

# Cougar Tales – 26 Mar 2021



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

\*\* 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)\*\*

## Announcements:

[COVID Vaccines available to ALL!](#)

[COVID Vaccine Hotline](#)

[DMVA Weekly Update](#)

[EM'er of the Month: SrA Donovan Schneider](#)

[Month of the Military Child](#)

[140<sup>th</sup> FSS Connections](#)

[Welcome Capt Patten](#)

[Motorcycle Season](#)

## Events:

[Marriage and Money](#)

[Mental Health First Aid Course](#)

[Memorial Service for MSgt \(ret\) Ray Carter's Daughter](#)

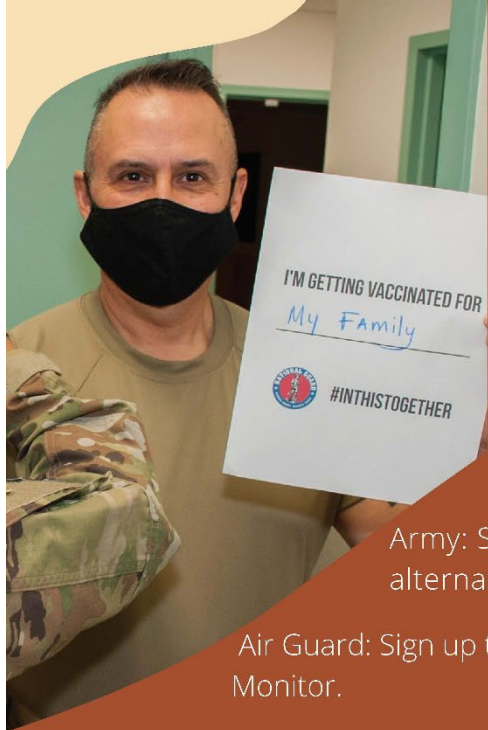
[TAG Leadership Summit](#)

## Resiliency:

[Who are you at your best?](#)

[Faith over Fear](#)

[Benefits of Mindfulness](#)



## 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)

[Back to Top](#)




# 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.

[Back to Top](#)

# DMVA Update – Mar 19, 2021

## State Response

Gov. Polis activated Colorado National Guard snow response teams to assist partner agencies with winter storm recovery operations in many communities across Colorado's Front Range March 12, 2021.

See video of the response here:

[https://www.youtube.com/watch?v=SLZ32SaXhMg&t=432s&fbclid=IwAR3izhARR2f\\_NJU8KwP9FnhMKzO90le\\_aS8sHi6F056IZ1M38vgKKZEQcu0](https://www.youtube.com/watch?v=SLZ32SaXhMg&t=432s&fbclid=IwAR3izhARR2f_NJU8KwP9FnhMKzO90le_aS8sHi6F056IZ1M38vgKKZEQcu0)

## Colorado Army National Guard

U.S. Army Capt. Kara Walsh, commander of the 104th Public Affairs Detachment talks about women in the military, in a tribute to Women's History Month, March 16, 2021.

Watch it here: <https://fb.watch/4kANryqxwi/>

## Colorado Air National Guard

Survival, Evasion, Resistance, and Escape training focuses on rescuing Airmen from behind enemy lines and bringing them back to safety.

Read more here: [https://www.140wg.ang.af.mil/News/Features/Display/Article/2540234/stay-frosty-sere-arctic-training/fbclid/IwAR2foC5kqLCPjKv-PjrgpAfigqoKZkEl\\_LenmzZp-FbQAe4\\_nl62CalzOGw/](https://www.140wg.ang.af.mil/News/Features/Display/Article/2540234/stay-frosty-sere-arctic-training/fbclid/IwAR2foC5kqLCPjKv-PjrgpAfigqoKZkEl_LenmzZp-FbQAe4_nl62CalzOGw/)

## Division of Veterans Affairs

The Western Region One Source held a Veteran Resources Outreach at the Western Slope Vietnam War Memorial Park - Field of Dreams, March 17, 2021.

