

Cougar Tales – 29 APR 2021



COVID:

Vaccines Free for ALL!

Vaccine Hotline

Events:

AGR Childcare Reimbursement – April 26 – May 10

240th Change of Command – May 1

Virtual Music Therapy Group – Mondays, May 3 – June 7

Mental Health First Aid Course – May 7

Re-Creation Encore! YouTube Live Music – May 10

Free Weekend Resort w/ Strong Bonds – June 4-6

Austin ANG West Region Event for Deployers – June 25-27

Announcements:

Microsoft Teams Transition June

New Gun Control Law

COVID Surviving Families Scheme

NGACO Membership

BGAR Speaker's Bureau

Adult MFLC Appointments

Joining Community Forces Newsletter

Weekly Wellness

5 Ways to be All In to end child abuse

Mindfulness with Ch. Campbell

CBD/Marijuana Information

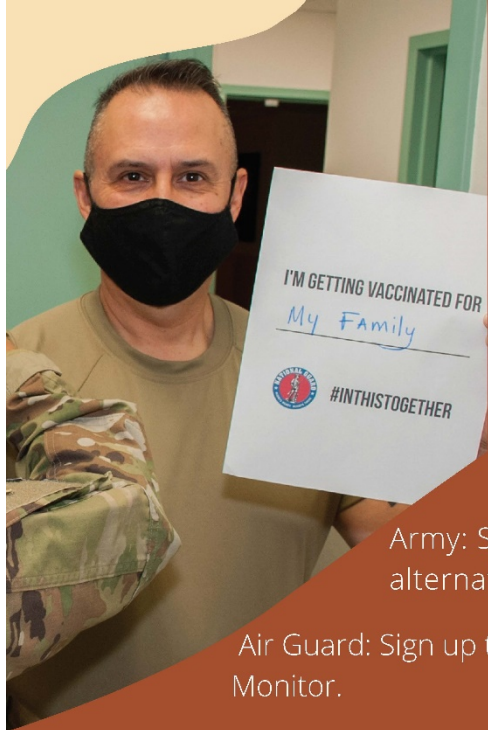
ANG FY21 Bonus AFSCs

Alternative Dispute Resolution

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
Only events 2 weeks from registration
deadline/event start are guaranteed to 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

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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.



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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IF YOU ARE AGR STATUS AND E1-E6 PAYGRADE,

YOU ARE ELIGIBLE TO APPLY FOR \$1500 IN CHILD CARE REIMBURSEMENT

APPLICATIONS ACCEPTED APRIL 26-MAY 10

APPLY AT [HTTPS://WWW.MILITARYFAMILY.ORG/PROGRAMS/CHILD-CARE-FEE-](https://www.militaryfamily.org/programs/child-care-fee-relief/?fbclid=IWAROTGTWJRSJQB7DYBLEELO5RWWDBIHN2LRDHPQVLDUCTHJPQSXNG7TW_6QQ)

RELIEF/?FBCLID=IWAROTGTWJRSJQB7DYBLEELO5RWWDBIHN2LRDHPQVLDUCTHJPQSXNG7TW_6QQ



You can also contact Michelle Abarca
with Airman Family and Readiness at

720 847-9116

240th Change of Command, 1 May

Airmen of the 140th Wing,

Please see the link below for the 240th Civil Engineer Flight's change of command ceremony and Col Markowitz's retirement ceremony.

<https://einvitations.afit.edu/inv/index.cfm?i=589318&k=07694B0A7A5F>

Date: 1 May 2021

Time: 1300

Location: Facebook Live (in-person attendance must be coordinated with event POC)

