

Cougar Tales – 6 Nov

Announcements:

[Team Buckley Helping Agency Matrix](#)

[ADOS Announcement – Transition Assistance Program Analyst](#)

[Native American Heritage Month](#)

[National Disability Employment Awareness Video](#)

[National Veterans and Military Families Month](#)

[FREE Tables to a good Gov home](#)

[Outdoor Rec Ski Season Information](#)

[460FSS Orbiter](#)

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

Events:

(All events are listed on Wing App Calendar)

[Rising 6 Meeting – 8 Nov](#)

[Bullet Writing Class – 8 Nov](#)

[Virtual Home Buying Seminar – 12 Nov](#)

Newsletters:

(Copy Link and paste in browser or find in WG App under Helpful Resources→Newsletters)

[140FSS Connections](#)

[Retiree Newsletter](#)



**** 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)

For Emergencies, Dial 911. For Immediate Help, Contact Command Post 24/7 at DSN: 847-4600 or Commercial 720-847-4600.

National Suicide Prevention Lifeline, 24/7, English and Spanish: 800-273-8255

STRESSORS

	Alcohol & Drug Abuse Prevention Program (ADAPT) 720-847-6451	Airman & Family Readiness Center (A&FRC) 720-847-6681	Behavioral Health Optimization Program (BHOP) 720-847-9355	Chaplain Corps 720-847-4631	Equal Opportunity (EO) 720-847-6250	Family Advocacy 720-847-6453	Civilian Fed Occupational Health - Employee Assistance Program 866-580-9078	Human Performance Center 720-847-6864	Mental Health 720-847-6451	Military & Family Life Counselor (MFLC) 720-847-6681	Military One Source 24/7 Operations 800-342-9647	Sexual Assault Prevention & Response (SAPR) 720-847-7272
Alcohol / Drugs	●						●		●			
Anxiousness		●	●				●		●			
Conflicts (Interpersonal)			●			● ◆	●		●	●	●	
Discrimination					●				●			
Finances		●					●			●	●	
Grief		●	●			●	●		●	●	●	
Fitness / Tobacco								●			●	
Homicidal Thoughts							●		●			
Hostile Work Environment					●		●		●			
Marriage / Family		●	●			●	●		●	●	●	
Relationships		●	●			●	●		●	●	●	
Sadness			●							●		
Sexual Assault						●			●			● ◆ ★
Sexual Harassment					●				●			● ◆ ★
Sleep / Nutrition								●	●		●	
Stress		●	●			●	●	●	●	●	●	
Suicidal Thoughts							●		●			



● = Restricted Reporting
◆ = Unrestricted Reporting
★ = Limited Confidentiality



TEAM BUCKLEY HELPING AGENCIES

24/7 CareLine 720-847-CARE (2273)

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Alcohol and Drug Abuse Prevention and Treatment (ADAPT):*

Assesses active duty members for substance related disorders, based on self or command referral. Provides prevention briefings for First Term Airmen Center and to duty sections upon request. Provides counseling to active duty members for substance related concerns.

Airman & Family Readiness Center: Provides financial education, transition & relocation assistance, Air Force Aid Society assistance, Spouse employment assistance, Deployment support, Information and referral, and manages the Key spouse program.

Behavioral Health Optimization Program (BHOP): Provides earlier identification of behavioral health needs. Counsels individuals experiencing the stressors of daily living such as family conflict, job stress, grief, or life-planning issues. Can be viewed as a less threatening setting to patients who wish to avoid a mental health record.

Chapel Counseling Services: All discussions with a Chaplain are absolutely confidential (UCMJ privileged communication) and cover a wide variety of issues including individual counseling, relationship and family concerns, work issues, stress and anger management, suicidal ideations, spiritual concerns, and ethical issues.

Employee Assistance Program (EAP) Federal Occupational Health:**

EAP is a professional service that provides problem solving, coaching, information, consultation, counseling, resource identification, and support to all employees.

Equal Opportunity (EO): The mission of EO is to improve mission effectiveness by promoting an environment free from unlawful discrimination and sexual harassment in the workplace. EO should be offered to all people regardless of rank, civilian or military, race, color, religion, sex, national origin, and sexual orientation.

