

# COUGAR TALES

07 Oct 2021

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Cougar Tales are available on the wing App under Helpful Resources -> Cougar Tales

Want to be in Cougar Tales? Contact the 140th WG/PA at [140wg.pa.org@us.af.mil](mailto:140wg.pa.org@us.af.mil)! Only events two weeks from registration deadline/event start are guaranteed to be advertised



# Events



# Red Cross Workshops

## **OCT 7 from 1-2pm / SAF-IS POWER HOUR / via Microsoft Teams**

Come learn about our Restoring Family Links Program. Armed conflict, international disasters and migration leave millions of people around the globe in urgent need of humanitarian assistance every year. As the world's largest humanitarian network, Red Cross and Red Crescent teams help reconnect families separated by international crises. Register here: <https://www.eventbrite.com/e/173910329477>

## **OCT 13 from 12-1pm / Even War Has Rules / via Zoom**

Even War Has Rules is a dynamic discussion of International Humanitarian Law (IHL) and how it governs armed conflict. It will address topics such as: sources of law and rules that apply to armed conflicts, the fundamental principles of IHL that guide the development of these rules, and how IHL protects people and places during armed conflicts. Register here: <https://www.eventbrite.com/e/168446934315>

## **OCT 20 from 5:30-6:30pm / Creating Calmness Workshop / via Zoom**

This free, confidential Red Cross program 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. Register here: <https://www.eventbrite.com/e/166832507521>

## **OCT 25 from 7-8pm / Contemporary Challenges of International Humanitarian Law / via Zoom**

In the United States, international humanitarian law education is a responsibility shared by the Department of Defense which focuses on service members, and the American Red Cross which focuses on the general public. At hundreds of Red Cross chapters throughout the country, staff and volunteers help adults and youth understand international humanitarian law and its relevance to daily life. Register here: <https://www.eventbrite.com/e/178333318757>



# Marriage Series and Retreat



**Responding to  
Relationships**

# **FREE**

# **Military & Responder MARRIAGE SERIES & RETREAT**

**Oct. 8 & Nov. 5-7 2021**

**[myrelationshipcenter.org/rtr](https://myrelationshipcenter.org/rtr)**

REGISTRATION OPENS AUG. 30<sup>th</sup>

## October 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1 Connecting, Destressing, Expressing through Art 0830-1030	2
3	4	5	6	7 True Colors 0900-1000	8	9
10	11 Columbus Day Holiday	12	13 Ask Your Mental Health Team... ANYTHING!!! 1400-1500	14	15 Supercharge Your Life w/ Gratitude 1000-1100	16
17	18	19	20 Mindfulness & Relaxation: Refresh & Connect with Yourself 1100-1200	21 True Colors 0900-1000	22	23
24	25 The Good Mood Diet 1000-1100	26	27 Show Me the Money!!! 0900-1000	28 Value Based Living 1300-1400	29 Relation-ship or Situation-ship? 1400-1500	30
31	1	2	3	4	5	6



\*Note: Please see reverse for Zoom Links

## Agenda

### 0900-1000 (Facebook/Zoom):

- **Opening Remarks:**  
Col Jackson, BGAR/CC
- **Team Buckley Video**
- **Connect to Protect:**  
Tackling the Mental Health Stigma

### 1000-1015: Comfort Break

### 1015-1100 (Facebook/Zoom)

- **Dr. Emmy Betz, University of Colorado School of Medicine, Co-Founder of the Colorado Firearm Safety Coalition**

### 1100-1115 (Facebook/Zoom)

- **Overview of Upcoming Sessions**
- **Closing Remarks:**  
Col Jackson, BGAR/CC

### 1200 (Location TBD)

- **Lunch (TBD)**
- **Drive-In Comedian (tentative)**



## Sessions to be help in October 2021

\*Note: Sessions held via Zoom unless otherwise annotated

### Connecting, De-stressing, Expressing Through Art –

1 October 2021, 0830

Location: Buckley Space Force Base Sprit Rock

\*Note: This session will be in-person at the Spirit Rock

Let's connect through art-making! The art process can be a great outlet to reduce stress, change mood, and build connections with others. Come with an open mind, and let's see what we can create together to build that connection. Art skills are not required!