www.facebook.com/140WG/

VIRTUAL MUSIC THERAPY GROUP

For Military Service Members, Veterans,
and Their Families

~~~~~  
Mondays 1800-1930  
April 26th-June 7th

Enhance self expression, cultivate creativity,  
and find community through musical  
engagement! Topics include music and  
mindfulness, song sharing/discussion, lyric  
analysis, songwriting/composition, and  
music production. No experience required,  
all abilities will find this group accessible.

Facilitated by Hannah Bronson, MT-BC  
and Colby Rogers, Ed.D, LPC

If interested, contact the Sturm Center at  
(303) 871-7942 as space is limited!

Full PDF:  
[https://control.m360mobile.com/uploads/1021/images/thumb/event/pdf/Sturm MT GeneralFlyer.pdf](https://control.m360mobile.com/uploads/1021/images/thumb/event/pdf/Sturm%20MT%20GeneralFlyer.pdf)



## 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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Full PDF:

[https://control.m360mobile.com/uploads/1021/images/thumbnail/event/pdf/Colorado Elks \(1\).pdf](https://control.m360mobile.com/uploads/1021/images/thumbnail/event/pdf/Colorado%20Elks%20(1).pdf)



# RE-CREATION ENCORE!

#singthecentury



**THE MUSIC:**  
The Turn of the Century,  
Swing, Big Band, Motown,  
Rock 'N Roll, Pop,  
Disco, Country and more!  
**A Fantastic, Dazzling Patriotic  
Finale Sure to Inspire!**

**THE MAGIC:**  
Vibrant Vocal Blend!  
Gorgeous, Lavish Costumes!  
Creative Choreography!  
Exceptional Variety!  
11,000 shows in all 50 States!  
**Professional National Tour for over 45 years!**

**THE MISSION:**  
Founded in 1976! National Reach to Vets Homes & Hospitals!  
Each Veterans Show...a Gift!  
Each Re-Creation Cast Member...a Volunteer!  
**Remarkable Young Entertainers who travel our nation in service**



**Monday, May 10, 2021 7:00 PM Mountain Time**

**Live stream on:**



Search Re-Creation USA 30 minutes before the show!

**RE-CREATION TOURS FOR VETERANS**  
WWW.RE-CREATIONUSA.ORG

**Hosted by:**

**COLORADO ELKS ASSOCIATION - VETERAN SERVICES TEAM**

Colorado Elks Association

ELKS CARE. ELKS SHARE.





# AIR NATIONAL GUARD WEST REGION EVENT

Austin, Texas  
June 25-27, 2021

**Pre-Deployment | Post 1 Deployment Yellow Ribbon**

**Friday Registration 1500-1800**

**Saturday 0730-1600 & Sunday 0730-1200**

**Who:**

- First-time deployers preparing to leave or recently returned
- Guests such as spouse, children, parents, siblings or other designated individuals
- Two guests or one guest and all children in DEERS are eligible for Invitational Travel Authorizations (ITA).
- Multiple-deployment Service members and guests may be permitted to attend if space permits

**What:**

- Resource providers
- Breakout sessions
- Benefits information
- Financial management
- Communication
- Stress management
- Social/relationship assistance
- Single Service Member classes
- Activities for children and teens

**Registration is now open!**

Register at the link below or use the QR Code.



[https://www.yellowribbon.mil/url/q2QvuGMyC\\_akwxHrneqSxQ](https://www.yellowribbon.mil/url/q2QvuGMyC_akwxHrneqSxQ)

**Contact YRSS Krystine Stephenson**

**[krystine.stephenson.1.ctr@us.af.mil](mailto:krystine.stephenson.1.ctr@us.af.mil) (303) 656-7325**

**Registration closes May 28, 2021**

# MARRIED COUPLES!

POC: MSgt Kristin Johnson (720.209.3476)

Email: kristin.johnson.2@us.af.mil

## PREP

Prevention & Relationship  
Education Program

June 4-6, 2021

FREE weekend at the beautiful  
Beaver Creek Resort!

**REGISTER NOW! DON'T WAIT  
UNTIL THE LAST MINUTE!**



To register: Open phone camera,  
hold it to QR code, and device  
will show a notification leading  
you to registration page.



# CVR Shutting Down

- ❑ CVR will be decommissioned on 15 June 2021
- ❑ All users will be responsible for their data migration
- ❑ Any files not migrated will be lost
- ❑ AFNet Teams = CHES Teams = O365 Teams; 15 June – just Teams
- ❑ HQ CCC [AF Portal Site](#)



# Latest Info – HQ CCC AF Portal Site

**AF PORTAL**

NEWS & ANNOUNCEMENTS | BASE ORG & FUNCTIONAL AREA | APPLICATIONS | CAREER & TRAINING | LIFE & FITNESS | LIBRARY & RESOURCES