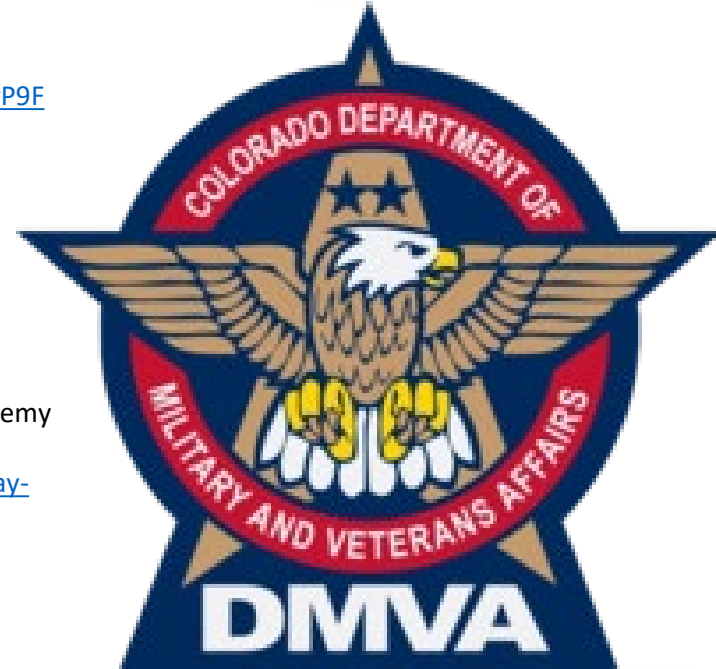
See photos here

<https://www.facebook.com/WesternRegionOneSource/posts/786976501926119>

## Colorado Wing of the Civil Air Patrol

Cadet teams from the Colorado Wing of the Civil Air Patrol competed in the All Service Division championship this week in the Air Force Association's Cyber Patriot XIII National Youth Cyber Defense Competition, March 19, 2021.

Read more here: <https://www.cap.news/3-cadet-teams-competing-march-19-21-for-cyberpatriot-title/?fbclid=IwAR0HqJ8r56e4xnkVU43PP7HZhJZhX8f-Mo3Fq3ibcD6WYwZp6xpSNPWla5s>



[Back to Top](#)

# EM'er of the Month, SrA Donovan Schneider, 140th CES, CO ANG



- ☐ Rank/Name: SrA Donovan Schneider
- ☐ Squadron/Section: 140th CES/CEX, Emergency Management
- ☐ Family: Wife and 2 year old son
- ☐ Hometown: Oklahoma City, OK
- ☐ Hobbies/Interest: Kid Stuff, Outdoor Activities, Sports, Home Improvement, Boxing
- ☐ Accomplishments:

## Leadership/Work-Related

- DOMOPS support for COVID-19 quarantine respite for transient populations in Denver Metro; Integrated with Denver Human Services and Colorado Coalition for Homeless--heightened capabilities for providers to treat affected citizens
- Streamlined in-house training during reduced staffing; 12 topics/9 classes/12 Airmen--bolstered TF relationships and alignment of training
- Instructed CBRN Defense; improved Wing readiness by 63% in COVID-19 environment--Airmen world-wide deployment qualified despite restricted environment

## Whole Airmen

- Improvement Focused! Completed 40 hours of training towards IT development; integrated with civilian employment and brought expertise to unit





We're getting ready for April!

