

# Cougar Tales – 13 APR 2021



## **COVID:**

Vaccines Free for ALL!

Vaccine Hotline

## **Events:**

Mental Health First Aid Course – April 13/May 7

Leadership Summit – 22-23 April

Military Child Celebration – April 24

Strong Bonds Couple Luncheon – 25 April

Love and Logic Parenting class – 27 April

## **Announcements:**

Joining Community Forces Newsletter

5 Ways to be All In to end child abuse

Wing Survey Reminder

Fight Oar Survive Scholarship

Mindfulness with Ch. Campbell

CBD/Marijuana Information

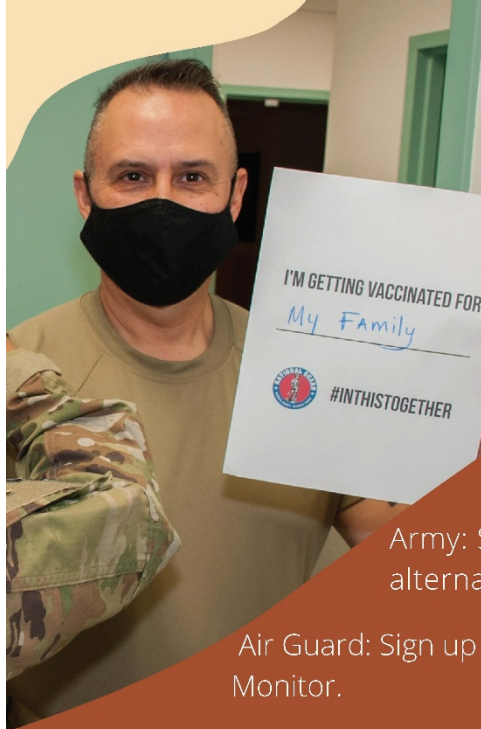
ANG FY21 Bonus AFSCs

TSgt Christina Gomez Shout-Out

Cougar Tales are available on the Wing App  
under Helpful Resources→Cougar Tales

The Wing App also contains a complete calendar  
of events and more.

Want to be in Cougar Tales? Contact Staff Sgt.  
Austin Harvill at [austin.harvill.1@us.af.mil](mailto:austin.harvill.1@us.af.mil)  
Only events 2 weeks from registration  
deadline/event start will be advertised.



## 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>

Full pdf:

[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)

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# 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).



The Colorado Department of Public Health and Environment launched a new call center for the public to ask questions specifically about the COVID-19 vaccine. Beginning Feb. 1, hours will extend to 24 hours a day, seven days a week. The new toll-free number is 1-877-CO VAX CO (1-877-268-2926).

Vaccine call center staff are trained to answer COVID-19 vaccine-related questions, provide information about vaccine providers across the state, and give general information about COVID-19. Fifty operators are available to answer calls and can provide information in multiple languages. Staffing will expand as call volume requires.

The 1-877-CO VAX CO number is the go-to for vaccine-related questions for the general public, but they should continue using the Colorado Health Emergency Line for the Public (COHELP) and 2-1-1 Colorado for general information about COVID-19, such as the number of cases in Colorado, the list of symptoms, or how you can protect yourself.

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## Join us for a **Mental Health First Aid Course**

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

**APRIL 13TH, 2021:  
9AM - 3 PM (VIRTUAL)**

**CLICK HERE TO REGISTER**

**MAY 7TH, 2021:  
9AM - 3 PM (VIRTUAL)**

**CLICK HERE TO REGISTER**

Full pdf:

<https://control.m360mobile.com/uploads/1021/images/thumb/event/pdf/MHFAxBuckley.pdf>

**REGISTRATION FEE:**

**~~\$23.95~~ WAIVED**

Presented by the Cohen Military Family Clinic at University of Colorado Anschutz Medical Campus.

Questions?

