

Cougar Tales – 23 Oct



Announcements:

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[Meet your Area Defense Counsel](#)

[Family Suicide Prevention Training](#)

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[Suicide Prevention Kneeboard](#)

[Emergency Relief Fund Grants](#)

[COANG Bullet Writing Guide](#) (copy and paste link into browser:

https://control.m360mobile.com/uploads/1021/images/thumb/references/pdf/COANGBulletWritingGuideSEP2020_1603393269.pdf)

Events:

[Diversity Book Club](#)

[Take Control of your Financial Future](#)

[Holiday Meals for Military](#)

[140th LRS Auction](#)

[Mile High First Sergeants Top Golf Tournament](#)

**** 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)****



ELK'S LODGE & SYSCO FOOD

GROCERY ASSISTANCE

Need Some Extra Groceries this Holiday Season?

**STARTS OCTOBER 20
WILL GO UNTIL SUPPLIES LAST
RSVP FOR SPECIFIC DATES
BUCKLEY AFB-BLDG 706**

RSVP to Airman and Family Readiness

Michelle Abarca: michelle.abarca@us.af.mil or 720-847-9116

CMSgt Brandon Shulman: brandon.shulman.1@us.af.mil or
720-847-9184



Click here for full PDF:
https://control.m360mobile.com/uploads/1021/images/thumb/references/pdf/GroceryAssistance_1603476217.pdf

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The

AREA DEFENSE COUNSEL

Works for YOU!

NOT YOUR COMMANDER
NOT THE LEGAL OFFICE
NOT ANYONE ON THIS BASE

I am here to protect YOU...

If YOU choose to exercise your right to counsel, I am here to help.



YOUR
COANG
AREA DEFENSE COUNSEL
Capt Elaina DeNolf

Call me if you are facing actions
including:

- LOC/LOR • Separation •
Reenlistment Denial
- Security Clearance Issues • Article
114
- Demotion • LOD/MEB/PEB/DES
• or any other action that may
negatively
impact your service in the COANG

INDEPENDENT & CONFIDENTIAL

Area Defense Counsel
140 S. ASPEN ST., Bldg. 706 Room 125
Buckley AFB, CO 80011

elaina.denolf.1@us.af.mil
Work Cell: 303-710-7326

Click here for full PDF:
https://control.m360mobile.com/uploads/1021/images/thumb/references/pdf/ADCPosterDeNolf_1603476298.pdf

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Family Suicide Prevention Training

- Force multipliers; families are vital to our enterprise resiliency and specifically our suicide prevention strategy
 - HAF A1 in concert with a cross-functional team developed training to inform and better educate our families as key sensor and potential solutions in our “care and support chain” to help Forces in distress
 - 7 Oct 2020 release; working with MAJCOM Violence Prevention Managers and Public Affairs for greater awareness

1



<https://www.resilience.af.mil/Programs/>

2



<https://wingmanonline.org/Programs/Video-Training-Modules/>

Integrity - Service - Excellence

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TO LEARN HOW TO PROVIDE THE SUPPORT YOUR
ARMEN AND SPACE PROFESSIONALS NEED, GO TO >



www.resilience.af.mil/Programs/Equipping-Families

Equipping Families to Help Airmen in Distress

YOU

ARE YOUR AIRMAN'S
GREATEST SUPPORT

LOVED ONES

CHILDREN

SIBLINGS

PARENTS

FAMILIES

SPOUSES

Click here for full PDF:

https://control.m360mobile.com/uploads/1021/images/thumb/references/pdf/A1ZFamilyEquipposter_1603476577.pdf



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DAF RESILIENCE



PROMOTE RESILIENCE

Practice self-care such as regular exercise, sufficient sleep, and relaxation time. Invest in resilience skills like balance your thinking, mindfulness, and looking for the good to manage stress.

RECOGNIZE SIGNS OF DISTRESS

Mood changes, such as depression or anxiety
Irritability, agitation, or anger
Sleep difficulties
Withdrawing from social activities, family, friends, or others
Lack of interest in activities that were previously enjoyed (hobbies, work, etc.)

