



# 140TH AIRMAN AND FAMILY SUPPORT



## BEING-WELL

MONTHLY NEWSLETTER      OCTOBER 2016

*As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. ~John F. Kennedy*

### MISSION AND VISION STATEMENTS

#### 140th A&FRP Mission Statement

To build and sustain a thriving and resilient Air Force Community that fosters the Eight Dimensions of Wellness (Intellectual, Physical, Spiritual, Career, Social, Cultural, Financial and Emotional) while upholding the confidentiality of each individual and family.

#### 140th A&FRP Vision Statement

A thriving and resilient Air Force Community ready to take on and meet any challenge.

#### YRRP Mission Statement

To assist, collaborate, and partner with services, and agencies at the lowest level possible in order to provide Service-members, Veterans, and family members with informational events and activities, referrals, and proactive outreach services throughout the phases of deployment or mobilization.

#### YRRP Program Vision

Provide quality Joint deployment support and reintegration services to all Service-members, and their families, effectively, efficiently, and as close to their homes as possible, ensuring they are informed, and self sufficient, thus enabling them to sustain the rigors associated with deployment or mobilization.

### 140TH AIRMAN AND FAMILY SUPPORT

#### Airman & Family Readiness Program (A&FRP)

Michelle J. Abarca  
Program Manager - 720.847.9116

SSgt Grace P. Richards  
Program Specialist - 720.847.9184

18860 E. Breckenridge Ave.,  
Bldg. 801, Room N-259  
Buckley AFB, CO 80011

Office phone: 720.847.9116  
Office fax: 720.847.9422

AFRP E-mail: michelle.j.abarca.civ@mail.mil

#### Yellow Ribbon Reintegration Program (YRRP)

Mrs. Cody S. Maki  
Air Wing Integrator  
720.847-9050

18860 E. Breckenridge Ave.,  
Bldg. 801, Room N-232  
Buckley AFB, CO 80011

Office phone: 720.847-9050  
Office fax: 720.847.9422

YRRP E-mail: cody.s.maki.ctr@mail.mil

#### *Our services cover The Eight Dimensions of Wellness*

A&FRP: Walk ins are accepted Tuesday through Friday from 8:00 a.m. to 4:00 p.m.  
The Office is available from 6:15 a.m. to 5 p.m. by appointments

YRRP: Walk ins are accepted Monday through Thursday from 8:00 a.m. to 4:00 p.m.  
No appointments needed

#### SPECIAL POINTS OF INTEREST

- Important: Athoc FAQ
- Thanksgiving Meals Support
- 2016 Holiday Assistance Programs
- Calendar of Events—Oct & Nov
- Important: Renewal Change for Dependent Cards
- What are you thankful for?

#### WE'RE ON THE WEB!

HTTP://  
WWW.140WG.ANG.AF.MIL/  
FAMILYSUPPORT.ASP

HTTP://  
CONGFAMILYREADINESS.NET/

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## WELLNESS DIMENSIONS

1. **Intellectual**—Intellectual wellness is the utilization of human resources and learning resources to develop knowledge and advance skills. It involves an active participation in academic (military and civilian), cultural and community activities as well as being open to new thoughts, thinking critically and creatively, and seeking out new challenges.
2. **Physical**—Physical wellness is realizing the need for physical activity, nutritious food, and restful sleep. It encourages principles of good health and knowledge, which affect behavior patterns leading to a healthy lifestyle. Physical wellness involves respecting your body's own uniqueness and diversity, and engaging in practices that move you towards a higher level of health. Optimal physical well-being includes connecting with your physical self and avoiding harmful habits, while remaining focused on the balance of body-mind-spirit.
3. **Spiritual**—Spiritual wellness is integrating our beliefs and values with our daily actions. It is having a sense of purpose, direction, and awareness. Also, it is realizing what values, rights, and responsibilities take some thought, reflection and discussion. It helps us to expand a sense of meaning and purpose in life.
4. **Career (Military and Civilian)**—Career wellness is the ability to achieve a balance between work and leisure time; in addition to, finding personal satisfaction and enrichment from one's work. Attitudes about work, school, and career goals greatly affect performance and interactions with others. This involves exploring your purpose and dreams in life, learning to manage job-related stresses, and finding a career that makes you feel meaningful.
5. **Social**—Social wellness is the ability to interact with others, create and maintain relationships, and foster lasting friendships that enhance your quality of life. Social well-being is enhanced by establishing supportive social networks through meaningful relationships with family, friends, comrades, community support, and other significant individuals.
6. **Cultural/Environmental**—Cultural/Environmental wellness is embracing good health by occupying a pleasant, stimulating environments that supports well-being, and understanding that difference is an essential ingredient in the recipe for quality, improvement, and success. It is being able to see that understanding your own identity is a bridge to understanding others.
7. **Financial**— Financial wellness involves being satisfied with your current and future financial situations. It also involves working towards balance in how you think and feel about money and how you handle money. Financial wellness emphasizes having an understanding of your financial situation and being able to set goals to achieve the level of financial success you desire. Furthermore, it is caring for your finances to the degree that you can handle life changes—expected and unexpected. Maintaining financial balance also includes being comfortable with where your money comes from and where and how much of it you are spending and saving.
8. **Emotional**—Emotional wellness is validated by the overall comfort with and acceptance of one's full range of feelings. It is striving to meet emotional needs constructively. Essentially, it is maintaining good mental health, a positive attitude, high self-esteem, and a strong self-image. Emotional wellness comprises being resilient, knowing when to ask for assistance (professional and non-professional) and creating satisfying relationships.

