

# Cougar Tales – 13 Nov

## Announcements:

[Team Buckley Helping Agencies \(Revised\)](#)  
[FSS and Finance Customer Service Numbers](#)  
[Team Buckley Diversity Council](#)  
[Upcoming Outdoor Rec Trips](#)  
[Red Cross Resiliency Workshops](#)  
[Patriot Pass & Military to the Mountains](#)

## Events:

[Bullet Writing Class – 19 & 21 Nov](#)  
[Evaluations Class – 20 Nov](#)  
[Mile High First Sgts Top Golf Tournament – 25 Jan](#)

This and previous weeks' Cougar Tales are available on the WG App under Helpful Resources→Cougar Tales



**\*\* For more information and a complete events calendar, check out the [COANG Resiliency Page](#) and the 140th Wing App (download in your phone app store)\*\***



# TEAM BUCKLEY HELPING AGENCIES

24/7 CareLine (720)847-CARE (2273) - Emergencies Dial 911

24/7 National Suicide Prevention Lifeline English/Spanish (800)273-8255 or text 838255

For immediate help, contact the Command Post 24/7 at (720)847-4600 (Active Duty) or (720)847-9955 (COANG)



	Alcohol & Drug Abuse Prevention Program (ADAPT)	Airman and Family Readiness Center (A&FRC)	Area Defense Counsel	Behavioral Health Optimization Program (BHOP)	Chaplain Corps	Equal Opportunity (EO)	Family Advocacy	Civilian Fed Occupational Health-Employee Assistance Program	Human Performance Center	Mental Health	Military & Family Life Counselor (MFLC)	Military One Source 24/7 Operations	Sexual Assault Prevention & Response (SAPR)
Active Duty	(720)847-9451	(720)847-6681	(720)847-9630	(720)847-9355	(720)847-4631		(720)847-6453			(720)847-6451	(720)847-6681		
Air National Guard	(800)662-4357	(720)847-9116	(303)710-7326		(720)847-9955	(720)847-6250	(720)847-9116	(866)580-9078	(720)847-6864	(720)847-9438		(800)342-9647	(720)847-7272
Reserves	(800)662-4357	(720)847-6681			(720)847-4631								
Alcohol/Drugs	●							●		●			
Anxiousness		●		●				●		●			
Conflicts (Interpersonal)				●			●	●		●	●	●	
Discrimination						●							
Finances		●						●			●	●	
Grief		●		●			●	●		●	●	●	
Fitness/Tobacco									●			●	
Homicidal Thoughts								●		●			
Hostile Work Environment						●		●		●			
Legal Issues			●									●	
Marriage/Family		●		●			●	●		●	●	●	
Relationships		●		●			●	●		●	●	●	
Sadness				●							●		
Sexual Assault							●			●			●
Sexual Harassment						●				●			●
Sleep/Nutrition									●	●		●	
Stress		●					●	●	●	●	●	●	
Suicidal Thoughts								●		●			

100% Confidentiality

STRESSORS

● Restricted Reporting

◆ Unrestricted Reporting

★ Limited Confidentiality



Good afternoon warriors!

Due to the number of members who are teleworking because of COVID, we have narrowed down your contact list for the FSS and Finance to one phone number per office that will always be answered between 0615-1700 Tuesday - Friday and 0800-1600 over drill.

**For FSS please call: 720-847-9295**

**For Finance call: 720-847-9103 or email:  
140.WG.FM.Customer.Service.Org@us.af.mil**

We are still working on narrowing down HRO's contact list. As soon as we have a number to share with you we will send it out!

VR,  
Zeus

//SIGNED//

D. Micah Fesler, Colonel, COANG

Commander, 140th Wing

Voice: DSN: 847-9556 / Comm (720) 847-9556

Mobile: (720) 288-2795

[Back to Top](#)

Good morning, Team Buckley!

We've got facts, links, essays and events being posted to the Team Buckley Diversity Council Facebook page Every. Day. This is Native American Awareness Month – we've got short essays on all the tribes affiliated with Buckley Air Force Base and the surrounding area; we've posted links to interesting websites, events and art. Come check us out on your lunch break or when you're scrolling through FB after work.

We promise there's NO NEGATIVE NEWS! No politics & no COVID!