ASK

Directly ask the individual if they are having thoughts of death, self-harm, or suicide.

CARE

Care about their answer. If they hesitate, or seem uncertain, ask follow-up questions to convey that you care about their well-being.

ESCORT

If the individual is having thoughts of suicide or needs help, escort them to a qualified professional or leadership.

GO
SLO

If someone demonstrates signs of distress, consider their access to LETHAL means including firearms, medications or other means of fatal methods. Airmen should remember to "go SLO" - use **S**afes, **L**ocks, or store means **O**utside the home.

SMALL STEPS SAVE LIVES.

www.resilience.af.mil

MILITARY CRISIS LINE: 1 (800) 273-8255

HELPING RESOURCE:	COMMANDER/SUPERVISOR	AIRMAN & FAMILY READINESS CENTER	MILITARY DOWNSOURCE/MILITARY FAMILY LIFE COUNSELOR (MFLC)	CHAPLAIN	CIVILIAN EMPLOYEE ASSISTANCE PROGRAM	MENTAL HEALTH (MH) CLINIC	EMERGENCY ROOM
Contact:							
CAN ASSIST:	All	All	Military and Family Members	All (full confidentiality)	Civ/NAF	Military	All
Suicidal Thoughts	✓		✓	✓	✓	✓	✓
Relationship Problems	✓	✓	✓	✓	✓	✓	
Loneliness / Isolation	✓	✓	✓	✓	✓	✓	
Workplace Stress or Problems	✓	✓	✓	✓	✓	✓	
Alcohol / Drugs	must report to ADAPT			✓	✓	✓	
Fatigue / Sleep	✓		✓	✓	✓	✓	
Anxiety / Panic Depression	✓			✓	✓	✓	
Grief and Loss	✓	✓	✓	✓	✓	✓	
Deployment	✓	✓	✓	✓	✓	✓	
Finances / Budget	✓	✓	✓ (OneSource)	✓	✓		
Retirement / Separation	✓	✓	✓	✓	✓	✓	

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Click here for full PDF:
https://control.m360mobile.com/uploads/1021/images/thumb/references/pdf/A1ZResilienceKneeboardCombined_1603476452.pdf



1 Massachusetts Avenue NW, Suite 880 | Washington, D.C. 20001-1401 | Phone (800) 234-3246 | Fax (703) 519-3849

FOR IMMEDIATE DISSEMINATION

WCFA-COVID EMERGENCY RELIEF FUND GRANTS – PHASE 2

Senior Enlisted Leaders, Family Program Offices, and State Association Presidents,

EANGUS and the We Care for America Foundation are pleased to announce the receipt of additional funding which will allow us to provide much needed assistance to National Guard Soldiers and Airmen who have been impacted financially by the COVID-19 Pandemic. We extend our sincere appreciation and gratitude to USAA for their continued support and this most recent donation which will be distributed in three phases over the next several months.

Similar to the initial COVID-19 Emergency Relief Funds that were distributed in May 2020 (Phase 1) these funds will be available to current and former members of the National Guard, enlisted or officer, who demonstrate the loss of their primary income or employment, or a financial emergency directly related to the COVID-19 pandemic. Grants will be capped at \$500, and are intended to assist with basic household necessities such as rent, utilities, food, etc. In order to assist as many National Guard members as possible, the fund can only support one emergency grant per household. National Guard members who received a grant in Phase 1 are not eligible to receive another WCFA-COVID grant at this time.

The window to submit applications for Phase 2 of the WCFA-COVID Emergency Relief Fund will open at **6:00 pm Eastern Time on Wednesday, October 28, 2020**. A max of 600 applications will be accepted and reviewed during Phase 2. We ask that applications be submitted by National Guard members who absolutely need assistance as a result of a COVID-19 related financial hardship. Applications will be approved based on the greatest need. It is important to note that not all applicants will qualify for assistance and others who do qualify, will not receive a grant once the funding allotted for Phase 2 is exhausted. Additional phases and opportunities to apply for emergency assistance will be announced in the future. Each phase will be announced in advance and will require submission of a Verification Form noting the applicant's emergency need at that time.