# Month of the Military Child



Please submit your best  
and funniest Military Child  
photos & video moments to  
[FSSMarketing460@gmail.com](mailto:FSSMarketing460@gmail.com)

*\*videos & photos will be highlighted  
throughout the month of April.*

#WeMoveMountains | #BloomWhereYouLand



# 140 FORCE SUPPORT SQUADRON (March 2021)

140th FORCE SUPPORT SQUADRON (March 2021)		
	<p>FSS Commander: Lt Col Carla Hunstad, 847-9590 Dir of Ops: Capt Shaunna Reed, 847-9424 FSS Chief: CMSgt Aaron Umbaugh, 847-9244 FSS 1st Sgt: SMSgt Ron Ebert, 720-281-5384 / Alternate 1stSgt: MSgt Grace Richards, 954-600-3662 MPS Superintendent: SMSgt Megan Metzger, 847-9304 FDO Superintendent: SMSgt Jan Medina, 847-9051 FSV Superintendent: <b>MSgt Leah Fishman, 847-6166 or 9975</b> A&amp;F Readiness: Mrs. Michelle Abarca, 847-9116 &amp; CMSgt Brandon Shulman, 847-9184 Yellow Ribbon Support Specialist: Mrs. Krystine Stephenson, 303-656-7325</p>	
ID CARDS - HOURS OF OPERATION		OTHER CONTACTS
<p><b>COANG members:</b> <b>If you need any DEERS/CAC assistance, please call 720-847-9295</b> <b>(COANG members will be made priority)</b> <b>We are open to assist you Tue thru Friday from 0615-1700</b></p> <p><b>ALL OTHER DEERS/ID Card Customers:</b> Tuesday and Wednesday: 1100 – 1500 (Appt. Only) Thursday: 0800 – 1130 (Appt. Only) Friday: 1100 – 1500 (Appt. Only) Appointments made here → <a href="https://idco.dmdc.osd.mil/idco/">https://idco.dmdc.osd.mil/idco/</a> <b>COANG mbrs do not use DMDC to make an appt. please just call 847-9295</b></p> <p><b>Buckley Garrison DEERS Office:</b> Bldg. 606 DSN: 847-4357 press 1 to skip <b>Buckley Visitor Center 6th Ave.:</b> 847-9381/5613 <b>Mississippi Gate:</b> 847-9349/6th Ave Gate: 847-9940</p>		<p>Civilian Personnel Office: Buckley AFB Bldg. 606: 847-6191 Labor Relations: 847-6372 140th Civilian Employee Benefits Ms. Tricia Heistermann 720-250-1172</p> <p><b>Airman and Family Readiness (A&amp;FR)</b> Ms. Michelle Abarca, Bldg 801 Rm. N259 Office Hours: Tues – Friday 0800 to 1530 Drill Weekend: 0800 to 1500</p> <p>CONG State Tuition Assistance Dept. of Military and Vet Affairs State TA Manager, Education counseling: Ms. Joni Fernandez Commercial: 720-250-1550 Email: <a href="mailto:mailto:tuition@dmva.state.co.us">mailto:tuition@dmva.state.co.us</a> Website: <a href="https://www.colorado.gov/pacific/dmva/tuition-assistance">https://www.colorado.gov/pacific/dmva/tuition-assistance</a></p>
SELF SERVICE PERSONNEL ACTIONS		MILITARY PERSONNEL SECTION (MPS)
<p>HQ ARPC DSN: 665-0102 COMM: 1-800-525-0102 <a href="https://mypers.af.mil">https://mypers.af.mil</a></p> <p>myPers Self Service Actions (for members action):</p> <ul style="list-style-type: none"><li>• Voluntary Retirements and Separations</li><li>• Points Corrections</li><li>• DD215 Requests</li><li>• Reduced Retired Pay Age Application</li><li>• Mortgage/VA Home Loan Letter</li><li>• 20 Year Letters</li><li>• Board for Corrections of Military Records (BCMR)</li></ul> <p><b>AIR FORCE PORTAL</b> <a href="https://www.my.af.mil/">https://www.my.af.mil/</a></p> <ul style="list-style-type: none"><li>• vMPF – Record Review (Statement of Service/under Self Service Actions)</li><li>• ADLS – Cyber awareness and Force protection</li><li>• LeaveWeb – Only for mbrs in the AD Pay system (AGR, OTOT, AD etc.)</li><li>• AFVEC – Virtual Education (Apply for TA, see degree plan/options)</li></ul>		<p><b>Please remember to work with your Group CSS prior to contacting the MPS Program Managers on items listed below:</b></p> <ul style="list-style-type: none"><li>• Separations/Transfers/Retirements</li><li>• Reenlistment/Extension</li><li>• Accountability (AtHoc, AFPAAS, Recall Rosters)</li><li>• In-Processing/New Gains/Accessions</li><li>• Promotions - Enlisted</li><li>• 2096 Verification &amp; Updates (SDAP, position moves, SEI, &amp; AFSC updates)</li><li>• Record audit and updates (corrections needed on RIP)</li><li>• SGLI – SOES (processed through MilConnect)</li><li>• DD Form 214s</li><li>• Evaluations &amp; ACAs – 2020 &amp; 2021 SCOD sheet in Z/Common/A1 folder</li></ul> <p>140th Air National Guard/FSS/Personnel Section 18860 E. Breckenridge Ave. Bldg 801 Rm N224, Buckley AFB, CO 80011 <b>FSS SharePoint</b> <a href="https://cs2.eis.af.mil/sites/12068/140%20MSG/FSS/ layouts/15/start.aspx#/SitePages/Home.aspx">https://cs2.eis.af.mil/sites/12068/140%20MSG/FSS/ layouts/15/start.aspx#/SitePages/Home.aspx</a></p>
SERVICES FLIGHT (SVF)		FORCE DEVELOPMENT OFFICE (FDO)
<p><b>NEW Services Flight Superintendent!!!</b> <b>MSgt Fishman (847-6166)</b></p> <p>Services Specialist – MSgt Ginzel (847-9975) Lodging form here → <a href="#">Z:\140 MSG\ Common\Lodging</a></p> <p>Check out the <a href="#">140 WG App</a> for the latest Fitness Guidance/Requirements</p>		<p><b>140th Testing Times:</b> <b>Weekday Testing:</b> Thursdays @ 1300</p> <p><b>UTA/Drill Weekend Testing:</b> Saturday @ 1300/Sunday @ 0830 See your Group UTM for scheduling</p>