* = AD Military Members Only

** = Civilians Only

Family Advocacy Programs: Addresses the prevention and treatment of domestic violence and child abuse. Provides direct services that include crisis intervention and safety planning, counseling and rehabilitation, risk assessment, and training in the field of domestic violence and child abuse. The program includes prevention and education services, clinical counseling, case management, victim advocacy, parenting classes, New parent support programs, Anger management, healthy relationship education and effective communication seminars.

Health Promotions: Goal is to provide and integrate evidence-based and cost-effective community programs to optimize health and readiness.

Mental Health Clinic:* The Mental Health Clinic offers services for Active Duty members only. They provide solution-focused intervention for managing life stressors including (but not limited to) anxiety, depression, bereavement, and trauma.

Military and Family Life Counselor (MFLC): Experienced, licensed mental health professionals, Masters or Ph.D. level, provide non-medical counseling services, coaching, education and trainings to military service members, couples, families and groups. MFLCs can meet you anywhere (with the exception of your home).

Military One Source: Non-medical counseling is available through Military OneSource. They offer many different types of counseling including: Face to Face Counseling, Online Counseling, Telephonic Counseling, Financial Counseling, Inter-national Calling Counseling, Health and Wellness Coaching.

Sexual Assault Prevention and Response (SAPR): The Sexual Assault Response Coordinator (SARC) provides command support, prevention education, annual training and 24/7 victim response.

Click here
for full PDF:
[https://control.m360mobile.com/uploads/1021/images/thumb/references/pdf/TeamBuckleyHELPINGAGENCYMAT RIX26Oct2020_1604697247.pdf](https://contr ol.m360mobile.com/uploads/1021/images/thumb/references/pdf/TeamBuckleyHELPINGAGENCYMAT RIX26Oct2020_1604697247.pdf)



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AIR NATIONAL GUARD (ANG) ACTIVE DUTY FOR OPERATIONAL SUPPORT (ADOS) ANNOUNCEMENT

Please submit ADOS application to NGB-JS-ADOS: ng.ncr.ngb-arng.mbx.ngb-js-ados@mail.mil

If unable to encrypt or the application is over 4MB, please forward via <https://safe.amrdec.army.mil/safe/>
to the above address

ANNOUNCEMENT NUMBER: 20-147

CLOSE OUT DATE: Open until filled

POSITION TITLE: Transition Assistance Program Analyst Deployment Cycle Support Assistant

POSITION INFORMATION: Length: 1 year (1 Oct 20 through 30 Sept 21)
Tour intent through FY 21
Pending Funding
ADOS, Title 10 - 12301d

RANK/GRADE REQUIREMENT: SSgt - MSgt

AFSC REQUIREMENT: Any

SECURITY CLEARANCE REQ: Secret

LOCATION: Arlington, VA

WHO MAY APPLY: Qualified ANG members only

POC Position:
Name: Ms. Jennifer Wickizer
Contact Info: Phone 240-612-7284
Email: jennifer.a.wickizer.civ@mail.mil

Position Description (Duty Description): DUTIES AND RESPONSIBILITIES:

Assist with deployment cycle support to include but not limited to. Yellow Ribbon Reintegration Program and Transition Assistance Program for the ANG. Compile data, communicate with Wing and State Agencies, create

Click here for full
Announcement:
https://control.m360mobile.com/uploads/1021/images/thumb/references/pdf/ADOSTransitionAssistanceProgramAnalystDeploymentCycleSupportAssistant_1604517226.pdf

Team,

November is Native American Heritage Month.

The Department of Military and Veterans Affairs pays tribute to American Indian and Alaskan Native men and women who demonstrated selfless service and sacrifice in the U.S. Armed Forces during World War II on the occasion of the 75th anniversary of the war.

Forty-four thousand of a total Native American population of 350,000 saw active duty. Many of the Active Duty Native American Soldiers served alongside our Colorado Army National Guard members in the U.S. Army's 45th Infantry Division during the war. Seeing 511 days of combat, they fought at Salerno, Anzio, St. Maxine, and Alsace, crossed the Rhine, helped take Munich, and liberated the Nazis' infamous Dachau death camp. Three of the Native American 45th ID Soldiers received the Medal of Honor. They were: U.S. Army 1st Lt. Jack Montgomery (Cherokee); U.S. Army 2nd. Lt. Ernest Childers (Muscogee [Creek]; and, U.S. Army 2nd. Lt. Van T. Barfoot (Choctaw).

