Cougar Tales – 16 Oct



Announcements:

New Slovenian SPP Coordinator

Free Cookies and School Supplies

Ball Aerospace Jobs Available

Donate! Help Airmen in need for the holidays

Take a Knee Devotional

Family Programs Office Newsletter

Copy and Paste into Browser:

https://control.m360mobile.com/uploads/1021/images/thumb/references/pdf/FPONewsletter2OCT2020R 1602881371.pdf

CONG Employment Newsletter

Copy and Paste into Browser:

https://control.m360mobile.com/uploads/1021/images/thumb/references/pdf/EmploymentNewsletterIssue1_1602882046.pdf

CONG 100 Challenge

National Boss' Day – SecDef Freedom Award

Events:

Comeback Yoga
Officer Women Leadership Symposium 2020
Festival of Holidays

** 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)**

To All Members of the Colorado National Guard:

Please join me in welcoming CPT Myra Ramirez as the Slovenian SPP Coordinator and Aide-de-Camp to The Adjutant General. CPT Ramirez most recently served as the Deputy J2. She brings with her over 12 years of experience in service to State and Nation and will be an invaluable member of both the SPP and TAG Staff Teams.

Sincerely,

MICHAEL J. BRUNO, Colonel, COANG Chief of the Joint Staff, Colorado National Guard

USO Star Spangled Cookies Program

This family activity results in some tasty treats! All you need to do is add water to the contents of the jars we've prepared, mix and bake! Instructions are included with each jar. (A full list of ingredients and allergen information is available on the registration page)

More Details & Registration at: https://usodenver.ticketleap.com/cookies/details

USO Kits for College - Adult Back to School Kits

Are you a service member or military spouse that's headed to back to school for a college degree program or certificate? Whether you're attending class in-person or virtually, these collapsible daypacks are for you. Filled with necessities like coffee and stress squishies (and school supplies too), we're here to support you as you achieve your continuing education goals. (Adults only, 1 per person)

More Details and Registration at: http://usodenver.ticketleap.com/collegekits/details

VETERANS AND MILITARY SPOUSES WANTED!!!

Great opportunities with one of our employer partners - manufacturer of spacecraft, components, and instruments for national defense, civil space and commercial space applications.

292213BR Space Radio Frequency-Telecom Subsystem Lead Princip Eng- Boulder, CO

292217BR Industrial Security Professional I - Broomfield, CO

291672BR Principal Engineer- Cryogenic Systems - Broomfield, CO

292214BR Command and Control Software Engineer II - Broomfield, CO

292209BR Systems Administrator Senior - SharePoint - Lafayette, CO

292219BR Engineering Manager II - Supplier Quality Assurance - Westminster, CO

292199BR Technician I - Radio Frequency - Westminster, CO

292204BR Analyst II-Project Controls - Westminster, CO

292215BR Technician II - Radio Frequency - Westminster, CO

292196BR Engineer I - Quality Assurance - Westminster, CO

291670BR Senior Electrical Project Engineer - Westminster, CO

292207BR Production Manager - Westminster, CO

292198BR Project Engineer I - Electrical Manufacturing (OE&P) - Westminster, CO

291574BR Engineer Senior-Protocol Analyst - Columbia, MD

289188BR Network Administrator Senior - Columbia, MD

292211BR Engineer II-Systems - Fairborn, OH

292205BR Engineer I - Software - Fairborn, OH

289233BR Senior Systems Engineer - Fairborn, OH

292210BR Mission Planner - Systems Engineer II - Chantilly, VA

VETJOBS POWERED BY CREY

Click here for full PDF: https://control.m36

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To submit to the position and read the entire job description go to Vetjobs.com. Click on the jobs tab and scroll down to the RC Jobs. Search by the Req#.

