COUGAR TALES

05 Nov 2021

Events

- Marriage Series and Retreat
- Red Cross Workshops
- 140th Wing Veterans Day Marathon
- <u>Light Their Way Home Event</u>
- New Buckley SFB Sports Simulator

Announcements

- L Drive Sunset / One Drive Migration
- Out of Cycle Inventory
- COVID-19 info in CISS
- Military Child of the Year
- Message to the Force
- Airman Care Team
- Spring Semester Tuition Assistance
- Holiday Assistance Programs
- Domestic Abuse Resources
- COVID-19 INFORMATION





Events







FREE

Military & Responder

MARRIAGE SERIES & RETREAT

Dec. 10 2021 & Jan. 7-9 2022

myrelationshipcenter.org/rtr

REGISTRATION OPENS NOV. 1ST

Your Relationship Deserves This.



November Red Cross Workshops!

Join the Red Cross for workshops in November! These free, confidential Red Cross programs offers effective ways to work through challenges, improve wellbeing and build skills through small-group discussion and hands-on activities. Workshops help improve connections at home, at work and within communities. We invite active-duty service members, members of the Reserves and National Guard, veterans, and military families to participate. Easy registration on Eventbrite with link.

STRESS SOLUTIONS WORKSHOP - Sat, Nov 6 from 10-11:30am

Colorado Springs Chapter Office, 1040 S 8th St, Colorado Springs, CO 80905

Register: https://www.eventbrite.com/e/175798115897

AMERICAN RED CROSS - INTERNATIONAL HUMANITARIAN LAW

Retired U.S. Army Colonel and expert on international humanitarian law, Randy Bagwell, will present a lecture titled, **"Do the Geneva Conventions Still Matter?" on Nov 10 from 4:00-5:00pm**. Virtual via Zoom. Register: https://www.eventbrite.com/e/181259290417

STRESS SOLUTIONS WORKSHOP - Sat, Nov 13 from 10-11:30am

Mile High Chapter Office, 444 Sherman St, Denver, CO 80203

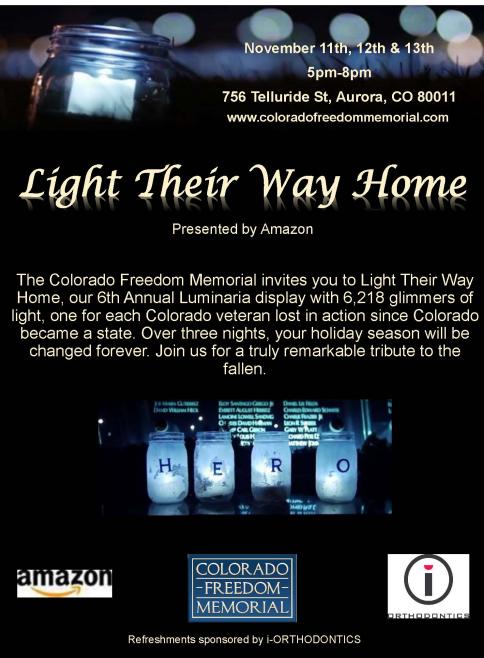
Register: https://www.eventbrite.com/e/175800232227

CREATING CALMNESS WORKSHOP - Wed, Nov 17 from 5:30-7:00pm

Virtual via Zoom. Register: https://www.eventbrite.com/e/196601659857

Please contact the Red Cross to schedule a workshop for your group - cowsaf is@redcross.org





Would you like to volunteer?





FULL SWING GOLF ZOMBIE DODGEBALL

E6 GOLF

SHOWDOWN GOLF

BASKETBALL

HOMERUN DERBY

BASEBALL

FOOTBALL

QB CHALLENGE

BOCCE

HOCKEY

CARNIVAL

CRICKET

RUGBY

LACROSSE

SOCCER



Announcements





L Drive Sunset / OneDrive Migration Mandate

DAF has mandated the immediate sunset of personal storage drives (L Drive). Users are being directed to migrate data stored on personal storage drives to OneDrive per DOD CIO Memo, 16 April 2020, *Interim Guidance for Implementation of the Department of Defense Cloud Strategy* and SECAF Memo, 23 September 2019, *2019 Air Force Cloud Computing Strategy*. Users will maintain their OneDrive through the lifetime of their AFNet account. This also is in line with other upcoming downward directed IT projects for the AFNET which continue to push the force towards adopting utilities such as OneDrive, SharePoint, Teams and more (see below informational slide).