<https://www.facebook.com/TeamBuckleyDiversityCouncil>

~~~

The next book to be discussed by the Team Buckley Diversity Council is "The Color of Law" by Richard Rothstein. It's available at Amazon and Aurora public libraries in hardcopy and e-versions.

Where: Google Meet (link will be sent out to interested parties)

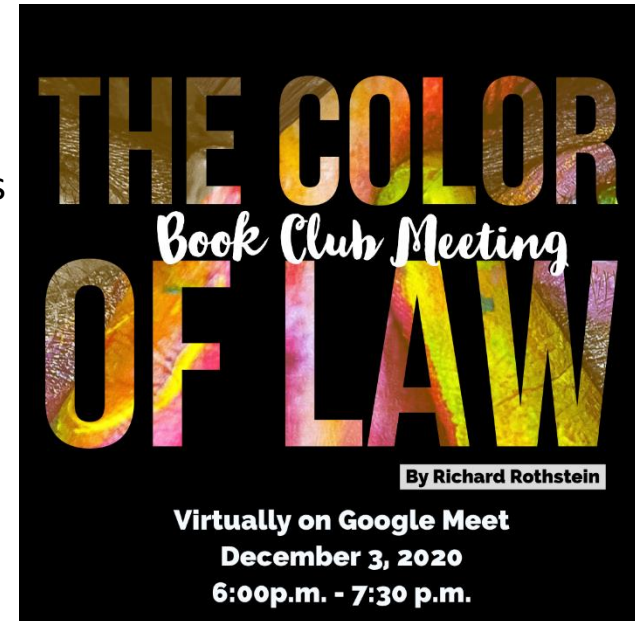
When: December 3 from 1800 – 1930

POCs: Capt Tasia Reed, [tasia.reed@spaceforce.mil](mailto:tasia.reed@spaceforce.mil)

MSgt Marinelle Bland, [marinelle.bland@spaceforce.mil](mailto:marinelle.bland@spaceforce.mil)

TSgt Nichelle Anderson, [nichelle.anderson@spaceforce.mil](mailto:nichelle.anderson@spaceforce.mil)

This book details how federal housing policies in the 1940s and '50s mandated segregation and undermined the ability of black families to own homes and build wealth.



[Back to Top](#)

**Rifle/Pistol Range**

Saturday, 14 November

Cost: \$100

\*R4R: \$20

Minimum Age: 10

Description: This state-of the art rifle pistol range includes a comfortable, heated, semi-enclosed shooting canopy with 10-100 yard rifle lanes and 10-25 yard hand gun lanes. Range Equipment includes a target retrieval system, sturdy shooting benches, and a video target viewing system on the rifle range. Just starting out? Our instructors will help teach you better accuracy and answer any questions you have!

Included: Instructor, 2 hours rifle/2 hours pistol, ear pro, eye pro, firearm, ammo, and lunch

**Single Airmen (Service Member) Program**

**Shark Cage Experience**

Sunday, 29 November

\*R4R: \$20

Included: Shark cage diving (you do not need to be dive certified), all gear, and admission to aquarium

*\*Eligibility: Active Duty, Guard or Reserve officer or enlisted without a spouse. Participant may bring one guest.*

*Only Single Airmen (+guest) can sign up for this event.*

**Rifle/Pistol Range**

Sunday, 6 December

Cost: \$100

\*R4R: \$20

Minimum Age: 10

Description: This state-of the art rifle pistol range includes a comfortable, heated, semi-enclosed shooting canopy with 10-100 yard rifle lanes and 10-25 yard hand gun lanes. Range Equipment includes a target retrieval system, sturdy shooting benches, and a video target viewing system on the rifle range. Just starting out? Our instructors will help teach you better accuracy and answer any questions you have!

Included: Instructor, 2 hours rifle/2 hours pistol, ear pro, eye pro, firearm, ammo, and lunch

**Archery Dodgeball**

Friday, 11 December

Cost: \$25

\*R4R: \$10

Minimum Age: 8

Included: Includes all archery equipment

[Back to Top](#)

**For all trips and trip information, check out our Facebook page, call us at 720-847-6100, or stop by building 1022 Tuesday’s and Thursday’s between 0900 and 1500.**

**Must sign up in person or over the phone.**

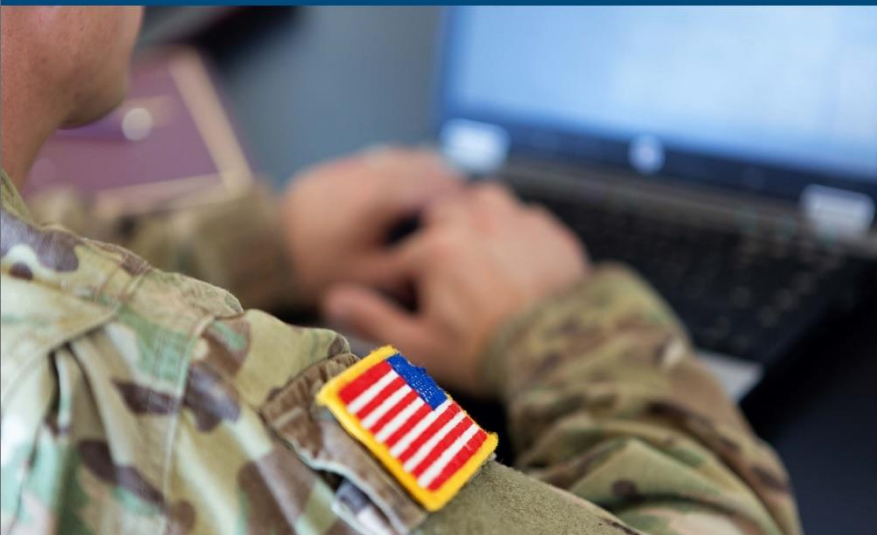
*\*R4R eligibility: Active Duty, Guard or Reserve members stationed at Buckley AFB or servicing MPF, to include their dependents. Retirees, civilians, and foreign military are not eligible for R4R. Single Service Members may bring one guest at the discounted rate.*