Contact us at [info.cohenclinic@cuanschutz.edu](mailto:info.cohenclinic@cuanschutz.edu)



**Team Buckley**  
**You Are Not Alone**



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*Building a People First Culture*

# LEADERSHIP SUMMIT

22-23 APRIL  ONLINE ONLY

[Register now for the TAG's annual Leadership Summit](#)

**When:** 22-23 April 2021

**Where:** Virtually on Zoom

**Why:** This annual event is designed to align the Colorado National Guard leaders, nurture leadership skills, and allow opportunity for leaders to network and exchange views/ and information. The leadership symposium's overall focus is to continue to cultivate the culture of the Colorado National Guard so the next generation of leaders thrive.

**Required Participants include:**

- **COANG** company grade command teams (CC, First Sergeant, SEL, Superintendent), and field grade command teams (encouraged), A-Staff Directorates/Special Staff (Primaries and CCMs)
- **COARNG** company grade command teams (CDR, 1SG, XO, Readiness NCO), field grade command teams (encouraged), G-Staff Directorates/Special Staff (Primaries and CSMs)
- **DMVA and CAP** (at Leader's discretion)

**Registration and Information:** <https://co.ng.mil/Resources/Leadership-Summit/>

(After registering, Zoom will send you the link and passcode to the Zoom meeting)

Registration only takes a minute. Cannot be done on a Government computer. Registration deadline is 02APR2021, Registration cutoff is 17APR2021.

Registration: <https://co.ng.mil/Resources/Leadership-Summit/>

2021

# "Month of the Military Child"

Celebrating our military  
youth!

Saturday, April 24th

From 9am-1pm

At Washington Park in  
Denver

MUSIC!

Nuke-em  
VOLLEYBALL!

Fun CHALLENGES!

GAMES!

lunch  
provided

RECOGNITION  
CEREMONY!

\*all included and paid for on your behalf by the COARNG  
Youth Program!

Space is limited and on a first come, first served basis! Registration is  
open until April 22nd or until full—whichever comes first.

RSVP to Lance at [Lance.k.ellis2.ctr@mail.mil](mailto:Lance.k.ellis2.ctr@mail.mil)

Parents and youth (ages 6-18) of the Army & Air Guard are invited to attend.  
ChildCare for 0-5yrs will not be provided.

## Important!!

This event will be held outdoors.  
However, parents should review  
state Covid precautions. Masks,  
hand sanitizing & medical  
statement are required at event  
check-in.

RSVP to:  
[Lance.k.ellis2.ctr@mail.mil](mailto:Lance.k.ellis2.ctr@mail.mil)



# Tentative Schedule

22 April 2021

0700-0800	Zoom Host opens room up for members to enter/troubleshoot
0800-0940	Welcome and Introduction by Master of Ceremonies of the following: <b>Governor Polis</b> <b>TAG – BG Clellan (Discuss intent for Summit)</b> For the following Leaders: (10 minutes each – discuss: Wave top view of the organization’s structure and how it fits into the overall DMVA structure; organization’s mission; focus within the TAG’s LOEs, and upcoming deployments)
	<b>DMVA – Mr Callahan</b>
	<b>JSTAFF – BG Sherman</b>
	<b>COARNG – BG Paul</b>
	<b>COANG – BG Dunstan</b>
	<b>DVA – Ms Iglesias</b>
	<b>CAP – Col Rhodes</b>
	Break
	Keynote Speakers – State of the Guard, Celebrating our Diversity: <b>Gen Hokanson (1000-1030, 20 minutes speech, 10 minutes for questions)</b> <b>CMSgt Tony Whitehead (1030-1100, 20 minutes speech, 10 minutes for questions)</b> <b>LTG Loh (1100-1130, 20 minutes speech, 10 minutes for questions)</b>
	Lunch Break
1200-1230	TAG Strategic Campaign Plan
1330-1600	Small Group Workshop – Culture Conversation (group facilitators)
	Groups 1 and 2 – Prevention of Sexual Harassment/Sexual Assault (TBD)
	Groups 3 and 4 – Equity, Diversity and Inclusion (TBD)
	Group 5 – Accountability (TBD)
	Group 6 – Suicide Prevention (LTC Nagel and LtCol Murphy)
1600-1615	Break
1615-1700	Small Group results to Big Group