*Partial source: <http://www.colgate.edu>*



### Our services cover all Eight Dimensions of Wellness

- |                 |                           |
|-----------------|---------------------------|
| 1. Intellectual | 5. Social                 |
| 2. Physical     | 6. Cultural/Environmental |
| 3. Spiritual    | 7. Financial              |
| 4. Career       | 8. Emotional              |

## AIRMAN AND FAMILY SUPPORT LIST OF PROGRAMS/SERVICES

- **Airmen & Family Readiness Program (AFRP)**
- **Yellow Ribbon Reintegration Program (YRRP)**
- **Transition Assistance Program (TAP)**  
Retiring Members— Contact 140th A&FRP Office for TAP: No earlier than 1 year before retirement date  
Separating members—Contact 140th A&FRP Office for TAP, it may apply
- **Veterans Opportunity to Work (VOW) Program**
- **Strong Bond Program**
- **Resiliency Services**
- **Key Volunteer Program**
- **Marriage Enrichment Programs**
- **Work Life Balance**
- **Holiday and Other Social Events**

- **Support:**

- Employment Workshop
  - Resume writing
  - Job search techniques
  - State Job Boards
  - Public & Community Service Opportunities
  - Troops to Teachers
  - Federal Employment
  - Usajobs.gov
  - Salary Negotiation
  - Interviewing Skills
- Education Benefits
  - GI Bills: Montgomery, Post 9/11
- Legal Assistance
- Personal Counseling
- Military & Family Life Counselor (MFLC)
- Finance Counseling
- Financial Assistance
  - Loans
  - Grants
- Well Calls
- Survivor Outreach
- Tricare
- Veteran Affairs Benefits
- Veteran Services

### **KEY VOLUNTEER (KV) CONNECTION**

#### **KEY VOLUNTEER/KEY SPOUSE AND MPOC TRAINING**

#### *QUARTLERY INITIAL TRAINING*

Next training date:

**Buckley AFB - the next initial training is 9 November 2016—8am to 2:30pm.**

Should you want to attend one of the above initial trainings, please contact SSgt Grace Richards @ 720-847-9184 to schedule it for you. This will ensure that all the required documents have been completed before you show up to training.

**Please note that all MPOCs and Key Volunteers/Key Spouses will need to complete this initial training.**

*Any changes in your KV, MPOC status that we are not aware of as yet, please e-mail me @[grace.p.richards.mil@mail.mil](mailto:grace.p.richards.mil@mail.mil).*

## **Important Information:** AtHoc FAQ

**Q: "Do we know the phone numbers that may or may not be used by the AtHoc system? This way we can let our folks know to answer and this isn't a prank or scam phone message."**

A: The server is based in San Jose, CA so the number will appear as that. The number used on Sunday was 408-477-3689. You may see different last 4 numbers but the area code and prefix should always be 408-477

**Q: "What about those members who are deployed?"**

A: There is a feature to disable a user. This temporarily removes them from the alert target list or group but keeps them in the system so they can be enabled again at some point. Please let me know when you need someone disabled or re-enabled and I will take care of that.

**Q: "We have multiple people with the same DSN #...how does the system track those people (if someone answers the DSN line, does the system positively account for all assigned that number?)**

A: Alerts sent to shared phone numbers are combined and delivered as a single alert. Tests show that these alerts never show on any reports as acknowledged even if someone answers the call. Having the work numbers is a requirement for notifications, think Active Shooter event or other on-base emergency. The main goal is to inform. Members having a shared work number on base should still be receiving the alert via email or cell phone and that is what they will acknowledge and then the report will count it.