### True Colors

7 October 2021 / Time: 0900-1000

<https://www.zoomgov.com/j/1609584179?pwd=ZyJldTF4aU00MGZ2ZUJp2TVcyTTBCZz09>

**ADD MEETING ID AND**

**PASSCODE**

Learn your personality type "color" and how to communicate and connect with those around you who may be a different "color".

### Ask Your Mental Health Team...Anything!!!

13 October 2021, 1400-1500

<https://www.zoomgov.com/j/1609584179?pwd=ZyJldTF4aU00MGZ2ZUJp2TVcyTTBCZz09>

**ADD MEETING ID AND PASSCODE**

Put your mental health team in the hot seat with questions you've always wanted to ask! And hear it from the experts. Do these sound familiar: Does mental health "kill" my career? Can I arm? Will you take my clearance? We can (and will) answer!

### Supercharge Your Life with Gratitude

15 October 2021, 1000-1100

<https://www.zoomgov.com/j/1609584179?pwd=ZyJldTF4aU00MGZ2ZUJp2TVcyTTBCZz09>

**Meeting ID: 160 958 4179 Passcode: Resiliency**

Do you want to build optimism and positive emotions in your life? Cope with daily hassles and stress in a more productive way? Improve overall relationships in your life? This research-based course will teach you everything you need to know to change your mindset from negative to positive. Learn easy-to-use practical skills you can do every day to change your life and perspective.

### Mindfulness and Relaxation: Refresh & Connect with Yourself

20 October 2021, 1100-1200

<https://www.zoomgov.com/j/1609584179?pwd=ZyJldTF4aU00MGZ2ZUJp2TVcyTTBCZz09>

**ADD MEETING ID AND PASSCODE**

During times of stress, many of us find it difficult to find balance and connection. Join us as we focus on a few easy but key exercises to kick start relaxation and help with stress, anxiety, and depression. Learn how to find that balance and connection to change your day for the better.

### True Colors

21 October 2021, 0900-1000

<https://www.zoomgov.com/j/1609584179?pwd=ZyJldTF4aU00MGZ2ZUJp2TVcyTTBCZz09>

**ADD MEETING ID AND PASSCODE**

Learn your personality type "color" and how to communicate and connect with those around you who may be a different "color".

### The Good Mood Diet

25 October 2021, 1000-1100

<https://www.zoomgov.com/j/1609584179?pwd=ZyJldTF4aU00MGZ2ZUJp2TVcyTTBCZz09>

**ADD MEETING ID AND PASSCODE**

Throughout time, people have noticed they feel better when they eat healthy foods, and now we understand why. Learn about this growing field of science, how you can use food to improve your mood, and how these same principles, including the latest and greatest on gut-health, help fight against disease!

### Show Me the Money!!!

27 October 2021, 0900-1000

<https://www.zoomgov.com/j/1609584179?pwd=ZyJldTF4aU00MGZ2ZUJp2TVcyTTBCZz09>

**ADD MEETING ID AND PASSCODE**

This is an interactive breakout session focused on day-to-day financial management, including our own individual financial habits/thoughts about money, recognizing impulse spending, and those small steps we can take to increase our net worth.

### Value Based Living

28 October 2021, 1300-1400

<https://www.zoomgov.com/j/1609584179?pwd=ZyJldTF4aU00MGZ2ZUJp2TVcyTTBCZz09>

**ADD MEETING ID AND PASSCODE**

Living with intentionality and purpose can seem impossible some days. What matters most to you? Join us for an engaging discussion about values, goals, meaning, and purpose.

### Relation-ship or Situation-ship?

29 October 2021, 1400-1500

<https://www.zoomgov.com/j/1609584179?pwd=ZyJldTF4aU00MGZ2ZUJp2TVcyTTBCZz09>

**ADD MEETING ID AND PASSCODE**

Nobody's relationship is perfect; we all make mistakes. But do you know how to recognize warning signs? In this session, we will examine some of the problematic elements of relationships and how to set boundaries to avoid becoming involved in an unhealthy relationship. After all, healthy relationships make you feel good about yourself — unhealthy relationships don't.