23 April 2021

0700-0800	Host opens Zoom room up for participants to enter/troubleshoot
0800-0830	<b>Key Note Motivational Speaker – LTG Jensen: Speech with Q&amp;A session</b>
0845-0945	<b>Key Note Speaker – Dr. Miriam Matthews: Speech with Q&amp;A session</b>
1000-1200	COARNG, COANG, DVA Breakouts
1210-1300	Closing comments from COANG, COARNG, DMVA, TAG
1300-UTC	Release for Commanders time

**MAGGIANO'S**  
LITTLE ITALY®

*Date: Sun 25 April*

*Time: 11:30a - 3:00p*



# *Strong Bonds*

## *Couples Lunch Training*

We are excited to announce a **COANG Strong Bonds Lunch Date!** This event will be held at **Maggianno's in Englewood** from 11:30am-3:00pm and will involve activities and training based on the *Speed of Trust* curriculum. Take some time to enjoy a delicious meal, connect with your partner, and learn ways to strengthen your relationship.

To register: Open your mobile device's camera and hold it to the QR code. Your device will show a notification leading you to the registration page.

REGISTER HERE!



**POC: MSgt Kristin Johnson**  
**Email: [kristin.johnson.2@us.af.mil](mailto:kristin.johnson.2@us.af.mil)**

Registration Link:

<https://www.angstrongbonds.org/ems/url/IkSfcpCQtEgDHRHrg2FKjg>

# Love and Logic Parenting class

For Child Abuse Awareness Month, Family Advocacy will be offering a virtual introduction to the Love and Logic Parenting class on 27 April 2021 from 1200-1400. Love and Logic is a model dedicated to making parenting fun and rewarding, instead of stressful and chaotic. The model helps to provide practical tools and techniques that help adults achieve respectful, healthy relationships with their children.

In the 2-hour mini class, we are offering an introduction into the core principles and skills in Love and Logic, where we will explore the benefits and advantages to using these parenting techniques as well as to allow participants to ask questions they may have. The information provided will be a mini snip-it of the full class that Family Advocacy will offer in May. For more information, please call Family Advocacy at 720-847-6453.

Click on this link (or paste in your browser) to sign up: [https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_Y2ZmNGJhOGltMDZhZC00YjM2LTlmOGUtN2NkYWJhOTljZjc5%40thread.v2/0?context=%7b%22Tid%22%3a%2221acfb3-32be-4715-9025-1e2f015cbb9%22%2c%22Oid%22%3a%22dd8d52ed-ae2b-4444-ad92-e541b7b4c236%22%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_Y2ZmNGJhOGltMDZhZC00YjM2LTlmOGUtN2NkYWJhOTljZjc5%40thread.v2/0?context=%7b%22Tid%22%3a%2221acfb3-32be-4715-9025-1e2f015cbb9%22%2c%22Oid%22%3a%22dd8d52ed-ae2b-4444-ad92-e541b7b4c236%22%7d)

*Sandy*

SANDRA D. WHITAKER, DAFC  
Buckley Garrison Violence Prevention Integrator  
510 S Aspen Street, Bldg 1030  
Buckley AFB CO 80011  
DSN 847-6046 Comm 720-847-6046

# JOINING COMMUNITY FORCES

April 09, 2021

Joining Community Forces Newsletter is a weekly publication advertising activities and opportunities in the local area.

Full PDF:

[https://control.m360mobile.com/uploads/1021/images/thumb/references/pdf/JCFNewsletter421reduced\\_1618336392.pdf](https://control.m360mobile.com/uploads/1021/images/thumb/references/pdf/JCFNewsletter421reduced_1618336392.pdf)



## APRIL'S QUARTERLY MEETING

Joining Community Forces April Quarterly Meeting is right around the corner. This meeting will be over ZOOM and hopefully our last solely virtual meeting! Be sure to register by clicking on the RSVP Link to the right.

### JOINING COMMUNITY FORCES QUARTERLY MEETING



# 04.21.21

[RSVP HERE](#)

## IN THIS ISSUE

### HIGHLIGHTED RESOURCES

If you would like to be a highlighted resource, please email us your information!