# A1 NEWS & UPDATES

March 2021 Edition



## Change to OPR Stratification Guidance:

**BLUF:** The Air Force announced new Total Force officer stratification guidance 1 Mar 21 for officers in the grades of O-2 through O-6 effective on any OPR that closes out on/after 1 Apr 2021. Stratifications used in the OPR (AF Form 707) and LOE (AF Form 77) will be limited to the following peer groups: grade, command position, and duty position. **These stratifications limitations match the secondary stratification rule set on PRFs.**

### REFERENCES: myPers

([https://mypers.af.mil/app/answers/detail/a\\_id/50023](https://mypers.af.mil/app/answers/detail/a_id/50023)).

COANG POC – Lt Col Cavanaugh, DOS-Air, 847-7617

## Controlled Unclassified Information (CUI) Training

**Step 1:** Members log on to

<https://securityhub.usalearning.gov/index.html>

**Step 2:** Members completes training, saves certificate

**Step 3:** Provide to your supervisor. Each group has their own process of tracking these to completion, ask your supervisor if you aren't sure of your group's process.

Are you looking for Personnel program guidance, forms, checklists, etc...?

**Please go look in the A1 – Manpower & Personnel folder**

**Z:\ Common\ A1 - Manpower & Personnel**

## Coming soon...

**The AF is transitioning from ADLS to MyLearning, effective 26 Mar 2021**

### Individual Users

- Should complete any enrolled ADLS courses by 10 Mar 21 as only completed course dates are expected to migrate to MyLearning
- Should download transcripts by 26 Mar 21 for personal records for use if data migration of completed courses is not accurate by FOC this summer
- Will download copies of ALL CDC volumes for current enrollment to ensure availability during migration and from IOC to FOC this summer

## Coming soon... PT Test changes!

PT tests have been pushed until 1 July 2021. There will only be three components (1.5 mile run, push-ups, and sit-ups) with new scoring and age brackets coming soon. More guidance to follow.