AF Portal | This Page | White Pages

SEARCH AF PORTAL

CCC - CYBERSPACE CAPABILITIES CENTER ©  
Organizations A-Z : MAJCOM : Air Combat Command (ACC) : CCC - Cyberspace Capabilities Center

SAVE AS MY ORGANIZATION

WORK STATUS > MISSION PARTNER ENGAGEMENT CELL > CCC PUBLIC PAGE > CCC SHAREPOINT >

**CONTACT INFORMATION** + ADD

CONTACT INFORMATION  
HQ CCC - Mission Partner Engagement Cell (MPEC) Information Sheet  
Mission Partner Engagement Cell Front Door (Direct Link)

**COMMERCIAL VIRTUAL REMOTE** + ADD

CVR SHUTDOWN INFORMATION  
CVR Teams will shut down on 15 Jun 21  
The username for AFNET Teams is your work email address.  
Read More...

AFNet Teams Access Instructions.pdf  
CVR to AFNet Teams Feature Alignment\_2Apr21.pdf  
CVR Shutdown One Pager\_31Mar21.pdf  
CVR quick guide - Data Transition.pdf  
Telework Capabilities Placemat.pdf

**ANNOUNCEMENTS** + ADD

ENTERPRISE CAPABILITY IMPROVEMENT - END OF DAY  
Enterprise Capability Improvement - 12 Apr 2021  
Enterprise Capability Improvement - 05 Apr 2021  
Enterprise Capability Improvement - 29 Mar 2021  
Enterprise Capability Improvement - 22 Mar 2021  
Enterprise Capability Improvement - 15 Mar 2021  
View All 176 >

GENERAL ANNOUNCEMENTS  
Laptop and Desktop Spending

**MY STUFF**

MY ALERTS  
> Urgent ( 0 )  
> Notice ( 0 )  
> My Inbox ( 0 )

MY WORKSPACES

MY FAVORITES

MY CONNECTIONS FEED

MY GROUPS





- [AF Portal Site](#)
- [AFNet Teams Access Instructions.pdf](#)
- [CVR to AFNet Teams Feautre Alignment\\_2Ap21.pdf](#)
- [CVR Shutdown One Pager\\_31Mar21.pdf](#)



# AFNet (CHES)Teams Access Instructions

[AFNet Teams Access Instructions.pdf](#)

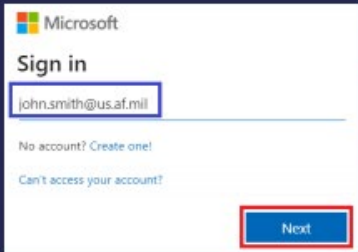


## AFNet Teams Access Instructions

Important information on how to sign in to AFNet Teams

### Accessing AFNet Teams via Web Browser

- 1 Open a new window using one of the preferred browsers listed below
  - Google Chrome
  - Microsoft Edge
- 2 Copy and paste the following URL in to the browser:  
<https://dod.teams.microsoft.us>
- 3 If prompted, enter in your full AF email address, then select Next.  
Examples are:
  - john.smith@us.af.mil
  - john.smith@spaceforce.mil
  - john.smith@usspacecom.milMicrosoft Teams will then load in the browser window



#### Things to Consider When Accessing AFNet Teams

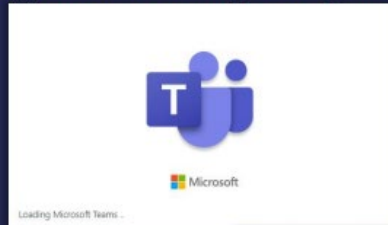
- Only accessible on government computer with CAC
- Must be connected to AFNet (via base LAN or VPN)

# AFNet (CHES) Teams Access Instructions (cont.)

## Accessing AFNet Teams via Teams Desktop App

1

Find the Microsoft Teams application located on your desktop background. Double click on the Microsoft Teams application, or right click on the application and select *Open* to begin loading Microsoft Teams.



2

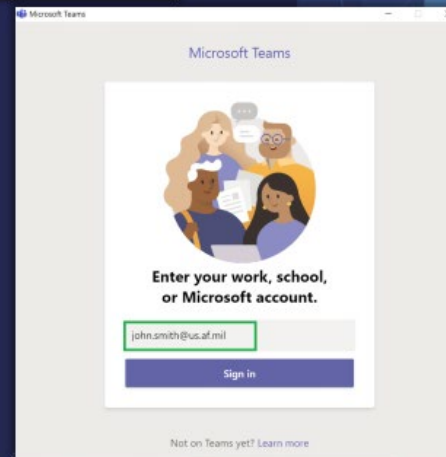
A separate screen will open prompting you to sign in. You should see that the username line is currently auto-filled with your 16-digit PIV@mil. **IMPORTANT!** Delete the 16-digit PIV@mil and enter in your full AF email address. Examples are:

- john.smith@us.af.mil
- john.smith@spaceforce.mil
- john.smith@usspacecom.mil

Click *Sign in* to complete the sign in process and begin loading Microsoft Teams.

### 🔗 Need more information? 🔗

For general information in regards to AFNet Teams, including Teams training, FAQs, Teams feature roadmap, and more, please visit the AF Teams Launch site:  
<https://usaf.dps.mil/teams/afteamslaunch>



# CVR to AFNet Teams

[CVR to AFNet Teams Feature Alignment\\_2Ap21.pdf](#)



## ***CVR to AFNet Teams Feature Alignment***

|                                      | CVR | O365 | When feature is expected                                                                                                                                       |
|--------------------------------------|-----|------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Collaboration with the DoD</b>    | G   | Y    | DoD users in the O365 environment can be added to a Teams chat using their full email address. A global directory to search for users is planned for June 2021 |