### EVENTS

If you would like us to feature your event, please email it to us. Preferably 1-2 weeks before the event date.

## CONNECT WITH US



Join our Facebook Group!  
<https://www.facebook.com/groups/ICFcolorado>



Check out our Website  
[www.coloradoicf.org](http://www.coloradoicf.org)



Colorado National Guard Family Program  
[www.co.ng.mil/family](http://www.co.ng.mil/family)

**Suzanne Buemi**  
Eastern Slope Liaison  
12200 E. Briarwood Ave #160  
Centennial, CO 80112  
Office: 720-250-1186  
Cell: 303-921-6099

**Danielle Hindson**  
Western Slope Liaison  
2820 Riverside Parkway  
Grand Junction, CO 81501  
Office: 720-250-5571  
Cell: 970-640-7846



**ALL IN  
TO END  
CHILD  
ABUSE**

## 5 Ways to Be All In to End Child Abuse

Every adult in the community can play a role in supporting and protecting military children. You don't need to be 100% sure that a child is being abused or neglected to talk with someone. Go all in to end child abuse. Share your concerns with Family Advocacy Program staff, and they can help you determine what to do next.

### 1. Know the signs

- Sudden changes in behavior or school performance
- Always preparing for something bad to happen
- Frequently lacking adult supervision
- Fading bruises or other marks after an absence from school
- Unexplained burns, bites, bruises, broken bones or black eyes
- Being frightened of a parent or caregiver
- Abusing animals or pets

### 2. Be a trusted adult

**Let children know they can come to you with any concern and that you will:**

- Listen without judgment
- Believe them
- Help and support them

### 3. Make the call

**If you witness or suspect child abuse or neglect, do the right thing:**

- Call your installation's Family Advocacy Program.
- Call your local Child Protective Services office.
- Call the Childhelp National Child Abuse Hotline at 800-422-4453.
- Call 911 or military law enforcement if a child is in immediate danger.

### Start Prevention Tips Early

*While all adults can make a positive impact in a child's life by following these tips, parents and guardians play an important role in protecting children. Parents and guardians, talk with your children about tips 4 and 5 early and often.*

### 4. Identify trusted adults

- Talk with your child about specific people they can trust.
- Discuss when your child should talk to a trusted adult.
- Let them know they can go to another trusted adult if the first one doesn't help.

### 5. Empower your child's voice

- Teach children early about healthy body boundaries
- Tell them to trust their feelings.
- Encourage them to say forcefully, "I don't like that," or "Stop touching me."
- Remind them to leave a situation that makes them uncomfortable.
- Ask them to tell a trusted adult right away if something makes them uncomfortable.
- Talk with them about how to listen to and help their peers.

### Resources and information

#### Teach your kids healthy body boundaries

<https://www.militaryonesource.mil/family-relationships/family-life/preventing-abuse-neglect/teach-your-kids-healthy-boundaries/>

#### Find your installation's Family Advocacy Program

<https://installations.militaryonesource.mil/looking-for-a-program/program-service-32/focus=program>

#### Review information on child abuse and neglect

<https://www.childhelp.org/hotline/>

#### Support military kids

<https://militarykidsconnect.health.mil/Caring-for-Our-Youth>

<https://militarykidsconnect.health.mil/Feelings/How-to-Talk-to-an-Adult>

Full pdf:  
<https://download.militaryonesource.mil/12038/FAP/MCFP-CAPM2021-Flyer.pdf>



# LET YOUR VOICE BE HEARD

**Participate in the  
Wing Climate Survey**

**LOOK FOR AN  
EMAIL FROM YOUR  
COMMANDER WITH  
INSTRUCTIONS  
AVAILABLE 8  
APRIL - 4 MAY**

Its quick, anonymous, and can be done on  
any computer or mobile device

Climate Surveys  
were e-mailed  
to all relevant  
members

**Fight Oar Survive Scholarship**

Point of contact is Laurie Knight ([admin@usvetrow.com](mailto:admin@usvetrow.com))

Link: <https://www.usvetrow.org/scholarships.html>

**Who Is Eligible?**

1. Military or Veteran, OR immediate family member of such (spouse/partner, child, parent, grandparent, etc.) who is in a program studying to work in mental health for Veterans/military and is at least pursuing the Masters level of education and has been touched by suicide.