AFI QUICK GUIDE – Always check e-pubs → <https://www.e-publishing.af.mil/Product-Index/>

AFI 36-2907, Unfavorable Information File Program  
AFM 36-2806, Awards and Decorations  
AFI 36-2626, Airmen Retraining Program  
AFI 36-3026, ID Cards  
AFI 36-2903, Dress & Appearance  
AFI 36-2134, Duty Status Program  
AFI 36-2406, Officer & Enlisted Evaluations  
AFI 36-3208, Admin Separation of Airmen

AFI 36-2606, Reenlistments  
AFI 51-604, Appointments to and Assumption of Command  
AFI 36-3003, Military Leave Program  
AFI 36-2110, Assignments  
AFI 36-3802, Personnel Spt for Contingency Ops (PERSCO)  
AFI 36-2502, Airman Promotion/Demotion Programs  
AFI 36-2501, Officer Promotions and Selective Continuation  
AFI 36-3203, Service Retirements

Full pdf:  
[https://control.m360mobile.com/uploads/1021/images/thumb/references/pdf/140FSSConnectionsMar2021\\_1616775255.pdf](https://control.m360mobile.com/uploads/1021/images/thumb/references/pdf/140FSSConnectionsMar2021_1616775255.pdf)



**Welcome Capt Katherine “Nicole” Patten, Director of Operations,  
140th Communications Flight**

I’m honored to announce the newest member of our leadership team as Capt Katherine Nicole Patten joins us as Director of Operations for the 140th Communications Flight. Capt Patten comes to us with a wealth of experience and leadership from various communications teams. She will be tasked with guiding our flight as we execute 3 distinct NGB pilot initiatives; the transition of traditional comm functions to EITaaS, standing up a cyber Mission Defense Team (MDT) and building out organic comm capabilities for Agile Combat Employment (ACE).

Capt Patten initially joined the Air National Guard in 2001. She spent 11 years enlisted in the communications field including a deployment as a SSgt in 2006 supporting Operation Enduring Freedom.

She received her commission in the Army Reserves as a Physical Therapist in 2012 where she served in the Army as a Physical Therapist and Company Executive Officer at Fort Benning, GA. Following her Army experience, she transferred into the Alabama Air National Guard in 2014 as a Cyberspace Operations Officer. She led a Cyber Operations Maintenance Branch before advancing into the role of Flight Commander of Cyber Operations for the 232 Combat Communications Squadron. She concurrently was OIC of a Joint Incident Site Communications Capability (JISCC) and DOMOPS liaison officer for the state of Alabama. She proceeded on to the North Carolina Air National Guard in 2017, leading her Cyber branch in the 156 Aeromedical Evacuation Squadron, 145th Airlift Wing in Charlotte. She then returned to the AL ANG, as Section OIC in Future Missions Operations. In this role, she performed planning/execution for group training as well as large scale, multi-unit exercises within the Combat Communications community.

Capt Patten was awarded a Bachelor of Science degree in Exercise Science from Auburn University and a Doctor Physical Therapy from Alabama State University. She is a physical therapist in her civilian career a proud mother to Ian (5) and Tristan (2). She is joins her husband, Lt Col Jason Patten of the 140th MDG. Please help me welcome Capt Patten to our team!

Lt Col Derek “Digger” Rutledge  
Commander, 140th Communications Flight





# Welcome Capt Patten!



[Back to Top](#)

**Motorcycle training reimbursement:**

Want to learn how to ride? Do you need to complete the next level or refresher training? Taking an approved Motorcycle Safety Foundation (MSF) course or similar can be reimbursed! Contact the Buckley Garrison Safety Office at 847-7233 for information of the reimbursement process.