| <b>Collaboration with Commercial</b> | G   | Y    | Expected June 2021                                                                                                                                             |
| <b>Meeting Dial-in Number</b>        | G   | Y    | Expected June 2021                                                                                                                                             |
| <b>Power Apps</b>                    | G   | Y    | Expected Q2 CY21                                                                                                                                               |
| <b>Power Automate</b>                | G   | Y    | Expected Q2 CY21                                                                                                                                               |
| <b>Power BI</b>                      | G   | G    | Unit funded                                                                                                                                                    |
| <b>Planner</b>                       | G   | G    |                                                                                                                                                                |
| <b>Meeting Notes</b>                 | G   | G    |                                                                                                                                                                |
| <b>Live Events</b>                   | G   | Y    | Expected Q2 CY21                                                                                                                                               |
| <b>Stream</b>                        | G   | R    | Expected Q3 CY21                                                                                                                                               |
| <b>Meeting Recording</b>             | G   | G    |                                                                                                                                                                |
| <b>Whiteboard</b>                    | R   | R    | Expected Q4 CY22                                                                                                                                               |

# CVR to AFNet Teams (cont.)



## ***CVR to AFNet Teams*** ***Teams Tabs, Apps, and Channels***

|                                  | CVR | O365 | When feature is expected             |
|----------------------------------|-----|------|--------------------------------------|
| Shifts                           | G   | R    | Expected Q4 CY22                     |
| SharePoint Document Lib Tab      | G   | G    |                                      |
| Word/Excel/PowerPoint/Wiki       | G   | G    |                                      |
| Website Tab                      | G   | G    |                                      |
| OneNote Tab                      | G   | G    |                                      |
| Forms Tab                        | G   | R    | TBD                                  |
| SharePoint Pages & Lists Tab     | G   | R    | TBD                                  |
| Private Channels                 | G   | Y    | Expected Q2CY21                      |
| 5,000 Member Limit               | G   | Y    | 2,500 Team Member Limit in IL5 Teams |
| Email Notifications              | G   | R    | TBD                                  |
| Desktop Share In Chat (App only) | G   | G    |                                      |
| Multi Draft of Message           | G   | G    |                                      |
| Spell Check                      | G   | G    |                                      |
| Live Captioning in Meetings      | G   | Y    | Expected Q2CY21                      |

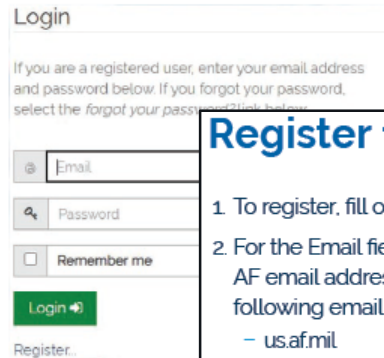


# O365 Training Available

## Login To Evolve 365 Training

1. If you are already registered, go to <https://afteams.evolvevtraining365.com>
2. Enter your respective AF email address.
3. Enter your password.
4. Select the Login button.