**Q: "If a member is called by the AtHoc system and the member doesn't answer then AtHoc leaves a voicemail, however, the voicemail doesn't tell the member how to reply...no phone number or instructions of any kind.**

A: There is no way to acknowledge a voicemail. If the member has provided a cell number or other contact method then they are going to get the alert more than once and can acknowledge one of those. Also, members can download the app and can acknowledge via there. Even if they don't provide a cell # they can download and use the app.

**Q: "Can members update their info from home or do they need to be logged in via CAC?"**

A: Members can log in from home but it will have to be via username and password. Using a CAC, even with a reader at home, has not been successful during testing. A help tickets has been submitted by Command Post to get some more info. In the meantime if you have traditional members who need info updated let me know and I can accomplish that for you.

Received: 25 Oct 2016

## THANKSGIVING MEAL SUPPORT



*Thanksgiving Day comes, by statute, once a year; to the honest man it comes as frequently as the heart of gratitude will allow.*

*~E.S. Martin*

### Thanksgiving Feast

Team Buckley will be holding its second annual Thanksgiving feast on 24 Nov (Thanksgiving) at the base chapel with two serving times at 1100 and 1300. This event will provide Thanksgiving dinner to all services that are in the dorms, on-shift or have family members that are deployed.

If you would like to donate or volunteer for this event please follow the below link to sign up:

<http://www.signupgenius.com/go/10c0f44abaf2fabf85-team>

### FOOD BANK

Open every Saturday from 0830 - 1030 at the Smokey Hill Vineyard Church. Service members have front of the line privileges. Contact (303) 690-2520 with questions.

### Home-Away-From-Home Holiday!

This Thanksgiving, spend time with your friends in the community. The local community appreciates your service. To thank you and your families for the sacrifices you make, local citizens are opening their homes to you. The holidays can be a difficult time when you are stationed far from family and friends. The local community would like to make this holiday much easier.

Spend Thanksgiving with a local family!  
Thursday, November 24, 2016

For more information and to register, please go to the website.

<http://citizensoldierConnection.org> or email [Elizabeth@citizensoldierconnection.org](mailto:Elizabeth@citizensoldierconnection.org)

## 2016 HOLIDAY ASSISTANCE PROGRAMS

### Holiday Meal Assistance Program

This program uses generous donations from fellow guardsmen and outside businesses to help supply meals for the November and December holidays to be given to Colorado National Guard Service Members and Families in need.

Donations are accepted through 12 December. Donations can be dropped off or sent directly to the CONG Family Program Office at 12200 E Briarwood Ave, Suite 160, Centennial 80112.

No matter where you live or what deployment status you are in, you can register to receive meal assistance! You only have to register once each year to show your interest for meal assistance during the holiday season. Meal Assistance is sent out twice based on signup time, once in November and once in December.



### Santa Shop Program

The Santa Shop is a program that brings donated toys and gifts to the Service Members of the Colorado National Guard. This program combines providing holiday gifts with a fun Family 01holiday event! There are 2 locations where Santa Shops are held: Denver Armory and Northern Colorado Springs Readiness Center. Come enjoy the festivities, meet Santa, have your picture taken in the North Pole, and celebrate the holidays with us!

\*Those families that have registered for the Adopt-a-Family Program are not eligible to “shop” at Santa Shop but are encouraged to come and participate in the fun and games.\*

### Adopt-A-Family Program

The Adopt-A-Family Program provides dedicated holiday support to Service Members and their Families in need during the month of December. All faiths and religions are welcome to participate! The Adopt-A-Family program matches Service Members and their Families’ needs to those members of the military and community that would like to provide individualized support.

For those looking to donate, they will receive a list of needs and wants from their specific family. All information is kept confidential but you will receive information such as the age and gender, likes and interests, etc. Families donating to this program will be matched with a family size that best fits their intended donation. Families can then go shopping for items specific to their “adopted” family.

For those interested in receiving some assistance for their families this year, the type of support provided is specific to the individuals who have registered. For example, those that register for the Adopt-A-Family can specify that they need sweatshirts, size L, in dark colors. Adopt-A-Family program works very well for individuals with specific needs, or with Families that have children who will receive no other holiday gifts. All Colorado National Guard Service Members, Air and Army, Single Service Members and Families are all invited to register to be ‘adopted’ through the program!