More than 50 of our members currently serving in the Colorado Army and Air National Guard share this proud heritage. They are valued members of our team who continue a long legacy of professionalism and selfless service.

Let's join them in celebrating their military service and the rich cultures of their various tribes.

We look forward to hearing their stories!

Brigadier General Laura Clellan
The Adjutant General of Colorado

Command Sergeant Major Bill Woods
Senior Enlisted Leader

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In case you missed it. October was National Disability Employment Awareness Month and we have a message for you.

Please view the video at the following links:

YouTube: <https://youtu.be/6jl856SMTIA>

CONG web: <https://co.ng.mil/About/Command-Messages/Disability-Employment-Awareness-Month/>

Facebook: <https://www.facebook.com/CONG1860/videos/689533408654254/>

Instagram: https://www.instagram.com/tv/CG7qv_RBQ59/



NATIONAL VETERANS AND MILITARY FAMILIES MONTH

Special Events and Offers for Military Families

Each November, the military community observes National Veterans and Military Families Month to celebrate how special military families are and recognize all the ways they support their service members.

Join us for virtual events all month long:

- 11/5: Sleep Strategies for Stress
- 11/10: Family Fact-Finding:
Explore Ancestry.com
- 11/17: Storytime with Bella (ages 3-6)
- 11/19: Family Picture Day
- 11/19: Storytime with Ryan (ages 7-10)
- 11/19: MilSpouse Secrets
- 11/20: Easy and Nutritious Meals
for Your MilFam

Additional Information & Resources

<https://militaryonesource.mil/military-family-appreciation>

YOU'RE ★ EVERYTHING

Appreciation kit for military families

The Department of Defense and Military OneSource are recognizing military families and transitioning veterans with Military Family Appreciation Kits. Kits are available to military service members and their immediate family members as well as to veterans within 365 days of their post-separation date.

Virtual events all month long

At Military OneSource, we're hosting special events to celebrate military families – spouses, partners, parents, co-parents, children, extended family members and even friends. Tune into our virtual events on Facebook throughout November, and spread the word about these special online broadcasts to the families in your community. <https://www.facebook.com/military1source>

Helpful resources and fun tips

In November and all year long, we'll highlight resources and services for military families on Military OneSource and Spouse Education and Career Opportunities social channels. Follow along and share posts you think will be fun or helpful for families in your community.

Support whenever it's needed

This month and all year long, Military OneSource consultants are available 24/7 to connect service members and their spouses to info, answers and support – everything from confidential counseling to specialty consultations on child care, relationships, spouse employment, relocation and more. See all the ways we can support military families at <https://militaryonesource.mil/military-family-appreciation>.



**MILITARY
ONE SOURCE**

Click here for full PDF:
https://control.m360mobile.com/uploads/1021/images/thumb/references/pdf/NVMF_MFactSheet2020_1604699263.pdf



POC:
KIRK L. KINCAID
DSN 847-1114
Cell 850-450-1703

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Team Buckley,

Every Tuesday and Thursday from 0900-1500, Outdoor Rec will be open for ski and snowboard fittings. If you are planning to rent skis this season, getting fitted during this time will save time once the season begins. Season ski and snowboard rentals will be done by drawing this year, you can sign up for the drawing when you come get fitted. The process will be a little different than in past seasons but we will continue preparing so that everyone can enjoy this years ski season.

Outdoor Recreation still has the IKON Pass at discounted prices and can also do any maintenance you might need before the season starts for your skis and snowboards.

Ikon Pass Pricing: Full Military Pass \$609 (normally \$1049), Base Military Pass \$429 (normally \$749).

*Ikon Pass Eligibility:

Active Duty + Dependents, Retirees + Dependent, Reserves, Guard, Allied Partners and DoD Civilians to include NAF. Contractors, Foreign Civilians and their dependents are **not** eligible. Active Duty stationed at Buckley and their dependents please present a valid ID and proof of sponsor being stationed at Buckley. Valid ID must be shown as proof of eligibility.

Our technicians can do everything from an edge and hand wax to base repair. Below are two great packages offered at Outdoor Rec.

- Full Tune-Up: \$30 includes a belt base grind, edge, machine wax, and de-tune
- Pro Tune-Up: \$40 includes a stone grind, edge, belt grind, hand wax, and de-tune

Turnaround time will vary throughout the season, so get your equipment in soon.