The student must be enrolled in CACREP or APA accredited university or college.

In order to qualify for scholarship candidacy, please provide the following:

- DD214 or military/dependent identification (no social security numbers please).
- 500 word essay explaining why Veteran mental health and suicide prevention is important. Please include how YOU were touched by suicide.
- Endorsement OR letter of recommendation with verified enrollment and good standing from university/college officials.

If awarded, a report on how the funds were spent will be required.

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2. Psy.D. student of the University of Denver who plans to work with Veterans post-graduation.

In order to qualify for this scholarship, students must provide the following:

- 500 word essay explaining why Veteran mental health and suicide prevention is important. Please include why you went into this field.
- Endorsement OR letter of recommendation with verified enrollment and good standing from university/college officials.
- Letter of explanation detailing intended plans for working with Veterans post-graduation.

If selected for this scholarship, you will be asked to provide detailed documentation on how the money was spent.

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3. Student enrolled in a CACREP or APA accredited university or college who is involved in research in the Veteran mental health field as it pertains to Suicide Prevention. In order to qualify for scholarship candidacy, please provide the following:

- 500 word essay explaining why Veteran mental health and suicide prevention is important.
- Endorsement OR letter of recommendation verifying enrollment and good standing from university/college officials.
- Letter of explanation or abstract detailing the research the institution is doing and the student’s involvement in said research.

If awarded, a report on how the funds were spent will be required.

Sincerely,  
Suzanne Buemi  
Colorado National Guard  
Interim State Family Program Director  
12200 E. Briarwood Avenue, Ste. 160  
Centennial, Colorado 80112  
P: (720) 250-1186  
C: (303) 921-6099  
Email: [Suzanne.m.buemi.civ@mail.mil](mailto:Suzanne.m.buemi.civ@mail.mil)

## Training Your Mind to Thrive with Chaplain Brett Campbell

Our thoughts have great power over how we live our lives. Whether we are aware of our thoughts or not, they are continuously telling us what to do, say and think. This can lead us to doing and saying things that make our lives and the lives of those around us harder than they need to be. While we can't stop our thoughts, we can gain control over how we respond to them by exercising our minds. Mind Training is a set of exercises that can give us that control by teaching us to become more focused and aware of our thoughts and then shifting our thought patterns to align more with our values. Join Chaplain Campbell every Monday, Wednesday and Friday from 11 a.m. - 11:30 a.m. on Zoom as he teaches Mind Training exercises and how they can benefit you in your daily life.

Join Zoom Meeting

<https://us02web.zoom.us/j/9039126066?pwd=YW84ZVJiZmdReTlJMTA3Q21rS1NMdz09>

Meeting ID: 903 912 6066

Passcode: v4gP42

### Benefits of Mindfulness:

- Improved Immune system
- Increased positive mood
- Increased learning, memory, emotion regulation
- Increased concentration and focus
- Positive relationships

### Mindfulness Coach App



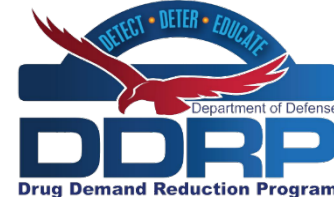
MINDFULNESS  
COACH

Learn to practice  
mindfulness  
meditation to  
live in the present

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140 WG WDDRPM: Braxton Olson  
Ph: 605-480-3168  
233 SG WDDRPM: Rey Ramos  
Ph: 719-985-0993



## **Some useful and potential career saving information regarding marijuana and/or marijuana extracts:**

Per AFMAN 44-197, para 1.2.2. “Although some state and local laws have legalized the recreational use of marijuana or marijuana extracts, the drugs remain Schedule I substances under 21 USC § 801 et seq., *Controlled Substances Act*, **and their use by military members is prohibited. Exception:** Service members are permitted to use prescription cannabinoid formulations, such as dronabinol (brand names Marinol® and Syndros®) and Epidiolex®, when the medication has been approved by the United States Food and Drug Administration and the Service member has a valid prescription for the medication. Failure by military members to obey the mandatory provisions of this paragraph is a violation of Article 92, UCMJ. Violations of this paragraph may result in disciplinary action under the punitive articles of the UCMJ (e.g., Article 112a, UCMJ). Violations may also result in adverse administration action; criminal prosecution under federal or state laws; or, for ANG members, adverse action under the state military code.”