Questions? Email me: Melanie at mnicks@militaryspousejobs.org



10/13/2020 Positions open until filled

WE NEED YOUR HELP If you are not in need of assistance this year, Please consider helping out a CONG Family this holiday season. We need YOUR help more than ever this year! THERE ARE MULTIPLE WAYS TO DONATE! 1. ADOPT A GUARD FAMILY 2. SEND IN A CHECK TO THE CONG FOUNDATION CO.NG.MIL/FAMILY/FOUNDATION **BE SURE TO LABEL IT FOR HOLIDAY ASSISTANCE** 3. SEND IN GROCERY CARDS FOR OUR HOLIDAY MEAL ASSISTANCE **PROGRAM** For more information on our holiday programs please visit: co.ng.mil/family/holidayassistance

COLORADO NATIONAL GUARD
FOUNDATION



Take a Knee - 07 October 2020



Responding to Life's Trials

2 Chronicles 20:1-30

How do you respond when faced with a sizable problem for which there seems to be no solution? After considering all angles and seeing no way out, do you panic or sink into despair? Sometimes I find myself saying, "There's nothing left to do now but pray!" People of faith should not treat prayer as a "back-up" option. We should make prayer a priority and step #1 of our battle-drill when faced with a pressing challenge: Pray and rely on the Lord.

Today's verses provide a rich, detailed account of Jehoshaphat's remarkable faith. When Judah was threatened by a great and powerful enemy, the king responded by seeking the Lord. His prayer was based on divine promises and Judah's total dependence upon God for deliverance. In response, the Lord sent a comforting message through a prophet, and Jehoshaphat told the people, "Put your trust in the lord your God and you will be established. Put your trust in His prophets and succeed" (2 Chronicles 20:20).

This is good advice for us today because our only true foundation in times of trouble is the Lord and His Word. Jehoshaphat's prayer is a model we can follow. When we come humbly before God and base our prayer requests on the truths and promises of Scripture, we can trust Him to do exactly what He has said.

Bible in One Year: Matthew 1-4

CH (LTC) David Nagel – (720) 250-1074 – <u>david.a.nagel.mil@mail.mil</u>

"Nurture the Living, Care for the Wounded, Honor the Fallen!"

For more Spiritual Fitness Moments from Dr. Stanley visit: www.intouch.org

Click here for full PDF:

https://control.m360mo bile.com/uploads/1021/i mages/thumb/reference s/pdf/TakeaKneeRespon dingtoLifesTrials 160288 1214.pdf

CONG 100 Challenge

We have a local organization called Southeast Community Outreach (SECOR) that wants to adopt 100 Colorado National Guard kids for the Holiday season.

This will include wonderful presents and food assistance (a holiday meal) for the family. Names must be submitted by October 31, 2020. Please visit the CONG App, click on "Family" and then "Holiday Support" to register. You can also visit co.ng.mil on your personal device and click "family" to register.

Thanks for helping us make this Holiday season special for our Colorado Guard Families!"

Watch the video here:

https://www.facebook.com/watch/?v=795903474563139

https://www.youtube.com/watch?v=R2NIg0_jlek&feature=youtu.be

(view off network)

CH (LTC) David "Red Thunder" Nagel

Full-Time Support Chaplain, Colorado National Guard David.a.nagel.mil@mail.mil

Office: (720) 250-1074

Cell: (303) 913-1749

Dear Service Member,

The Secretary of Defense Employer Support Freedom Award nomination season is an exciting time of year. We get to see thousands of testimonials about employers who regularly go above and beyond to support their employees in the National Guard and Reserve.

Throughout this nomination season email campaign you, along with nearly 800,000 Reserve Component service members will receive several emails that announce the season and provide updates.

As of this email we've received hundreds of nominations! For those of you who have already nominated your supportive employer, thank you! And, for those of you who'd like to, go to www.freedomaward.mil and click on the "Nominate Employer" tab.

During these times of significant change and hardship brought on by COVID-19 it is important to recognize those supportive employers who continue to provide unparalleled support to you and your family members.

The Freedom Award is the highest honor the Department of Defense gives to employers for supporting National Guard and Reserve employees. The employers chosen exemplify what it means to go above and beyond federal requirements in support of military employees.

The nomination form takes about 10-15 minutes to complete. Nominations must be submitted by Dec. 31, 2020.