Please call Outdoor Rec with any questions at 847-6100.

--Your FSS Team

FSS Webpage: <http://www.460fss.com/>

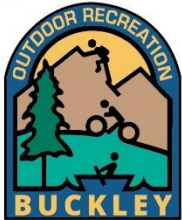
FSS Facebook: 460th Force Support Squadron

Let us know how we're doing. Give us your feedback at:

<http://www.460fss.com/ice.html>



Explore More
with ODR!



Need some work done to your ski/snowboard before hitting the mountain? Look no further! Outdoor Rec offers ski/snowboard maintenance and repair. Our technicians can do everything from an edge and hand wax to base repair.

Full Tune-Up: \$30

Includes a belt base grind, edge, machine wax, and de-tune

Pro Tune-Up: \$40

Includes a stone grind, edge, belt grind, hand wax, and de-tune

Turnaround time will vary throughout the season, so get your equipment in soon.

Please call Outdoor Rec for more information at 720-847-6100.

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LIMITED SERVICES AND FACILITIES OPEN DUE TO COVID-19 | ALL EVENTS ARE SUBJECT TO CHANGE

**AIRMEN & FAMILY
READINESS CENTER****M-F: 8am-4pm**

*BY APPOINTMENT ONLY

Bldg. 606 | 720-847-6681Contact only via phone or
e-mail 460MSS.DPF@us.af.mil**CHILD
DEVELOPMENT
CENTERS****M-F: 6:15am-5:45pm****A-Basin****Bldg. 351 | 720-847-6100****Crested Butte****Bldg. 725 | 720-847-6174****EDUCATION
& TRAINING****M-F: 7:30am-3pm****Bldg. 606 | 720-847-6675***Available only by phone and email at this time.
460.FSS.FSD.Education.Office@us.af.mil**FITNESS CENTER****M-F: 6:30am-6:30pm****Bldg. 35 | 720-847-6679**

Keep an eye out for new equipment.

Group Exercise Classes**M-F: 12pm & 4pm*****10 Member class limit*****MILITARY
PERSONNEL
FLIGHT****ID CARDS/DEERS****Mon/Tue/Thur/Fri: 8am-3pm****Wed: 8am - 12pm****Call Center****Mon/Tues/Thurs/Fri: 12pm-3pm****CLOSED ON WEDNESDAYS****Bldg. 606 | 720-847-HELP(4357)****PANTHER DEN****Breakfast M-F: 7am-9:30am****Lunch M-F: 10:30am-1:30pm****Bldg. 630 | 720-847-7197**

Fresh, made daily

Grab-n-Go items available!

Keep an eye out for November Specials!



Please visit 460fss.com for more details

**IKON
PASS****OUTDOOR REC & ITT****Tuesdays & Thursdays: 9am-3pm | Bldg. 1022 | 720-847-6100****Tuesdays: Equipment returns | Thursdays: Equipment check-out****Full Military Pass \$609****Base Military Pass \$429**

With the Ikon Pass, holders will have access to 41 total destinations (6 in Colorado - Aspen Snowmass, Steamboat, Winter Park, Copper Mountain, Arapahoe Basin, and Eldora Mountain). The Ikon Pass also includes access to 12 other states, resorts on 5 continents and 4 Canadian provinces. With the Ikon Pass, you'll also receive 10 full military pass friends and family daily discount tickets and 8 base military pass friends and family daily discount tickets that are redeemable at the resort ticket window.

*Ikon Pass Eligibility: Active Duty + Dependents, Retirees + Dependent, Reserves, Guard, Allied Partners and DoD Civilians to include NAF, Contractors, Foreign Civilians and their dependents are not eligible. Active Duty stationed at Buckley and their dependents please present a valid ID and proof of sponsor being stationed at Buckley. Valid ID must be shown as proof of eligibility.

f @460thFSSOutdoorRecreation

**PROFESSIONAL
DEVELOPMENT**e-mail all requests to:
laina.angel@spaceforce.mil**ROCKY
MOUNTAIN LODGE****VQs Oct-Dec \$129.00****TLFs Oct-Dec \$138.00**

*\$10.00 Nightly Pet Fee

DV Suites Oct-Dec \$138.00

Not accepting Space-A at this time.