## **Know what you're putting into your body:**

The Controlled Substances Act places drugs regulated under federal law in one of five schedules based upon an eight-factor analysis. Marijuana and its extracts, including CBD, are Schedule I controlled substances. Although it is true that section 12619 of the Farm Bill removes hemp-derived products from its Schedule I status under the Controlled Substance Act, legislation does not legalize CBD generally and CBD derived from marijuana therefore remains a Schedule I substance under federal law. The Farm Bill creates exceptions to the Schedule I status in certain situations. The Farm Bill ensures that any cannabinoid that is derived from hemp will be legal, if and only if that hemp is produced in a manner consistent with the Farm Bill, associated federal regulations, associated state regulations, and by a licensed grower. All other cannabinoids, produced in any other setting, remain a Schedule I substance under federal law and are thus illegal.

**BOTTOM LINE: Marijuana and marijuana extracts are NOT ALLOWED!**

# CBD AND HEMP

BEFORE YOU USE A PRODUCT THAT CONTAINS CBD OR HEMP, HERE'S WHAT YOU SHOULD KNOW:



## HEMP

- The 2018 Farm Bill defines hemp as...

*"the plant *Cannabis sativa* L. and any part of that plant, including the seeds thereof and all derivatives... with a delta-9 tetrahydrocannabinol concentration of not more than 0.3% on a dry weight basis."*

- Delta-9 tetrahydrocannabinol, or **THC**, is the psychoactive substance in marijuana.
- Hemp plants naturally contain THC, but the amount in a plant can vary widely.
- Use of a product with THC could result in a positive drug test.
- **All products containing hemp are prohibited for use by Military Service Members**, regardless of THC concentration. (This does not apply to durable goods such as rope or clothing.)



## CBD

- Cannabidiol (CBD) is a chemical compound in the class of plant chemicals called "**cannabinoids**."

- CBD occurs naturally in the plant *Cannabis sativa* L. (marijuana and hemp).
- **All products with CBD are prohibited for use by Military Service Members.** This includes topical, inhaled (vaping), and oral products.
- Without laboratory testing, there is no way to know for certain whether a CBD product contains a significant amount of THC.

### DoD POLICY

Hemp products, including those with CBD, are prohibited for use by Military Service Members. For more information, please read the articles about CBD and hemp on **opss.org**.

# MARIJUANA MYTHS

Think you know about marijuana use in the Military?

Find out what's **MYTH** and what's **FACT!**

**MYTH:** Recreational marijuana is legal in my state so I can use it without any consequences.

**FACT:** Military personnel are not allowed to use marijuana regardless of state, district or territorial laws, including for medical use. Military Service members caught using, possessing, growing or distributing marijuana can be punished under Article 112a of the Uniform Code of Military Justice (UCMJ) or applicable state code.

**MYTH:** There is no problem with Military Service members eating energy bars and yogurt that contain hemp seeds.

**FACT:** Any product with hemp in it may put your career in jeopardy.

Hemp is a plant that naturally contains tetrahydrocannabinol (THC), which is the psychoactive ingredient in marijuana. There is no standard regulation for hemp seed products. Read the ingredients on food you eat and check your Service policy to avoid being punished under the UCMJ.

**MYTH:** It's fine to use cannabidiol (CBD) oil because I can buy it legally at the store or online.

**FACT:** Military Service members can be punished under the UCMJ for using any type of CBD.

Although you can buy CBD in many forms such as oils, sprays and gummies, it is illegal for Military Service members to use.