The grant application process includes completion of a brief online application and submission of the WCFA-COVID Emergency Relief Fund Verification Form which must be completed and signed by the applicant's Unit Commander, Senior Enlisted Leader, or Family Program Representative. A copy of the fillable Verification Form is attached, or applicants can download a copy of the form from our website. Please refer to the We Care for America website at www.eangus-wcfa.org for more information and to submit an application for assistance. Applicants approved for a grant will be notified and funds will be disbursed as quickly as possible.

Questions can be referred to our office via email at wcfa@eangus.org

Click here for full PDF
and application:
https://control.m360mobile.com/uploads/1021/images/thumb/references/pdf/WCFA_COVIDERFGPhase2_1603476675.pdf



Please join Capt Tasia Reed on Thursday, 29 Oct at 1700 via Google Meet for her first Book Club meeting! The book is “So You Want to Talk About Race” by Ijeoma Oluo. Capt Reed’s discussion will begin with ideas from the book but will also include how we can take what we’ve learned and apply it to our lives. Please come even if you haven’t read it, you’re guaranteed to enjoy the social interaction and garner a few take-aways!

To use Google Meet, you’ll need a gmail account. Please email Capt Reed at tasia.reed@spaceforce.mil that you’re interested in participating so she can send you the meeting tag up information.

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TAKE CONTROL OF YOUR FINANCIAL FUTURE!

October 28, 2020 | 12:30 PM MST | Virtual | Free – Registration is Required

Presented by the U.S. Securities and Exchange Commission & Thrift Savings Plan.

Join experts from the SEC and TSP for a FREE virtual training designed to share smart investing strategies, key considerations for retirement savings, and tips to avoid frauds and scams.

Learn the following and more!

- TSP Contribution Strategies and Plan Updates
- Choosing a Tax Treatment: Traditional or Roth
- Managing Your TSP Account and Tracking Progress Toward Your Retirement Goals
- Investment Products and Terminology Beyond the TSP
- Key Investing Considerations for Smart Investors
- How Fees Impact Your Investments
- Tips to Empower and Protect Your Retirement Savings from Frauds and Scams
- Simple Steps to Take Before Making Investment Decisions

To register for this training session:

Go to

<https://secgov.webex.com/secgov/k2/j.php?MTID=t33dd8c0a9ff234bdf474dbb1b3c92ec4> and register.

Instructions to join the session will be emailed after registration and course materials emailed prior to the event.

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HOLIDAY MEALS FOR MILITARY



Join Operation Homefront for a
gift card distribution event.

Eligibility Category 5

- Post 9/11 wounded, ill or injured service member of any rank, both currently serving and those no longer serving in the military, **or**
- All ranks, Active Duty, Guard and Reserves, any duty status, **or**
- Transitioning service members within 12 months of their discharge/retirement date



Nov 1, 2020 | 1pm – 3pm
Aurora, CO

Pre-registration is required!

Register at MyOperationHomefront.org

This will be a drive-thru contactless gift card only event

Contact: Kathleen Coleman, Program Manager, (719) 649-0091 or
Kathleen.Coleman@OperationHomefront.org

Click here for full PDF:
https://control.m360mobile.com/uploads/1021/images/thumb/event/pdf/20HMFM_AuroraCO_GIFTCARD-EC5_1NOV2020.pdf

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SCAN ME



140TH LRS AUCTION NOV 5TH 2020

The profits from this auction help pay for National Guard Association of Colorado memberships for members of the Colorado Air National Guard.

Since it first formed in the Colorado State House on January 2, 1909, the NGACO has represented the citizens of Colorado, Colorado Legislature, the National Guard Association of the United States (NGAUS), and the United States Congress.



Click here for full PDF:
<https://control.m360mobile.com/uploads/1021/images/thumb/event/pdf/Auction.pdf>

SCAN THE QR CODE OR COME VISIT US AT
<https://yourcharityauction.com/auction.php?a=212&ca=2c7982>

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

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

** 1st 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

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

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