460fss.fsvl@us.af.mil

720-847-5899

**YOUTH CENTER****M-F: 2:30pm-5pm****Bldg. 350 | 720-847-9992*****Events ZOOMING soon!*****460FSS.COM****BUCKLEY AIR FORCE BASE
FORCE
SUPPORT SQUADRON****@460FSS**[Back to Top](#)

MISSION STATEMENT

MISSION: Rising 6 is a social and professional organization established to enhance the morale and esprit de corps of all enlisted personnel (E1-E6) assigned to the 140 WG.

This is a private organization. It is not a part of the Department of Defense or any of its components. It has no governmental status.

VISION STATEMENT

To provide a foundation for aspiring enlisted members to better meet the needs of the COANG mission, through professional and personal development, leadership, community involvement, and networking.

Rising 6 Officers

President
SSgt Rebecca Absher

Vice President
SSgt Jasmine Hawkins

Secretary
TSgt Tierra Brown

Treasurer
TSgt Hannah Harris

Media Executive
TSgt Brian Ford

Sergeant at Arms
SSgt Nicholas Siegler

Ways and Means
SrA Jerry Jones

FY21 UTA Schedule

7-8 Nov
5-6 Dec
9-10 Jan
20-21 Feb
6-7 Mar
10-11 Apr
1-2 May
12-13 Jun
No Drill for Jul
28-29 Aug
18-19 Sep

Notes:



RISING 6 MEETING

NOVEMBER 2020

**4NOV 1200-1300 IN DFAC
AND ZOOM**

**8NOV 1200-1300 IN DFAC
AND ZOOM**

**MEETING ID: 455 075 0488
PASSWORD: RISING6**



Rising 6



Buckley AFB

Resources

2020 Holiday Assistance Programs:

- ADOPT-A-FAMILY
Registration 1 Oct-23 Nov
- Holiday Meal Assistance Nov/Dec
Registration 1 Oct-14
Nov and 14 Dec

Register Link: <https://co.ng.mil/Family/Holiday>

Child Care Fee Relief for Military Families

- Child care fee reimbursement up to \$1500.
- Eligibility– Active Duty, Activated Reserves, National Guard (Title 10 or 6mon+ Title 32 orders)
- Children ages 13 and under
- Additional details: <https://www.militaryfamily.org/child-care-fee-relief/>

State Tuition Assistance

- **Our Spring 2021 applications opens up for State TA on November 9th**
- Every semester apply at www.colorado.gov/dmva

Add us on Facebook!!
COANG Rising 6

Rising 6 Gmail:
coangrising6@gmail.com

Rising 6 Agenda

- First Sergeant– pass on
- Chief pass on
- Guest Speaker - SMSgt Absher
- bullet writing classes
- Rising 6 Discussion
- Work on **Mission Statement**, this is what we came up with last meeting. Let's continue....

-A professional organization designed to develop further E1-E6 members careers, while building morale through community involvement and collaborating with senior leadership

What we have been asking for: Bullet writing and EPR classes!

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

Upcoming Events

November:

- EPRs for TSgt– Offering some awesome classes
- 2021 Tuition Assistance applications open up on 9 Nov

December:

- Group Door Decorating contest

January:

- 25 Jan -Mile High First Sergeants Top Golf Tournament
- EPRs for SSgt– sign up for classes in Nov/Dec
- Chili cook off

Volunteer Events

CCAF Graduation Planning Team
Grad Date: ?

SrA-TSgt Development Planning
Committee

Quarterly:
More to follow

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AirForceToons



SMSgt Dustin Absher- Bullet Writing

***8NOV Sunday 1400-1600**

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Password: rising6



Rising 6



Click here for full PDF:

https://control.m360mobile.com/uploads/1021/images/thumb/event/pdf/Bullet_Writing_flyer.pdf

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Virtual Home Buying Class

Airman and Family Readiness Center and Ent Credit Union are teaming up to provide a virtual free home buying class.

November 12 at 1400 MST

Via Zoom

Register in advance for this webinar:

https://ent.zoom.us/webinar/register/WN_LPH55I2-QI-WMXoh4ar2TA



Click here for full PDF:
https://control.m360mobile.com/uploads/1021/images/thumb/event/pdf/Home_Buying_Nov2020.pdf

Register Here:
https://ent.zoom.us/webinar/register/WN_LPH55I2-QI-WMXoh4ar2TA

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