**MYTH:** E-cigarette liquid infused with CBD is safe to use if it doesn't contain other ingredients.

**FACT:** Currently, there is no way to know for sure what you are putting in your body when you use e-cigarettes and/or e-liquids. E-liquids may contain harmful or illegal chemicals that could hurt your health and career.

Vape oils that contain synthetic CBD have caused seizures, unconsciousness, vomiting, racing heart and other negative side effects in Military Service members.



Contact Us: [dha.ncr.comm.mbx.prevent-substance-misuse@mail.mil](mailto:dha.ncr.comm.mbx.prevent-substance-misuse@mail.mil)

# Air National Guard FY21 Bonus AFSCs

## National Enlisted Bonus AFSCs

### Highly Critical

- **1A8X2**-Airborne ISR Operator
- **1Z4X1**-Special Reconnaissance
- **1A9X1**-Special Missions Aviator
- **2A5X1**-Airlift Special A/C Maintenance
- **1B4X1**-Cyber Warfare Operations
- **2A6X4**-Aircraft Fuel System
- **1C5X1**-Command & Control
- **2A6X5**-Aircraft Hydraulic Systems
- **1N2X1**-Signal Intelligence Analyst
- **2A9X2**-Bomber/Special Integrated Instrument
- **1N4X1**-Fusion Analyst
- **2A9X3**-Bomber/Special Electronic Warfare
- **1N8X1**-Target Analyst
- **2W0X1**-Munitions Systems

### Critical

- **1A0X1**-In Flight Refueling Specialist
- **2A3X8**-Remote Pilot A/C Maintenance
- **1A1X1**-Flight Engineer
- **2A7X5**-Low Observable A/C Structural
- **1A3X1**-Airborne Mission System Specialist
- **3D1X3**-RF Transmission Systems
- **1A6X1**-Flight Attendant
- **3D1X7**-Cable and Antenna Systems
- **1C8X3**-Radar, Airfield, Weather System
- **3E0X2**-Electrical Power Production
- **1N1X1**-Geospatial Intelligence
- **3E2X1**-Pavements and Construction
- **1T0X1**-Survival, Evasion, Resistance, Escape
- **3E4X1**-Water & Fuels System Maintenance
- **2A2X2**-SOF/PR Integrated Instrument
- **4A1X1**-Medical Material
- **2A3X5**-Adv. Fighter A/C Integrated Avionics
- **6F0X1**-Finance

## National Officer Bonus AFSCs

- **11B**-Bomber Pilot
- **12M**-Mobility Combat System
- **11F**-Fighter Pilot
- **12S**-Special Ops Combat System
- **11H**-Rescue Pilot
- **13B**-Air Battle Manager
- **11M**-Mobility Pilot
- **13S**-Space Operations
- **11S**-Special Operations Pilot
- **14N**-Intelligence
- **11U**-Remotely Piloted Aircraft (RPA)
- **15W**-Weather
- **12B**-Bomber Combat Systems
- **17S**-Cyberwarfare Operations
- **12F**-Fighter Combat Systems
- **18A**-Attack Remotely Piloted Aircraft
- **12G**-Generalist Combat Systems
- **19Z**-Special Warfare
- **12H**-Rescue Combat Systems
- **21A**-Aircraft Maintenance

## Health Professionals

- **42B**-Physical Therapist
- **45B**-Orthopedic Surgeon
- **44E**-Emergency Medicine Physician
- **45G**-OB/GYN
- **44M**-Internal Medicine Physician
- **45S**-General Surgeon
- **44Y**-Critical Care Medicine
- **46F**-Flight Nurse
- **45A**-Anesthesiologist

## Local Bonus AFSCs (Designated Units)

### 140FW

- **2A3X3**-Tactical Aircraft Maintenance
- **2F0X1**- Fuels
- **32EX**- Civil Engineer
- **2W1X1**- Aircraft Armament Systems

### 233 SG

- **2T3X1**- Mission Generation Veh. Equip. Maint.