OneDrive Migration:

- Link to OneDrive How-To: Y:/Support Group/Communications Squadron/OneDrive/OneDrive Setup.pdf
- Additional training materials can be found under the documents section of the OneDrive SharePoint: https://usaf.dps.mil/teams/CHESOD

Timeline of Sunset:

July 2021-October 2021: Dissemination of Info to All Members (Full Time/Traditional)

November 2021: Final Notice of Sunset

- December 4/5 2021: L Drives will be made Read-Only
- January 2022-March 2022: Extended Period of Accommodation for Deployed/Medical Leave/Other Members
- March 5/6 2022: Deletion of all Personal Drives

Out of Cycle Inventory

This is a reminder for everyone about the SAF/CN initiated AF-wide Out of Cycle Inventory for IT hardware. The memorandum from SAF/CN, instructions for the inventory, and a FAQ section can be found on the AFECO SharePoint site (link below) underneath the blue banner labeled "Out of Cycle (OOC) Inventory Information". This inventory must be completed and returned to Ms. Diana Gibbs by 11 Jan 2022. Inventories were emailed out to the Wing on 27 Sep 21. If you did not receive your inventory please email Ms. Gibbs at diana.gibbs@us.af.mil

If there are any questions on the Out of Cycle Inventory, please check the FAQ on the SharePoint site first as the AFECO will populate this section with questions as they are received. If you cannot find the answer to your question, please submit an inquiry on the AFECO SharePoint site. The inquiry submission icon can be found under the blue banner labeled "Submit an Inquiry".

AFECO SharePoint Site:

https://usaf.dps.mil/teams/ccc/itam/SitePages/Home.aspx

COVID-19 information entered into CISS

Your COVID-19 vaccination information will be entered into the Colorado Immunization Information System (CIIS)

Under Colorado law, you can remove your immunization information from the Colorado Immunization Information System (CIIS) at any time. This is called an opt-out.

If you change your mind, you can have your health care provider re-enter your immunization record into CIIS at a later time by submitting a rescind opt-out form.

If you choose not to participate in CIIS, you're responsible for keeping track of your immunization record.

How to opt-out of CIIS

1. When you ask to opt-out of CIIS, your health care provider should:

Direct you to a CIIS Opt-Out Form -

English | Arabic | Chinese | Korean | Russian | Somali | Spanish | Vietnamese

Attach one signed copy of the form to your/your child's medical record in the location usually reserved for the immunization record, if applicable or practical for clinic work flow.

2. To complete the opt-out, it's your responsibility to:

Mail, email, or fax one signed copy of the CIIS Opt-Out Form to the CIIS office at the address on the bottom of the form.

Keep one signed copy of the form for your records.

Link to this page: https://cdphe.colorado.gov/ciis-opt-out-procedures

Help us find the next III ITARY CHII D OF THE YEAR®AWARD RECIPIENTS

















MILITARY CHILD OF THE YEAR® AWARDS - FAST FACTS

WHAT: The Military Child of the Year® (MCOY) Awards celebrate and recognize the tremendous achievements of eight outstanding military children, one from each branch of service and a special Innovation Award sponsored by Booz Allen Hamilton.

WHO: Each year, hundreds of military teens (ages 13-18) are nominated by a parent, teacher, mentor or quardian, Candidates for the MCOY Awards demonstrate resilience, strength of character, and the ability to thrive in the face of the challenges of military life.

WHEN: The Awards Gala will be held in Washington, D.C. on April 7, 2022 during the Month of the Military Child.