**American  
Red Cross**

Service to the Armed Forces



## JOIN US for a Virtual Reconnection Workshop!

### Support for Service Members, Veterans, Families and Caregivers

The American Red Cross Service to the Armed Forces (SAF) is offering virtual Reconnection workshops to help guide members of the military and veteran communities through a variety of important topics. Join us for a chance to connect with others in a live, virtual and guided conversation where you will have a chance to discuss your biggest concerns and learn and practice new, effective skills.

#### Available workshop topics include:

Stress Solutions

Effective Communication

Connecting with Kids

Caregivers of Wounded, Ill and Injured Service Members and Veterans

### Sign Up for a Virtual Workshop!

Each small-group session is organized by a Service to Armed Forces staff member in your community. Contact your local Red Cross office to find out when the next session is scheduled near you. To find your local office, visit [redcross.org](https://redcross.org) and click "Your Local Red Cross" at the top, or download the Hero Care application.

[redcross.org](https://redcross.org)



**American  
Red Cross**

## Red Cross Resiliency Workshop

## Virtual Interactive Workshops



### Connecting With Kids



### Effective Communication



### Caregivers



### Stress Solutions



- Workshops are facilitated by Red Cross licensed mental health professionals
- Confidential sessions are 60-90 minutes with 3-12 participants
- Participate in facilitator led exercises and discussions
- Exclusively for Service Members, Veterans and their families
- Interactive Workshops held on ZOOM or Teams Platforms

**Contact Josh Starrett for more information and scheduling  
At 303-607-4755 or email: [Joshua.starrett@redcross.org](mailto:Joshua.starrett@redcross.org)**

Click here for full PDF:

[https://control.m360mobile.com/uploads/1021/images/thumb/references/pdf/ResiliencyAllWorkshopsmilitarydigital\\_1605308893.pdf](https://control.m360mobile.com/uploads/1021/images/thumb/references/pdf/ResiliencyAllWorkshopsmilitarydigital_1605308893.pdf)

[Back to Top](#)



## Patriot Pass & Military to the Mountains

In conjunction with Veterans Day, we are announcing an all-new season pass program, The Patriot Pass, and the Granby Ranch Military to the Mountains Program.

The Patriot Pass is our way of honoring and thanking those who are currently serving so to protect our freedoms and our country's interests while the Military to the Mountains program supports those who have served and need our support

The Patriot Pass offers complimentary skiing and riding privileges to all active-duty US military personnel. Upon presenting a valid military ID, servicemen and servicewomen will be provided a complimentary season pass and custom Granby Ranch Challenge Coin acknowledging and thanking them for their service.