**All donations support both single Service Members and Families of the Air and Army Colorado National Guard.**

**For more information about the individual Programs, to donate or to register please visit the below: <http://congfamilyreadiness.net/> - then click on “2016 Holiday Programs” tab.**

**For questions, please contact Suzanne Buemi at 720-250-1186.**

**Your support is always greatly appreciated. Thank you so much for all that you do!**

*The Colorado National Guard Family Program has once again partnered with the Colorado National Guard Foundation, Inc., to aid Colorado National Guard Service Members and Families in need.*

## CAREGIVER SERVICES

### Chaplain

Ch Lt Col Joseph Murphy, Ch Maj Jim Bridgham, Ch Maj Joseph Friedman  
18860 E. Breckenridge Ave.,  
Bldg. 801, Room N-233  
Buckley AFB, CO 80011  
Office: 720-847-9434 (UTA weekends, no full time staff)  
Command Post for 24/7 access # 720-847-9955

- 1) Individual Counseling
- 2) Family Counseling
- 3) Spiritual Guidance
- 4) Chaplain Directed Classes (such as Strong Bonds for Couples and Singles)
- 5) Religious/Spiritual Services (UTA Sundays @ 0900 in Bldg. 801, MPF Classroom (N-234))

### Director of Psychological Health Program (DPH)

Virginia Howard (LCSW)  
140 S. Aspen Street, Room # 128  
Buckley AFB  
Office: 720 847-9438

- 1) Counseling—Family, Individual
- 2) Mental Health Counseling and Support
- 3) Emotional Support
- 4) Resiliency
- 5) Work Life Balance

## EDUCATION AND TRAINING

### Education/Scholarships Websites

[www.cfsrf.org](http://www.cfsrf.org) – Children of Fallen Heroes – provides financial assistance also, falls under financial and survivor.

[www.fishhouse.org](http://www.fishhouse.org) – Fish House Foundation

[www.freedomalliance.org](http://www.freedomalliance.org) – Freedom Alliance

[www.scholarships.com](http://www.scholarships.com) - Scholarships

[www.militaryscholar.org](http://www.militaryscholar.org) - Scholarships for military children

[www.dantes.doded.mil/index.html](http://www.dantes.doded.mil/index.html) – Troops to teachers

## PROFESSIONAL FINANCIAL SERVICES

### Personal Financial Guidance

#### NEED HELP WITH FINANCIAL MATTERS?

#### MAKE THE MOST OF YOUR MONEY

Personal Financial Counseling (PFC) can help you and your family manage finances, resolve financial problems and reach long-term goals such as getting an education, buying a home and planning for retirement.

#### SUPPORT AND COUNSELING SERVICES

Confidential financial consultations for individuals and families  
Referrals to military and community resources  
Support for family members during deployment  
Help with credit management and budgeting  
Help navigating benefits

#### TRAINING AND WORKSHOPS

Money Management  
Budgeting and Developing Spending Plans  
Debt and Credit Card Management  
Consumer Rights and Obligations (dealing with creditors)  
Financial Planning: Reaching Life Goals  
Financial Readiness and Economic Security  
Financial Readiness for Deployment  
Transitioning to Civilian Life  
Home Buying  
Understanding Mortgages  
Preventing Foreclosure  
Kids and Money: Raising Financially Savvy Kids  
Military Benefits, Pay and Entitlements  
Savings and Investments  
Retirement Planning  
Estate Planning  
Taxes

PFC services are no cost, *private and confidential*.

#### *Contact Information:*

*Sara Gardner, CFP®*

*Ph. #: 803-323-9871*

*Email: [pfc.co.ang@zeiders.com](mailto:pfc.co.ang@zeiders.com)*

## CALENDAR OF EVENTS OCTOBER 2016

26	27	28	29	30	31
<p><a href="#">8:30 AM - Higher Education Track</a></p> <p><a href="#">11:30 AM - Daily Catholic Mass</a></p> <p><a href="#">5:00 PM - Passport to Parenthood</a></p> <p><a href="#">6:30 PM - Bible Study</a></p>	<p><a href="#">6:30 PM - Bible Study</a></p> <p><a href="#">8:00 AM - Flu Shot Drive</a></p> <p><a href="#">10:00 AM - Women's Bible Study</a></p> <p><a href="#">11:30 AM - Daily Catholic Mass</a></p> <p><a href="#">12:30 PM - Photography Basic</a></p> <p><a href="#">4:00 PM - A Ghoulish Bunco Bash</a></p> <p><a href="#">4:00 PM - A Ghoulish Bunco Bash</a></p> <p><a href="#">4:00 PM - Karaoke, Pool and Darts</a></p> <p><a href="#">5:00 PM - Passport to Parenthood</a></p>	<p><a href="#">6:30 PM - Bible Study</a></p> <p><a href="#">9:00 AM - Buckley Play Group</a></p> <p><a href="#">9:00 AM - Buckley Play Group</a></p>	<p><a href="#">6:30 PM - Bible Study</a></p> <p><a href="#">6:00 PM - Trunk or Treat</a></p>	<p><a href="#">6:30 PM - Bible Study</a></p> <p><a href="#">9:00 AM - Sunday Catholic Mass</a></p> <p><a href="#">11:00 AM - Protestant Worship Service</a></p>	<p><a href="#">6:30 PM - Bible Study</a></p> <p><a href="#">3:00 PM - Dreadful Dash</a></p> <p><a href="#">7:00 PM - Catholic Religious Education</a></p>