### 138 SCS

- **3D0X2**- Cyber Systems Operations

Bonus Amounts vary based on type, AFSC, and job qualification status; please contact your Wing Retention Office Manager for full details and any questions

- **1Z3X1**-Tactical Air Control Party

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# Shout out to TSgt Christina Gomez for her RCP work in Niger!



The 724th Expeditionary Air Base Squadron acquisition team poses for a photo at Nigerien Air Base 201, Agadez, Niger, April 6, 2021. The acquisition flight supports the AB 201 mission by providing full-range financial management assistance and being the acquisitions focal point for commodities, services and construction requirements. (Courtesy Photo)

**AIR BASE 201, AGADEZ, Niger --**

Whether defending the base, caring for Airmen or airlift, deployed Airmen have the same job objective - support the enduring mission.

The 724th Expeditionary Air Base Squadron acquisition team at Nigerien Air Base 201, Agadez, Niger, supports the mission by providing full-range financial management assistance and being the acquisitions focal point for commodities, services and construction requirements.

This diverse team consists of four members from contracting and one member as a financial management and disbursing agent. They are responsible for procuring required goods and services for the entire base.

Contracting works with the customer to determine their needs and with vendors who can help fulfill those needs. The disbursing agent provides the funds that procure those items and services needed by the customer so they can continue and complete their mission.

"I am the sole financial manager at AB 201, servicing [all base personnel]. I am the disbursing agent, paying agent, budget analysis, and cashier for the base," said Tech. Sgt. Christina D. Gomez, 724th EABS financial management flight chief and disbursing agent. "I also determine propriety of funding for purchases being made to support the mission."

Though Gomez solely provides customer service to service members at AB 201 for their pay and entitlement needs, she also works hand in hand with contracting.

"I join the contracting team whenever there is a local purchase that needs to be made to a local vendor for goods and services within my fiscal responsibility," Gomez said. "At the end of the day, I account down to the penny for every transaction made to ensure that I stay balanced and ensure we are spending the tax payer's dollar appropriately."

Without the knowledgeable contracting team and the funding managed by the financial manager, the goods and services requirements needed to complete the mission at the base stops.

"We are the sole business advisors for the base and the acquisition focal point for commodities, services and construction," explains Staff Sgt. William R. Washington, 724th EABS contracting officer. "In addition to our U.S. market buys, I work alongside Tech. Sgt. Gomez to provide opportunities to the local Agadez population, with the long term goal of building a thriving and sustainable economy."

Being in an austere location, members of the acquisition team get the opportunity to expand their duties within their jobs in ways they normally wouldn't at home station.

"We are much closer to the mission being downrange," Washington said. "There are several degrees of separation that occur stateside where you will have different roles within your squadron that perform specific functions that contribute to a whole. When downrange, several of those roles and functions are often rolled up into only one or two deployers, and that is a big part of what brings contracting and finance much closer together operationally."

Although the work is challenging, it doesn't go without reward.

"The team has leveraged relationships with local nationals, secured funds for village cleanup enhancing mission capabilities, and promptly delivered \$153,000 in base purchased assets averting a supply backlog," Gomez stated.

In addition, the team worked with the communications flight on a \$25,000 wireless access point purchase extending the existing wireless internet service to four additional base compounds supporting [all] personnel.

Being a part of this diverse team gives the members a feeling of accomplishment providing support that they can be proud of.

"I love it here! I feel like I am truly contributing to an amazing mission here," Gomez said. "I am honored to be the sole financial manger because I know that my job here contributes to the bigger picture in making the mission succeed every day."

"Being part of a small team and having the ability to affect a larger scope of operations has been a great and meaningful opportunity," Washington said. "This is something that you don't experience with performing similar work at other locations. It'll be rewarding to be able to pass on the knowledge and experience I've gained to the broader career field."

The 724 EABS is one of many bases in Africa that fall under the 435th Air Expeditionary Wing's area of responsibility. The 435 AEW strongly values a team with a variety of different specialties that allow a wider scope where Airmen are not confined to one particular group and are inherently multi-capable. These Airmen are enablers of Airpower and a critical asset in posturing major component commands for countering the activities of near-peer threats.