AWARD WINNERS: MCOY winners receive a \$10,000 cash award, a laptop computer, and are flown with a parent or guardian for a 3-night stay in Washington, D.C.

> Nominations and applications accepted from September 1 – December 1, 2021. Ages 13-18 are eligible.

> > For more information, please visit MILITARYCHILDOFTHEYEAR.ORG



Operation Homefront Presents 2022 MILITARY CHILD OF THE YEAR® AWARDS

Nominations Now Open!

ABOUT THE AWARDS

Seven national Military Child of the Year® (MCOY) Awards are presented to one outstanding youth from each service branch: Army, Marine Corps, Navy, Air Force, Coast Guard, National Guard, and the Space Force. The awards recognize the recipients for their resiliency, leadership, and achievement during their parents' service. Each recipient receives a \$10,000 cash award, a laptop computer, and are flown with an adult guardian and guest for a 3night stay in Washington, D.C.

The eighth national award is the Military Child of the Year® (MCOY) Award for Innovation. This award goes to a military youth who has designed a bold and creative solution to address a local, regional, or global challenge. The recipient receives a \$10,000 cash award, a laptop computer, and are flown with an adult guardian and guest for a 4night stay in Washington, D.C.

Recipients and their families will arrive in Washington, D.C., in early April (Branch: April 5-8, 2022; Innovation: April 4-8, 2022), for events, tours, and activities leading up to the Awards Gala. The gala will be held the evening of Thursday, April 7, 2022.

All applicants must meet each of the following eligibility criteria:

- . Be a legal dependent of a service member or military retiree (Semifinalists must provide DEERS enrollment
- Be between the ages of 13-18 at time of nomination or application.
- Be able to travel to Washington, D.C., to attend the MCOY Gala and other events (Branch: April 5-8, 2022; Innovation: April 4-8, 2022)
- · Agree to a background check (if selected as finalist)
- · Provide letters of recommendation (if selected as a semifinalist)
- Be willing to participate in media and donor opportunities

WHEN TO NOMINATE OR APPLY

The nomination and application periods open September 1, 2021, and close December 1, 2021, at 11:59 p.m. Eastern.

HOW TO NOMINATE SOMEONE FOR A MILITARY CHILD OF THE YEAR® SERVICE BRANCH AWARD

Nominations can be submitted at www.militarychildoftheyear.org during the nomination period. Nominations can be made by anyone familiar with the child's achievements, and the form will include when and how long a parent has deployed, number of family moves, Gold Star Family or EFMP status, whether a parent is a wounded service member, nominee's volunteerism, and five short answers as to why the nominee is deserving.

HOW TO APPLY FOR THE MILITARY CHILD OF THE YEAR® AWARD FOR INNOVATION

Youth ages 13-18 may apply for the Innovation Award at www.militarychildoftheyear.org during the application period. They are not required to be nominated by another person. The form will include questions about the child's innovation and how they hope to help others.

QUESTIONS

Please visit our website, www.militarychildoftheyear.org, to view or download a PDF of our FAQs. For further information, contact Jenny Valderas, Senior Director of Family Support Services, 210-760-7366 or Jenny.Valderas@operationhomefront.org.

1355 Central Parkway South, Suite 100 | San Antonio, TX 78232 | Phone: 210-659-7756 | Fax: 210-566-7544

OperationHomefront.org



UNDER SECRETARY OF DEFENSE

4000 DEFENSE PENTAGON WASHINGTON, D.C. 20301-4000

OCT 2 5 2021

MEMORANDUM FOR SENIOR PENTAGON LEADERSHIP COMMANDERS OF THE COMBATANT COMMANDS DEFENSE AGENCY AND DOD FIELD ACTIVITY DIRECTORS

SUBJECT: Connect to Protect: Support is Within Reach

The health and well-being of our Service members, DoD civilian employees, and families is paramount for force readiness. Every single one of us faces stress, anxiety, and life challenges, and each of us responds to them differently. For some, these experiences can increase the risk of suicide. By being there for one another, helping to navigate challenges in healthy ways and leveraging resources throughout the year, we can remain strong, together.