**Buckley Riders Facebook page:**

There is a social media page for Riders to go and interact with like-minded people. All Riders and all bikes are welcome. Organize meetups and share events in the area.  
<https://www.facebook.com/groups/buckleyriders/>

**Motorcycle Safety Day:**

Join us for the Buckley Motorcycle Safety Day on April 30th in the BX! There will be motorcycles to see and Riders to talk to. Our main focus is safety and awareness for both Riders and Drivers. All too often, Riders are injured or killed due to inexperience on a motorcycle or inattentive Drivers. Even a small vehicle will win against a motorcycle in an accident. Remember “look twice; save a life.”

**Base ride:**

All Buckley Riders are invited to the Season Start Ride! We will be riding to Granby on May 27th. There are plenty of sites to see and restaurants to eat at, so we will stop at Raffety Park. The route chosen for this ride has a wide variety of views and roads. This is sure to please all types of Riders. We will be in Granby for about 2 hours for Food, Fellowship, and Fuel. Check out the sites and what Granby has to offer! Make sure you’re fueled up before you come. Detailed timeline and staging location to follow, but initial morning timeline is:

- 0800 - Meet up and conduct T-CLOCS and gear inspections.
- 0840 - Safety brief, route explanation, recovery procedures, and finally the chaplain will bless the bikes.
- 0855 - Gear up and get ready to go.
- 0900 - Kickstands up.

**Bucks FUNday Motorcycle Practice:**

Bucks FUNday Motorcycle Practice is a free and open semi-structured arena dedicated to the practice of the finer points of Slow Speed Motorcycle Skills Handling, braking, and evasive maneuvers. All bikes are welcome. Open to all licensed Riders and spectators.  
Please note: This is not a class, they are not instructors of any kind; this is an optional avenue for all Riders to pursue, for free, a higher skill level of riding, at their own risk.

You can find Bucks FUNday Motorcycle Practice on the web and Facebook at <https://www.bucksfunday.com> and <https://www.facebook.com/groups/BucksFUNday>. Join the group to find dates (most weekends) and times. You can also reach out to Buck with any questions. This is FREE to all Riders, but donations are appreciated.  
Buck - 720-273-3364 (Text only. Buck is deaf)

**Buckley motorcycle mentor:**

If you have any questions about what’s coming up or just want to talk motorcycles, you can contact SSG Steve "Wildman" Wilson with the below information:  
Steven.L.Wilson56.mil@mail.mil  
Steven.Wilson.59@us.af.mil  
720-809-0323





# MARRIAGE AND MONEY



**WHO:**  
ENGAGED, NEW, OR EXISTING MARRIED COUPLES

**WHEN:**  
6:00-7:00 pm, Tuesday, March 30, 2021  
OR  
7:00-8:00 pm, Wednesday, April 1, 2021

**WHERE:**  
via Zoom limit 25 couples—[Register Today!](#)

**To Register:**  
<https://calendly.com/westerncolorado/marriage>  
A confirmation Email will give you the Zoom Link for access. We will also email you Handouts prior to the Seminar.

**PRESENTING:**  
**Mike Mancusi, CFP®** Personal Financial Counselor  
Email: [PFC.CO.NG@Zeiders.com](mailto:PFC.CO.NG@Zeiders.com) cell: (970) 975-0215  
**JJ Sackett, CFP®, ChFC®** Personal Financial Counselor  
Email: [PFC.CO.NG@Zeiders.com](mailto:PFC.CO.NG@Zeiders.com) cell: (803) 323-9871

**JOINTLY DETERMINE  
FINANCIAL ACTION  
STEPS**

**LESS CONFLICT -  
MORE FINANCIAL  
COMMUNICATION**

**EXPLORE MONEY  
VALUES &  
TEMPERAMENT**

**SET FINANCIAL GOALS  
TOGETHER**

Use provided tools to discern and communicate each other's values, strengthening your marriage. You will also receive a Financial Inventory Checklist to ID Action Steps for 2021.