Click on each link to get more information about the corresponding event.

## CALENDAR OF EVENTS NOVEMBER 2016

		<p><a href="#">↻ 5:30 AM - Men's Prayer Group</a></p> <p><a href="#">↻ 5:30 AM - Men's Prayer Group</a></p> <p><a href="#">↻ 5:30 AM - Men's Prayer Group</a></p> <p><a href="#">↻ 10:00 AM - Women's Bible Study</a></p> <p><a href="#">↻ 11:30 AM - Daily Catholic Mass</a></p>	<p><a href="#">↻ 8:30 AM - Initial TA Briefing</a></p> <p><a href="#">↻ 11:00 AM - Free Fellowship Luncheon</a></p> <p><a href="#">↻ 11:30 AM - Daily Catholic Mass</a></p> <p><a href="#">↻ 11:30 AM - Jehovah's Witness Information Meeting</a></p> <p><a href="#">↻ 11:30 AM - Jehovah's Witness Information Meeting</a></p> <p><a href="#">↻ 11:30 AM - Jehovah's Witness Information Meeting</a></p> <p><a href="#">↻ 12:00 PM - Free Fellowship Luncheon</a></p> <p><a href="#">↻ 4:30 PM - Intro to Nichiren Buddhism Meeting</a></p> <p><a href="#">↻ 6:30 PM - Bible Study</a></p> <p><a href="#">↻ 7:00 PM - LDS Study Group</a></p>	<p><a href="#">↻ 6:30 PM - Bible Study</a></p> <p><a href="#">↻ 8:00 AM - Flu Shot Drive</a></p> <p><a href="#">↻ 10:00 AM - Women's Bible Study</a></p> <p><a href="#">↻ 11:30 AM - Daily Catholic Mass</a></p>	<p><a href="#">↻ 6:30 PM - Bible Study</a></p> <p><a href="#">↻ 11:30 AM - First Friday Catholic Adoration</a></p> <p><a href="#">↻ 3:00 PM - First Friday</a></p>	<p><a href="#">↻ 6:30 PM - Bible Study</a></p> <p><a href="#">↻ 8:00 AM - Pikes Peak Cog Train and Manitou Cliff Dwellings</a></p>
<p><a href="#">↻ 6:30 PM - Bible Study</a></p> <p><a href="#">↻ 9:00 AM - Sunday Catholic Mass</a></p> <p><a href="#">↻ 11:00 AM - Protestant Worship Service</a></p>	<p><a href="#">↻ 6:30 PM - Bible Study</a></p> <p><a href="#">↻ 7:00 PM - Catholic Religious Education</a></p>	<p><a href="#">↻ 5:30 AM - Men's Prayer Group</a></p> <p><a href="#">↻ 5:30 AM - Men's Prayer Group</a></p> <p><a href="#">↻ 5:30 AM - Men's Prayer Group</a></p> <p><a href="#">↻ 10:00 AM - Women's Bible Study</a></p> <p><a href="#">↻ 11:30 AM - Daily Catholic Mass</a></p>	<p><a href="#">↻ 11:30 AM - Daily Catholic Mass</a></p> <p><a href="#">↻ 1:15 PM - Catholic Mass in the ADF-C</a></p> <p><a href="#">↻ 6:30 PM - Bible Study</a></p> <p><a href="#">↻ 6:30 PM - Bible Study</a></p>	<p><a href="#">↻ 1:15 PM - Catholic Mass in the ADF-C</a></p> <p><a href="#">↻ 6:30 PM - Bible Study</a></p> <p><a href="#">↻ 8:00 AM - Flu Shot Drive</a></p> <p><a href="#">↻ 10:00 AM - Women's Bible Study</a></p> <p><a href="#">↻ 11:30 AM - Daily Catholic Mass</a></p>	<p><a href="#">↻ 1:15 PM - Catholic Mass in the ADF-C</a></p> <p><a href="#">↻ 6:30 PM - Bible Study</a></p> <p><a href="#">↻ 1:00 PM - 5K Pub Tour</a></p>	<p><a href="#">↻ 1:15 PM - Catholic Mass in the ADF-C</a></p> <p><a href="#">↻ 6:30 PM - Bible Study</a></p>

Click on each link to get more information about the corresponding event.