I highlight this topic as the Calendar Year 2020 Annual Suicide Report was recently released. While the report highlights changes since last year, one thing is very clear – there is more work to be done. While Suicide Prevention Month ended in September, our role in preventing suicide does not end there. Every day we can take time and action to show our support. We serve together, shoulder to shoulder, and regardless of our role or specific organization, we can and must continue to Connect to Protect because support is always within reach. We are continuing the Department's suicide prevention campaign beyond September's awareness month with the theme Connect to Protect: Support is Within Reach, which highlights the critical role connections to family, friends, community, and resources play in helping to prevent suicide. Research indicates that connectedness is a factor that can reduce the likelihood someone will consider or attempt suicide. Reaching out and connecting with friends and loved ones can help you and those you care about to get through difficult times.

Sometimes even small steps can save lives. I encourage you to join me in engaging in simple, healthy, and meaningful actions. Be there for others, and check in with those around you. Spend time with people who contribute to your own sense of stability, calm, or happiness – or those who best understand what you might be experiencing and are able to assist. Engage in positive strategies, some of which can be as simple as exercising, practicing breathing routines, spending time outside, keeping a journal, or reading.

When you need to reach out, do so. In addition to mental health counseling services, Chaplains/Faith Leaders and other resources are also available to assist. For non-crisis support – such as for relationship, family, or financial challenges – connect with Military OneSource, which provides free and confidential 24/7 support to all Service members and their families at 800-342-9647 or via chat at: livechat.militaryonesourceconnect.org/chat. DoD civilian employees have access to similar support through Employee Assistance Programs (EAP). For your agency's EAP information, please contact your Human Resources team. The DoD EAP provides resources, information, and confidential help 24/7 at 800-222-0364 (Text Telephone (TTY): 888-262-7848).

If you or someone you know is in crisis, please contact the confidential 24/7 Veterans and Military Crisis Line (VCL/MCL) or confidential National Suicide Prevention Lifeline (NSPL).

Veterans and Military Crisis Line (Service members, veterans, and their families)

CONUS

Call: 800-273-8255 (press 1 for the VCL/MCL). For TTY users: Use your preferred relay service, or dial 711, then 1-800-273-8255.

Text: 838255

Chat: www.veteranscrisisline.net/get-help/chat

OCONUS

Europe: Call 00800 1273 8255 or DSN 118 Korea: Call 0808 555 118 or DSN 118

National Suicide Prevention Lifeline (all Americans)

Call: 800-273-8255. For TTY users: Use your preferred relay service, or dial

711, then 1-800-273-8255.

Visit: suicidepreventionlifeline.org Chat: suicidepreventionlifeline.org/chat

Everyone plays an essential part in suicide prevention. Know that you are not alone, and reach out and let others know that you are there for them. Each and every day, we must take care of ourselves, our loved ones, and our battle buddies. We are all in this together, and together we can save lives.

Gilbert R. Cisneros, Jr.

myrc.J.

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Pairman care team:

a group of helping agencies within the COANG that provide services to support the overall health and resiliency of our military community.





The act consists of 11 helping agencies:

Airman Family & Readiness Chaplain

Director Psychological Health Services

Diversity & Inclusion

Equal Opportunity

Financial Counselor

Human Resources Officer

Inspector General

Sexual Assault Prevention Response Program

Suicide Prevention

Yellow Ribbon Coordinator



action changes things...

Spring Semester State TA

The Spring applications for State TA are opening for Spring semester November 1st through December 10th. Interested members can reference the Colorado Department of Military and Veterans Affairs website https://dmva.colorado.gov/tuition-assistance for additional guidance and application instructions. For additional information please email the State Tuition Assistance Program Manager Joni Fernandez at tuition@dmva.state.co.us or your Group Unit Training Manager.

2021 Holiday Assistance Programs

Meal Assistance Nov/Dec

This program helps supply meals for Colorado National Guard Service Members and Families in need during the November and December holidays.

Adopt-A-Family

The Adopt-a-Family program provides dedicated holiday support to Service Members and their Families in need during the Holiday Season.