Military to the Mountains will provide a group of warriors who have sustained combat-related critical injuries with a nine-week intensive physical training program that culminates in a week on the slopes of Granby Ranch.

M2M demonstrates our deep sense of appreciation for the men and women who have served our country, specifically, those veterans who have suffered life-changing injuries in their service to our great country.

In 2012, it was reported by the Veterans Administration that on average 22 veterans a day take their own lives, a rate over twice the national average and a number widely thought to be understated.

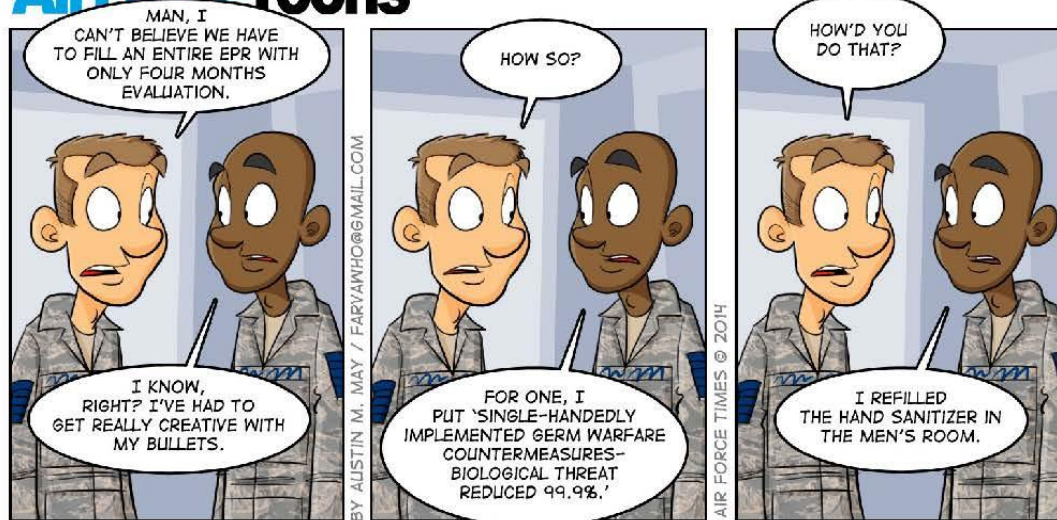
As a country, we can never do enough to help these warriors, and this program represents our team's, our mountain's and our community's effort to do more for these heroes, to whom we owe so very much.

M2M will take place March 28th - April 3rd of 2021, and will be supported entirely by donations and the support of community members.

Click [here](#) for more info

[Back to Top](#)

## AirForceToons



### **SMSgt Dustin Absher– Bullet Writing**

**\*8NOV Sunday 1400-1600**

**\*19NOV Thursday 0900-1100**

**\*21NOV Saturday 1400-1600**

**Zoom Meeting ID: 571 892 4871**

**Password: 20200514**

### **TSgt Karina Van Voorhis– Evaluations**

**\*13NOV Friday 0800-0900**

**\*20NOV Friday 1400-1500**

**\*1DEC Tuesday 1100-1200**

**Zoom Meeting ID: 455 075 0488**

**Password: rising6**



Rising 6



Click here for full PDF:

[https://control.m360mobile.com/uploads/1021/images/thumb/event/pdf/Bullet\\_Writing\\_flyer.pdf](https://control.m360mobile.com/uploads/1021/images/thumb/event/pdf/Bullet_Writing_flyer.pdf)

[Back to Top](#)





## **Mile High First Sergeants TOP GOLF TOURNAMENT Rescheduled-January 25, 2021**

Proceeds for the benefit of Operation Warm Heart and local  
Air Force Families!

\*\* 1<sup>st</sup> three Teams signed up & Paid before January 1, 2021  
will receive additional 6 raffle tickets towards prizes\*\*

### **Tournament Itinerary:**

COVID-19 precautions will be followed

0900 – 0930: 30 Min Warm Up/Buffer served

0930 – 0945: Welcome/Tournament Greeting & Explanation

0945 – 1200: Team Tournament (Top Collective Score)

1230 – 1300: Awards Presentation/Closing Remarks

1300 – Event Concludes

### **Included in entry fees:**

2 Round Tournament

Rise & Shine Gourmet Breakfast Buffet

### **Fundraiser Events:**

50/50 Raffle

LOTS OF GREAT PRIZES

[140thfirstsergeant@gmail.com](mailto:140thfirstsergeant@gmail.com)

**Registration and payment cut off January 15, 2021**



**\$390.00 Per Teams of 6**

**Pay with VENMO:**

**COANG First Sergeants**

@COANG1Sgts



Scan QR Code for payment

**In Comments Provide:**

**List of Team Members  
&  
Team Name**

### **EVENT LOCATION**

10601 East Easter Ave,  
Centennial, CO 80112

Click here for full PDF:  
[https://control.m360mobile.com/uploads/1021/images/thumb/event/pdf/1Sgt\\_Top\\_Golf\\_Flyer\\_25Jan2021.pdf](https://control.m360mobile.com/uploads/1021/images/thumb/event/pdf/1Sgt_Top_Golf_Flyer_25Jan2021.pdf)

[Back to Top](#)