Thank you for your service, The Freedom Award Team



YOUTUBE SCHEDULE

MONDAY

Level 1 Yoga Class

8AM (MST)

Level 130-Min

Yoga Class

12PM (MST)

Level 2 Yoga

Class 6PM (MST) **TUESDAY**

Level 1 Yoga

Class

8AM (MST)

Level 1 Yoga

Class

6PM (MST)

WEDNESDAY

Level 2 Yoga

Class

8AM (MST)

Level 130-Min

Yoga Class

12PM (MST)

Chair Yoga

Class

6PM (MST)

THURSDAY

Level 1 Yoga

Class

8AM (MST)

FRIDAY

Yin Yoga Class

8AM (MST)

Level 130-Min

Yoga Class

12PM (MST)

Level 1 Yoga

Class

6PM (MST)

SATURDAY

Level 2 Yoga

Class

8AM (MST)

SUNDAY

Level 1 Yoga Nidra Class

8AM (MST)

Go to: https://www.youtube.com/c/ComebackYoga Back to Top

Join us for the 2020 Officer Women Leadership Symposium and Career Coaching Workshop November 4-6, 2020

Plan to attend and/or encourage your team to attend the 2020 Officer Women Leadership Symposium (OWLS) (Nov 5-6) and Career Coaching Workshop (Nov 4) and engage with influential change-makers, senior military leaders, top-tier industry partners, and your professional counterparts from all branches of military service.

The agenda features great speakers to include: Secretary Barbara Barrett, Secretary of the Air Force; President Carol Folt, President of USC; General Ellen Pawlikowski, U.S. Air Force (retired), VADM Linda Fagan, U.S. Coast Guard; and Lt General Karen Gibson, U.S. Army (retired).

Session topics include: leading in challenging times; approaches to leading consistently with agility, clarity and purpose; strategies for getting a mentor and becoming one; and personal insights from senior women military and government leaders.

The 2020 Officer Women Leadership Symposium (OWLS) and Career Workshop will be hosted virtually in partnership with the University of Southern California (USC) Marshall School of Business, Master of Business for Veterans (MBV) program. Thanks to the event platform, participants will have the opportunity to network with attendees, participate in small group discussions, engage with keynotes, panelists, and interactive workshops.

WHEN: The OWLS and Career Workshop will be hosted virtually on November 4-6, 2020

HOW: Register at www.militaryowls.org

WHO: Military officer and senior enlisted women are encouraged to attend, but all are welcome.

PRICE: Only \$50/day or multi-day options

The 2020 theme for the November OWLS - Women's Leadership for a Lifetime - will focus on various aspects of leadership, and provide inspiration for military women to lead throughout all stages of their lives.

The Career Workshop provides professional development opportunities to network with top-caliber, military friendly employers and substantive resources that assist military women and military spouses in making successful future career transitions.

If you have any questions, please contact owls@academywomen.org or careerworkshop@academywomen.org.

Good afternoon, Team Buckley!

Your Diversity Council is planning a Festival of Holidays. It will take place from 1200 – 1600 on December 2 at the Chapel Fellowship Hall and will include booths for every holiday celebrated in December. So far, we know about Bhodi Day (Buddhist), Hanukah (Jewish), Yule (Pagan/Wiccan), Christmas (Christian) and Kwanzaa (African American & Pan-African) (There are several more Christian holidays but space is limited and one celebrated holiday per faith, I believe, is fine.) if you know of another major holiday we've missed, please email us at 460sw.diversitycouncil.wf@us.af.mil.

To make this happen, we need volunteers who would be able to give us guidance on their traditional celebrations and set up their booth. Due to COVID and the mandatory 25-person limit per gathering, we're asking that only one person stay at the booth to answer any questions once the festival starts. Between the hours of 1200 and 1600, 20 people will be allowed into the Fellowship hall at a time.

Our goal is to make this fun, tasty and educational for anyone who's interested in learning about different cultures making up our holiday season. Please help us kick off December with a celebration of diversity and send us an email to volunteer at the address above.

Respectfully,
Team Buckley Diversity Council
https://www.facebook.com/TeamBuckleyDiversityCouncil/

Click here for full PDF:

Back to Top