Santa Shop 2 Locations

This program provides Service Members and their Families in need the opportunity to "shop" for holiday gifts and spend time with Santa

For more information on each individual program and how to register or donate, visit our website:

co.ng.mil/family/holiday-assistance



Registration Opens Oct 1



5 Ways to Help a Friend Who's **Experiencing Domestic Abuse**



Everyone's situation is different - domestic abuse can happen to anyone and it's not their fault. And it can be difficult to know how to help a friend, coworker or loved one who is in an abusive relationship. Here are five simple things you can do to safely help someone you care about in their time of need.

1. Ask to connect

"How do you prefer we connect?"

Having a safe way to communicate is important. Let your friend or loved one tell you what is safest for them and honor that. Do not pressure the person to leave. Instead, support them without judgment. Offer to help them plan for their safety or seek outside support when they are ready.

2. Stay in touch

"Let's play a game online."

Finding creative reasons to call, text, video chat or use social media check-ins may provide a lifeline for hose who feel unsafe at home. For example, some games have chat functions that may allow for communication in nontraditional spaces. Starting up a game that has chat may allow you to check in with your friend without making the abuser suspicious. There are privacy and safety tips for online gaming from the National Network to End Domestic Violence.

3. Support and believe

"I care about you and I'm here for you. no matter what."

Remind your friend that they are not alone and that you are there for them. If they choose to talk about the abuse, listen and show empathy. Let them know the abuse is not their fault and that you believe them. Ask what you can do to help.

4. Chat about options

"Let's create a safety plan."

Options are empowering. Talk to your friend about their options for seeking help or reporting domestic abuse in the military. Let them know that FAP victim advocates are available 24/7 to help them think through dangerous situations and create a plan to get through them safely.

Create a secret code word, phrase or symbol that lets you know your friend is signaling for help, whether that means a call from you or for you to call the police. A call can sometimes disrupt abuse.

5. Share the hotline

"Here is the information for that restaurant I told you about."

It may be safer for your friend if you research options for outside support, such as the National Domestic Violence Hotline, on their behalf (and on your device, provided you feel safe to do so). Use your agreed-upon code and a safe communication method when providing this information so it remains private between the two of you.

6. Resources and Support to Share

Immediate crisis support National Domestic Violence Hotline 800-799-7233, 800-787-3224 en Español https://www.thehotline.org/

Local support, 24/7 Family Advocacy Program Victim Advocate Locator

https://www.militaryonesource.mil/leaders-service -providers/child-abuse-and-domestic-abuse/ victim-advocate-locator

Support for Teens

Love is Respect | Text "LOVEIS" to 866-331-9474 https://www.loveisrespect.org/

Additional support

Military OneSource | 800-342-9647 https://www.militaryonesource.mil/ United-to-End-Domestic-Abuse

Need Help? Know Someone Who Does? Resources for Assistance

- National Domestic Violence Hotline
 - https://www.thehotline.org/
 - Call 1-800-799-7233
- Love Is Respect National Teen Dating Abuse Helpline
 - https://www.loveisrespect.org/
 - 1-866-331-9474
- Rape, Abuse & Incest National Network's (RAINN) National Sexual Assault Hotline
 - https://www.rainn.org/
 - 800-656-HOPE (4673)
 - rainn.org to chat one-on-one with a trained RAINN support specialist, any time 24/7
- National Resource Center on Domestic Violence (NRCDV)
 - A comprehensive source of information for on domestic violence.
 - https://www.nrcdv.org/
- The National Sexual Violence Resource Center (NSVRC)
 - For information, resources, and research on all aspects of sexual violence prevention and intervention.
 - https://www.nsvrc.org/



Covid-19 Info





Updated Mask Guidance



DEPUTY SECRETARY OF DEFENSE 1010 DEFENSE PENTAGON WASHINGTON, DC 20301-1010

JUL 2 8 2021

MEMORANDUM FOR SENIOR PENTAGON LEADERSHIP

COMMANDERS OF THE COMBATANT COMMANDS

DEFENSE AGENCY AND DOD FIELD ACTIVTY DIRECTORS

SUBJECT: Updated Mask Guidance for all DoD Installations and Other Facilities

Reference: Deputy Secretary of Defense Memorandum, "Updated Mask Guidelines for Vaccinated Persons," May 13, 2021

In accordance with the updated guidance released by the Centers for Disease Control and Prevention (CDC) on "Interim Public Health Recommendations for Fully Vaccinated People," issued July 27, 2021, the above reference is hereby rescinded.