Full pdf:  
[https://control.m360mobile.com/uploads/1021/images/thumb/event/pdf/Marriage and Money March Flyer PDF.pdf](https://control.m360mobile.com/uploads/1021/images/thumb/event/pdf/Marriage%20and%20Money%20March%20Flyer.pdf)

[Back to Top](#)





## 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**



[Back to Top](#)

## Memorial Service for MSgt (ret) Ray Carter's Daughter

MSgt Ray Carter (retired from MXG) lost his daughter to cancer at the age of 21. While he has been retired for a few years now, many of you knew and respected Ray and you are invited to attend virtually to support him:

### **McKennah's Memorial Service:**

Date: April 10, 2021

Time: 1200 pm (PDT)

Location:

Potter's House San Diego

3520 Mt Acadia Blvd

San Diego, CA 92111

Food and Drink following.

For those that can not make it here is a livestream link:

<https://youtu.be/my-gRDcm-lw>

<https://www.withmysoul.com/post/dancing-with-joy>



*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/>

# 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



# Who are you at your best?

Knowing your strengths is as important as knowing your weaknesses when it comes to optimizing performance. Strengths aren't just those skills that make you perform well. They also make up the best of who you are. Most people are comfortable talking about their own flaws, but might not be as willing to explore their strengths and who they are at their best. Your strengths often reflect your values and how they show up in your daily behavior and attitude. You know you're operating from strengths when they feel personally authentic, energize rather than exhaust you, and fuel your motivation from within.

If you want to discover your strengths, take the [Character Strengths Test](#).

Discovering your strengths is just half the battle. The other half is learning how to bring them more fully to your role as a leader, parent, or friend. Here are a few ways to get started:

- **Figure out how to creatively use your strengths every day.** Doing so can make humdrum things more exciting, or it can help transform tasks that you might not enjoy doing. For example, maybe you really dislike morning PT. If you have the signature strength of “social intelligence,” perhaps you can shift your lens to view your morning workout as a time to connect with others and build friendships.
- **Are your strengths getting in your way?** The best of who you are can get you into trouble too. Part of using your strengths more effectively comes with thinking about the ways in which they aren't working. For example, if you have the strength of “humor,” you might have noticed what happens when you crack a joke that's inappropriate or ill-timed. Try to raise your awareness about how your strengths show up in those situations.
- **Examine beliefs that might get in your way.** People have beliefs about what they should or need to be in order to fulfill different roles in their lives. For example, you might believe that you can't bring your character strength of “kindness” while in uniform because others might take advantage of you. You might want to think about whether those beliefs are indeed accurate, and ask yourself what benefits you might see if you try to be more of who you really are.

## Debrief/Bottom line

You probably spend a lot of time thinking about all the ways you need to improve yourself. That's partly due to negativity bias, and because it's healthy, functional, and contributes to your growth. To fully optimize your performance, don't just focus on how to fix your weaknesses: Try to use your strengths to help cope with transitions, recover from illness, and handle other things too. Doing so enables you to be your best version of yourself—no matter where you go.”

[Back to Top](#)

Faith

Mobilizes

over

Fear

Paralyzes

Both require belief in something we cannot see  
The one you nourish is the one that grows

With the collective grief that Covid, ongoing civil unrest and social media's continued messaging of violence has created, it would be *easy to allow our fears to override our faith in humanity*. **Faith** and **fear** cannot co-exist. **Choose to acknowledge, find and foster good in our world**. Limit social media and challenge negative thoughts that *fuel fear and paralyze* your ability to experience **the hope, joy and love that are mobilized with faith**

## 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=YW84ZVJiZmdReTIJMTA3Q21rS1NMdz09>

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

[Back to Top](#)