January 2023  
POC: Capt Shaunna Reed  
720-847-6389***

***Military: Uniform of the Day  
Civilian: Business Casual***



# Enlisted Promotions - January 2023



Name	Rank	Unit	Date
BONK, KYLE, J.	TSGT	233 SG	1-Dec-22
ANDERSON, GARY D.	MSGT	140 AMXS	15-Dec-22
TROUTMAN, BRIAN, J.	TSGT	140 MXS	3-Dec-22
MOORE, STEPHEN, M.	CMSGT	138 SPCS	15-Dec-22
ATKINS, LAVETTE, G.	MSGT	140 MDG	15-Dec-22
BACA, MATTHEW, A.	MSGT	140 MXS	15-Dec-22
BELAIR, DARIN, J.	SMSGT	140 LRS	15-Dec-22
BRAUER, SPENCER, K.	MSGT	140 WG	15-Dec-22
FRYDENDALL, JASON, M.	MSGT	140 MXS	15-Dec-22
GRAHAM, CHRISTOPHER, A.	MSGT	140 AMXS	15-Dec-22
HANSON, JOEL, D.	MSGT	140 LRS	15-Dec-22
HARPER, DAVID, A.	MSGT	140 AMXS	15-Dec-22
HOPKINS, RYAN, L.	SMSGT	138 SPCS	15-Dec-22
NEALLY, LANE, T.	MSGT	140 LRS	15-Dec-22
NELSON, BRIAN, K.	SMSGT	140 AMXS	15-Dec-22
ONKEN, ANDREW, W.	SMSGT	140 OSS	15-Dec-22
POWELL, JARED, A.	MSGT	140 AMXS	15-Dec-22
RECHEL, REID, W.	MSGT	140 MXS	15-Dec-22
ROZELAARFERRELL, LAWRENCE	MSGT	140 MXG	15-Dec-22
SADOWSKI, MEGAN, K.	SMSGT	140 FSS	15-Dec-22
BEALL, LEANNA M.	TSGT	140 CES	6-Dec-22
BARNETT, TYLER, J.	TSGT	140 AMXS	15-Dec-22
BORGESON, OGDEN, S.	SRA	140 MXS	9-Dec-22
BETTENCOURT, SAMUEL D.	SRA	140 CES	6-Dec-22
HILL, ANIYAH K.	AMN	140 FSS	2-Dec-22
STOVER, ASPEN	SRA	140 CES	6-Dec-22
JOSEPH, JASUS D.	SSGT	140 AMXS	15-Dec-22
LADISLAO, MICHAELANGELO C.	SSGT	140 AMXS	15-Dec-22
MORGAN, DANIELLE, M.	SSGT	140 MXS	9-Dec-22
LAWYER, ALEXIS A.	TSGT	140 OG	2-Dec-22
LYMAN, CHRISTOPHER, H.	SRA	140 MXS	9-Dec-22
MEAD, JAMES, T	SRA	140 AMXS	15-Dec-22
NEAS, ROSALIE, F	SRA	140 CES	6-Dec-22
NEWLINS, VANCE, A.	SRA	140 MXS	15-Dec-22
SHEETS, SAVANNAH, B.	SSGT	137 SWS	1-Dec-22
WHITEHEAD, UEL, B.	SRA	233 SCS	1-Dec-22
GILL, KERRIE, E.	SSGT	140 MOF	15-Dec-22
ACCARDI, THOMAS, C.	TSGT	140 LRS	16-Dec-22

## Officer Promotions

Capt. Danielle Hanke (138 SPCS) to Maj – 15 Dec 2022  
 Col Myk Bruno (JFHQ-CO/Air) to Brig Gen – 12 Dec 2022  
 Promotion ceremony 7 Jan 2023 at 1400

## Retirements

Rank	Name	Unit	Separation Date
MSgt	Houriham, Stephen	138 SPC	20230915
SMSgt	Isaac, Melissa	140 LRS	20230701
Lt. Col	Muprhy, Joseph	140 WG	20230604
MSgt	King, James	140 MSG	20230501
MSgt	Soules, Jesse	140 CES	20230501
MSgt	Lupien, Todd	140 MXS	20230323
SMSgt	Mooney, Stephen	140 CF	20230301
SMSgt	Penna, Travis	140 AMXS	20230301
SMSgt	Edens, William	140 WG	20230201
TSgt	Belet, Andrew	140 MXS	20230123
CMSGT	Bloom, Rachelle	233 SG	20230101
TSgt	Cobble, Jolie	140 OG	20230101
MSgt	Guadalupe Edwain	140 OSS	20221230
Lt. Col	Jellick, James	JFHQ	20221217
Maj	Bowden, Benjamin	137 SWS	20221213
TSgt	Trollope, Brian	140 MOF	20221213
MSgt	Archie, Alicia	138 SPC	20221201
MSgt	Holguin, Raymundo	233 SG	20221201
TSgt	Newman, Janelle	233 SCS	20221114
TSgt	Isaac, Robert	140 LRS	20221025
Lt. Col	Benza, Kerri	140 MDG	20221001
MSgt	Chandler, Malcom	140 OSS	20221001
TSgt	Orr, Daniel	140 LRS	20220909
TSgt	Noel, Janine	140 OSS	20220827



**Pro tip:** If you would like your retirement or promotion ceremony advertised here, please contact the 140th Public Affairs office at [140wg.pa.org@us.af.mil](mailto:140wg.pa.org@us.af.mil) and let us know.

# Breathing & Mindfulness Exercise

Please join Chaplain Brett Campbell as he guides you through a short breathing and mindfulness exercise intended to help relax your body and focus your mind. He will be joined by Dr. Bup Lee, PH.D, LA.C who will then lead participants through a moving meditation to connect body and mind to increase overall wellbeing. Please join us to experience the benefits of training both body and mind in your daily life.

**Sunday, 8 January 2023 @ 0800**

**Seiler Room | Building 706**

**Sunday  
January  
drill**

**140th Wing Chaplain Corps | 720.847.9434**





## Children of the National Guard and Reserve Deployed or Stateside Activated

Our Military Kids awards up to two \$300 grants per child (ages 3-18) to fund the extracurricular activity of their choice while a parent is deployed or activated stateside with the National Guard or Reserve.

This grant program is made possible solely through the generosity of foundations, corporations, and individual donations.

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### PROGRAM ELIGIBILITY



**In order for a child to receive an activity grant from Our Military Kids:**

- ★ The child is three (3) years of age through 18 AND has not yet graduated from high school.
  - ★ **For missions of 90-179 days** (cumulative within 12 months), each child is eligible for **ONE (1)** grant up to \$300 for one activity.
  - ★ **For missions of 180+ days** (cumulative within 12 months), each child is eligible for **TWO (2)** grants up to \$300 each for the same or different activities. Each grant requires a separate application.
- 

### HOW TO APPLY



If you are eligible, please visit [www.ourmilitarykids.org/apply](http://www.ourmilitarykids.org/apply) to submit a simple, one-page application, along with the following documents:



#### Activity Information

Documentation from the activity organization providing the activity's pricing and contact information.

Brochures, flyers, website screenshots, and typed letters on the organization's official letterhead will be accepted.



#### Form of Identification

A copy of the child's birth certificate if the deployed service member is the biological parent,

**OR** DD Form 1172,

**OR** a copy of the DEERS/MilConnect Service Member profile page with child listed as a dependent.