Beginning July 28, 2021:

- In areas of substantial or high community transmission, DoD requires all Service members, Federal employees, onsite contractor employees, and visitors, regardless of vaccination status, to wear a mask in an indoor setting in installations and other facilities owned, leased or otherwise controlled by DoD.
- Service members, Federal employees, onsite contractor employees, and visitors who
 are not fully vaccinated also need to continue to physically distance consistent with
 applicable CDC and DoD Force Health Protection guidance.
- DoD installations, other facilities, and worksites shall, as soon as possible, post signs
 and post information on their websites clarifying what masking requirements apply in
 each installation, other facility, and worksite.
- Organizations should consult with their servicing Labor Relations Office for guidance regarding implementation for bargaining unit employees.

CDC guidance and definitions of low, moderate, substantial, and high spread can be found at: https://www.cdc.gov/mmwr/volumes/70/wr/pdfs/mm7030e2-H.pdf. Data on levels of community transmission can be found at the CDC COVID Data Tracker website found at: https://covid.cdc.gov/covid-data-tracker/.

Personnel coming on to a DoD installation, other facility or workspace who do not have a mask may be provided one by DoD. All DoD personnel should continue to comply with CDC guidance regarding areas where masks should be worn, including within airports. The Department will review and revise all applicable Force Health Protection guidance to address the new CDC guidelines. Further guidance will be provided as appropriate by the Under Secretary of Defense for Personnel and Readiness (USD(P&R)). In addition, the Director of Administration and Management may, as appropriate and in coordination with the USD(P&R), issue further guidance for the Pentagon Reservation.



Lethel Helick



Colorado National Guard COVID Vaccine Information

SERVICEMEMBERS/CIVILIANS
TITLE 5/CONTRACTORS CAN
SCHEDULE APPOINTMENTS FOR
THEMSELVES AND THEIR
MILITARY DEPENDENT
FAMILY MEMBERS THROUGH
THEIR RESPECTIVE SERVICE
(ARMY OR AIR) BELOW:

Army: Sign up through Sharepoint; alternate is unit reps, or Army Schedulers

Air Guard: Sign up through your servicing Unit's Health Monitor

THE COLORADO NATIONAL GUARD IS CURRENTLY OFFERING THE COVID-19 VACCINE FREE OF CHARGE TO ALL

Service members, Title 5 civilians, contractors, and Military dependents (18+).

- By appointment only (Moderna, requires 1st and 2nd dose); NO WALK-INS! MUST BE 18+, NO EXCEPTIONS!
- All personnel must bring a valid DoD ID card and fill out a DHA 207 form at the vaccination site
- Dependents do not need to be enrolled in TRICARE to receive the vaccine, but do need to be in DEERS (i.e. have a military dependent ID card).

For other Vaccination events in Colorado: https://covid19.colorado.gov/ for-coloradans/vaccine/vaccine-for-coloradans To read the full PDF follow this link!

https://control.m3
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oads/1021/images/
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CONGVaccinations
25MAR21_161677
5588.pdf



VACCINE HOTLINE

Do you have questions about the COVID-19 vaccine or want to know where you can get vaccinated? Call 1-877-CO VAX CO (1-877-268-2926). Colorado's new vaccine hotline can answer your questions.

JANUARY HOURS: Monday through Friday, 9 a.m. - 10 p.m., Saturday and Sunday, 9 a.m. - 5 p.m.

1-877-CO VAX CO



More information about Colorado's vaccine efforts is available at covid19.colorado.gov/vaccine.