## CALENDAR OF EVENTS, CONT'D NOVEMBER 2016

<p><u>13</u></p> <p><a href="#">1:15 PM - Catholic Mass in the ADF-C</a></p> <p><a href="#">6:30 PM - Bible Study</a></p> <p><a href="#">9:00 AM - Sunday Catholic Mass</a></p> <p><a href="#">11:00 AM - Protestant Worship Service</a></p>	<p><u>14</u></p> <p><a href="#">1:15 PM - Catholic Mass in the ADF-C</a></p> <p><a href="#">6:30 PM - Bible Study</a></p> <p><a href="#">11:30 AM - Video Gaming: Tecmo Super Bowl</a></p> <p><a href="#">12:00 PM - CCAF Graduation Ceremony</a></p> <p><a href="#">7:00 PM - Catholic Religious Education</a></p>	<p><u>15</u></p> <p><a href="#">5:30 AM - Men's Prayer Group</a></p> <p><a href="#">5:30 AM - Men's Prayer Group</a></p> <p><a href="#">5:30 AM - Men's Prayer Group</a></p> <p><a href="#">8:30 AM - Initial TA Briefing</a></p> <p><a href="#">10:00 AM - Women's Bible Study</a></p> <p><a href="#">11:00 AM - Buckley Education Fair</a></p> <p><a href="#">11:30 AM - Daily Catholic Mass</a></p>	<p><u>16</u></p> <p><a href="#">8:00 AM - Education Office Open House</a></p> <p><a href="#">11:30 AM - Daily Catholic Mass</a></p> <p><a href="#">11:30 AM - Mass</a></p> <p><a href="#">11:30 AM - Video Gaming: Tecmo Super Bowl</a></p> <p><a href="#">1:15 PM - Catholic Mass in the ADF-C</a></p> <p><a href="#">1:15 PM - Catholic Mass in the ADF-C</a></p> <p><a href="#">3:00 PM - #PDen Party</a></p> <p><a href="#">6:30 PM - Bible Study</a></p> <p><a href="#">7:00</a></p>	<p><u>17</u></p> <p><a href="#">6:30 PM - Bible Study</a></p> <p><a href="#">8:00 AM - Flu Shot Drive</a></p> <p><a href="#">10:00 AM - Women's Bible Study</a></p> <p><a href="#">11:30 AM - Daily Catholic Mass</a></p> <p><a href="#">12:00 PM - Healthy Cooking Demo</a></p> <p><a href="#">12:00 PM - July Cooking Demo</a></p> <p><a href="#">4:00 PM - Ski Movie</a></p>	<p><u>18</u></p> <p><a href="#">6:30 PM - Bible Study</a></p> <p><a href="#">11:30 AM - Video Gaming: Tecmo Super Bowl</a></p> <p><a href="#">5:30 PM - Warren Miller's "Here There &amp; Everywhere" Film Premiere</a></p> <p><a href="#">6:00 PM - Paint and Sip</a></p>	<p><u>19</u></p> <p><a href="#">6:30 PM - Bible Study</a></p> <p><a href="#">5:30 PM - Warren Miller's "Here There &amp; Everywhere" Film Premiere</a></p>
<p><u>20</u></p> <p><a href="#">6:30 PM - Bible Study</a></p> <p><a href="#">8:00 AM - Ski Trip to A-Basin</a></p> <p><a href="#">9:00 AM - Sunday Catholic Mass</a></p> <p><a href="#">11:00 AM - Protestant Worship Service</a></p>	<p><u>21</u></p> <p><a href="#">6:30 PM - Bible Study</a></p> <p><a href="#">7:00 PM - Catholic Religious Education</a></p>	<p><u>22</u></p> <p><a href="#">5:30 AM - Men's Prayer Group</a></p> <p><a href="#">5:30 AM - Men's Prayer Group</a></p> <p><a href="#">5:30 AM - Men's Prayer Group</a></p> <p><a href="#">10:00 AM - Women's Bible Study</a></p> <p><a href="#">11:00 AM - Turkey Tray</a></p> <p><a href="#">11:30 AM - Daily Catholic Mass</a></p>	<p><u>23</u></p> <p><a href="#">11:30 AM - Daily Catholic Mass</a></p> <p><a href="#">6:30 PM - Bible Study</a></p>	<p><u>24</u></p> <p><a href="#">6:30 PM - Bible Study</a></p> <p><a href="#">10:00 AM - Women's Bible Study</a></p> <p><a href="#">11:30 AM - Daily Catholic Mass</a></p>	<p><u>25</u></p> <p><a href="#">6:30 PM - Bible Study</a></p> <p><a href="#">5:30 AM - Chuck's Hut at Shrine Mountain Trip</a></p>	<p><u>26</u></p> <p><a href="#">6:30 PM - Bible Study</a></p> <p><a href="#">5:30 AM - Chuck's Hut at Shrine Mountain Trip</a></p>
<p><u>27</u></p> <p><a href="#">6:30 PM - Bible Study</a></p> <p><a href="#">5:30 AM - Chuck's Hut at Shrine Mountain Trip</a></p> <p><a href="#">9:00 AM - Sunday Catholic Mass</a></p> <p><a href="#">11:00 AM - Protestant Worship Service</a></p>	<p><u>28</u></p> <p><a href="#">6:30 PM - Bible Study</a></p> <p><a href="#">7:00 PM - Catholic Religious Education</a></p>	<p><u>29</u></p> <p><a href="#">5:30 AM - Men's Prayer Group</a></p> <p><a href="#">5:30 AM - Men's Prayer Group</a></p> <p><a href="#">5:30 AM - Men's Prayer Group</a></p> <p><a href="#">10:00 AM - Women's Bible Study</a></p> <p><a href="#">11:30 AM - Daily Catholic Mass</a></p>	<p><u>30</u></p> <p><a href="#">11:30 AM - Daily Catholic Mass</a></p> <p><a href="#">6:30 PM - Bible Study</a></p>			