### Find Your Inner Peace...with Office Yoga

DATE: TBD, TIME: TBD

<https://www.zoomgov.com/j/1609584179?pwd=ZyJldTF4aU00MGZ2ZUJp2TVcyTTBCZz09>

**ADD MEETING ID AND PASSCODE**

Increase flexibility and blood flow, decrease low back/neck pain, and create mindfulness during your workday without leaving your office! This session will show you basic exercises that you can do anytime you need a pick-me-up during the day.





November is National American Indian Heritage Month!



American Indians and Alaskan Natives played an important role in the United States' Armed Forces during World War II. They served bravely and with distinction from the initial attack on Pearl Harbor to the last days of the Pacific campaign.

**We want to hear your story!**

Please send your story to  
[ng.co.coarng.list.staff-pao@mail.mil](mailto:ng.co.coarng.list.staff-pao@mail.mil)

# Announcements





# 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](mailto: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](https://co.ng.mil/family/holiday-assistance)

## Registration Opens Oct 1



The CONG Holiday Assistance Programs are brought to you by the Colorado National Guard Foundation Inc., which is a 501 (c) 3 non-profit organization. For more information on the Foundation, visit [congfoundation.com](https://congfoundation.com)



# IT Equipment Turn In

Accountable IT Equipment (desktops, laptops, tablets, printer etc.) turn-in hours are Fridays only from 0700-1430 at Bldg 850. Please email Ms. Diana Gibbs at [diana.gibbs@us.af.mil](mailto:diana.gibbs@us.af.mil) for an appointment.

- Computers Monitors will not be accepted.
- Please remove all ink cartridges and paper from printers before turn in.

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](mailto: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/ccs/itam/SitePages/Home.aspx>



# Firearm/Medication Safety Tips

## Firearm Safety Tip #1

### CABLE LOCKS:

Prevents a firearm from being loaded and fired.



## Firearm Safety Tip #2

### GUN CASE:

Storage solution to secure, conceal, protect and legally transport a firearm.



## Firearm Safety Tip #3

### LOCK BOX:

Provides reliable protection for firearms.



## Firearm Safety Tip #4

### FULL SIZE GUN SAFE:

Allows you to store multiple firearms in one place.



**Do not keep lethal doses of medications on hand.** If you are unsure of what a lethal dose is, talk to your pharmacist, who can advise you on safe quantities.



**Discuss prescription and non-prescription medications with your doctor or pharmacist.** Do not be afraid to ask any questions about proper dosage, side effects, or any other concerns you might have.



**Lock up all medications.** Medication lock boxes are available online and in many pharmacies. Many lock boxes have features that allow for dispensing the right amount of medication when needed, making it easier to access your needed medications safely.



**Dispose of medications that are no longer needed or are outdated.** Go to any military or non-military pharmacy to safely dispose of unwanted, unused, or expired prescription drugs.



**Keep only small amounts of alcohol in the home if taking medications.** Drinking alcohol while taking medications can be lethal and can lead to impulsive choices such as a suicide attempt. Consider that alcohol could not only increase medical complications, it could also increase the risk for suicide.

## How to Access Photos from Public Affairs:

To access photos and videos from events Public Affairs covers, please look through these two locations:

<https://www.dvidshub.net/unit/140WPA>

<https://flickr.com/photos/conationalguard/albums>

# PFC Job Announcement



# TAG/CSEL Video Message to the Force

Fellow CONG Service Members -

Please view the following video message from The Adjutant General of Colorado U.S. Army Brig. Gen. Laura Clellan and Command Senior Enlisted Leader and U.S. Air Force Chief Master Sgt. Lisa Perry: <https://youtu.be/3Dq-RUojNpk>

# Covid-19 Info



# Updated Mask Guidance



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

JUL 28 2021

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



OSD006862-21/CMD009083-21





## 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.m360mobile.com/uploads/1021/images/thumb/references/pdf/PublicReleaseSocialMediaFlyerforCONGVaccinations25MAR21\\_1616775588.pdf](https://control.m360mobile.com/uploads/1021/images/thumb/references/pdf/PublicReleaseSocialMediaFlyerforCONGVaccinations25MAR21_1616775588.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](https://covid19.colorado.gov/vaccine).