Click on each link to get more information about the corresponding event.

## MISCELLANEOUS

### *Airman's Leadership Library*

The 140th Chief's Council is sponsoring a book exchange for all members of the COANG. In the entry way of the DFAC is a small little wooden library for all of the Wing to enjoy. The mission of this lending library is to share books of interest for others to use, learn from and enjoy. Most of us have read books on leadership, inspiration, family, and self-development; however, once they have been read they simply take up space or occasionally get thumbed through. I would also venture to say, we have all said to ourselves, "boy, I know some people who really need to read this book." The Airman's Leadership Library is just the way to make that dream come true. Bring your books and fill the library or give them to a Chief and they fill the library as space becomes available.

This is also an opportunity to enhance your leadership tool box. We have always been told to not reinvent the wheel; so why do we continue to struggle with different issues when someone else has already cracked the code? So look through the books when you are going through the DFAC and grab a book that strikes your interest. So take a book or leave a book, let's learn from and give to others.

### *Free Child Care—Drill/UTA Weekends*

If you need FREE child care during drill weekend, please contact Ms. Lorrie Heller at the Child Development Center to register for the "HHC" Program. Her number is: 720-847-6174.

Please contact her sooner rather than later so she has time to find a FREE provider.

This service is FREE for members!!

### *New Parent Support Program (NPSP) Healthy Families on Track*

#### **Home Visits with Nurse**

- Prenatal

Month to month baby's development, dealing with discomforts, preparing for labor, review of necessary supplies, etc.

- After Birth

Breastfeeding support, understanding how your baby communicates, baby blues and postpartum depression information, attachment and bonding, etc.

- Zero to Three

Growth and development, temper tantrums, potty training, setting limits, becoming a love and logic parent, etc.

- Optional Home Visit Topics

Attachment and bonding, baby cues, infant CPR, baby massage, what to do for choking, sleep disruption and transition, baby sign language, dueling parenting practice, etc.

*Please contact AFRP @ 720-847-9184, with any questions.*

### *Dogs On Deployment*

Military members nation-wide confront a multitude of problems during their careers, the last thing they need to worry about is their pet's care during their service commitments. Dogs On Deployment is a 501(c)(3) national non-profit which provides an online network for service members to search for volunteers who are willing to board their pets during their owner's service commitments. Dogs on Deployment promotes responsible, life-long pet ownership by military pet owners by advocating for military pet owner rights, providing educational resources and granting financial assistance for military pet owners during times of emergency. Join Dogs on Deployment's mission in changing the lives of our military members and their pets.

Do you want more information, go to <https://www.dogsondeployment.org/>



## Buckley Mentoring Program

### Would you like to become a mentor?

### And/or

### Do you need a mentor?

#### *Mentoring*

MyVECTOR enables a web-based mentoring network that allows mentees to manage their career development with the input and guidance from a mentor. Mentees will be able to, in real-time, invite participants to serve as mentors, select mentors based on preferences, chat with their mentor online, and complete a mentoring plan.

#### *Career Planning*

MyVECTOR allows the user to view their duty experience through career field specific experience codes. This structure also allows the user to build career plans based on real opportunities and to share these career plans with development teams and mentors. A Bullet-Tracker option allows the user to track specific events and accomplishments throughout the year for Performance Reports.

#### *Knowledge Sharing*

MyVECTOR provides Discussion Forums and links to resources for online books and courses that discuss mentoring benefits, the differences between coaching and mentoring and techniques for managing

 <p>Mentoring Connections</p>	 <p>See My Experience</p>	 <p>Development Plan</p>
 <p>Build Bullet Tracker</p>	 <p>Join The Discussion</p>	 <p>My People</p>

mentoring relationships.



### Sign up is easy

Use your Common Access Card to quickly setup a profile and get started. If you already have a profile, then click Logon.

Log on to <https://afvec.langley.af.mil/myvector>

**Total Force**  
Active. Guard. Reserve. Civilian.

## 140 Wing Contact Numbers

### Retention Office

MSgt Walter Christopherson  
18860 E. Breckenridge Ave.,  
Bldg. 801, Room N-240  
Buckley AFB, CO 80011  
Phone # 720-847-9606  
Cell # 720-884-6522  
Fax# 720-847-9959  
Walter.l.christopherson.mil@mail.mil

### Recruiting Office

MSgt Jorge Gonzalez  
18860 E. Breckenridge Ave.,  
Bldg. 801, Room N-247  
Buckley AFB, CO 80011  
Phone # 720-847-9457  
Cell # 720-670-0210  
Jorge.e.gonzales8.mil@mail.mil

### Military Personnel Office (MPF)

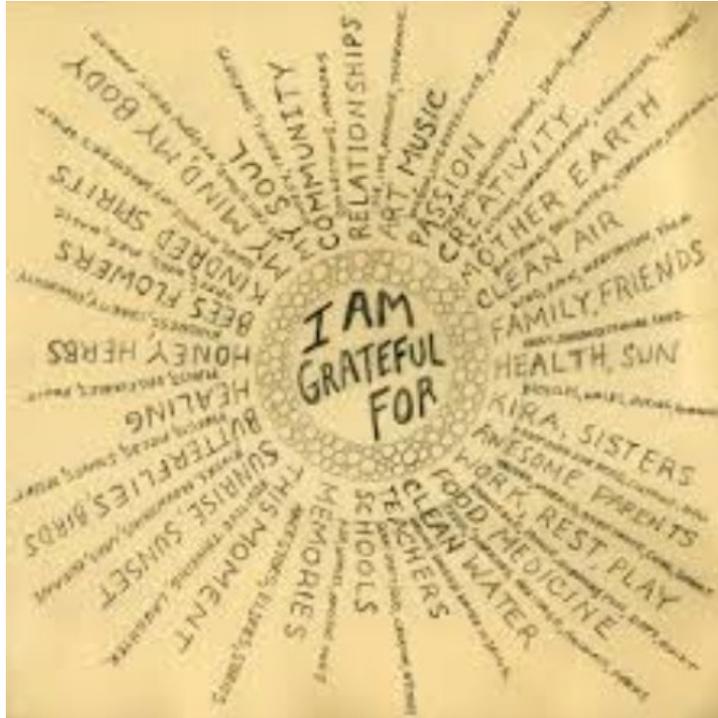
Customer Service/Personnel Issues/DEERS  
18860 E. Breckenridge Ave.,  
Bldg. 801, Room N-224  
Buckley AFB, CO 80011  
Phone: 720-847-9295

### ***Important Change: Renewal of CACs and Dependent ID Cards***

*If your CAC or dependent's ID has expired and you visit FSS to renew the ID after the expiration date, the customer must have two forms of ID. Some acceptable forms of ID are as follows: birth certificate, SSN card, passport, drivers license.*

*The expired military ID can no longer be used as a form of ID, as the DEERS system will no longer accept it as such—effective 3-4 months ago.*

*Military members, please ensure that your dependents are aware of this change, so they may act accordingly.*



## *What are you thankful for?*

List, below, the things/people you are most thankful for today.

- 1.
- 2.
- 3.
- 4.
- 5.

Have more things/people to add?

- 6.
- 7.
- 8.
- 9.

Keep finding at least 5 things/people to be thankful for until Thanksgiving day.

*There is always something or someone to be thankful for!*