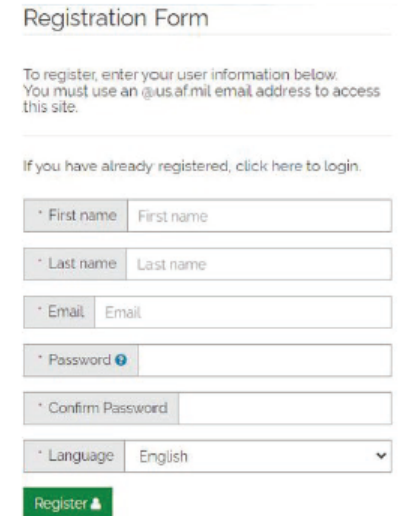
If you haven't registered, click the Register link below the Login button.



The screenshot shows a 'Login' form with the following elements: a title 'Login', a subtext 'If you are a registered user, enter your email address and password below. If you forgot your password, select the forgot your password link below.', an 'Email' input field with an '@' icon, a 'Password' input field with a magnifying glass icon, a 'Remember me' checkbox, a green 'Login' button with a right arrow, and a 'Register...' link below the button.

## Register for Evolve 365 Training

1. To register, fill out the form.
2. For the Email field, use your respective AF email address considering any of the following email domains:
  - us.af.mil
  - usafa.edu
  - afitedu
  - spaceforce.mil
  - usspacecom.mil
3. This password is not connected to any other system.
4. Select the Register button.
5. You may now log into the site.



The screenshot shows a 'Registration Form' with the following elements: a title 'Registration Form', a subtext 'To register, enter your user information below. You must use an @us.af.mil email address to access this site.', a link 'If you have already registered, click here to login.', five input fields with asterisks: 'First name', 'Last name', 'Email', 'Password' (with an eye icon), and 'Confirm Password', a 'Language' dropdown menu set to 'English', and a green 'Register' button with a right arrow.

<https://afteams.evolvevtraining365.com/>



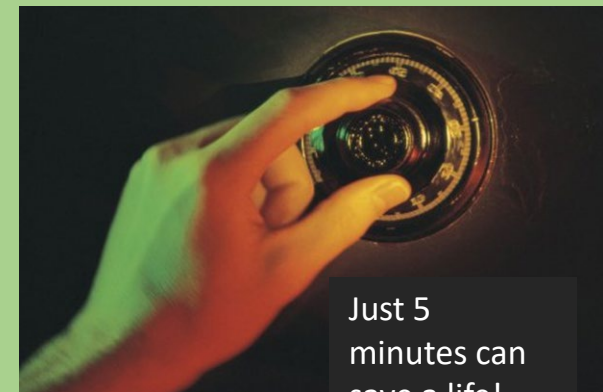
# New Colorado Gun Laws

1. **SB 21-078, Lost or Stolen Firearms:** This bill requires an individual who owns a firearm **to report the loss or theft of that firearm to a law enforcement agency within 5 days** after discovering that the firearm was lost or stolen (<https://leg.colorado.gov/bills/sb21-078>). This law will go into effect 90 days after the legislature adjourns its 2021 lawmaking term, which is planned for June. That likely means the **law goes into effect in mid-September** (A copy of the bill text can be viewed at: [https://leg.colorado.gov/sites/default/files/documents/2021A/bills/2021a\\_078\\_enr.pdf](https://leg.colorado.gov/sites/default/files/documents/2021A/bills/2021a_078_enr.pdf))

2. **HB21-1106: Safe Storage of Firearms:** This bill requires *firearms be responsibly and securely stored when they are not in use* to prevent access by unsupervised juveniles and other unauthorized users (<https://leg.colorado.gov/bills/hb21-1106>); this law will go into effect 1 July 2021. (A copy of the bill text can be viewed at: [https://leg.colorado.gov/sites/default/files/documents/2021A/bills/2021a\\_1106\\_enr.pdf](https://leg.colorado.gov/sites/default/files/documents/2021A/bills/2021a_1106_enr.pdf))

Safe firearms storage ideas include:

- ✓ Securing firearms outside the home with friend, relative, or a storage facility.
- ✓ Using a gunlock or safe if you chose to secure a firearm inside the home.
- ✓ Storing firearms and ammunition separately.
- ✓ Keeping firearm locking keys secure by using combo lock box or a separate safe.



Just 5  
minutes can  
save a life!

Government imposters may have hit a new low with a scheme that targets the grieving survivors of people who died of COVID-19  
<https://www.militaryconsumer.gov/blog/scammers-target-loved-ones-covid-19-victims>

Government imposters may have hit a new low with a scheme that targets the grieving survivors of people who died of COVID-19 by offering them help paying for their loved one’s funeral expenses.

A real government relief program will pay up to \$9,000 for funeral expenses that people have paid since January 20, 2020 for loved ones who died of COVID-19. Survivors can apply for benefits by contacting the Federal Emergency Management Agency (FEMA) at 844-684-6333. The number is toll-free and multi-lingual services are available.

The program is open to American citizens, nationals of U.S. territories, and non-citizens legally admitted to the United States, regardless of income. If you apply, you’ll need to show documents including receipts for your expenses and a death certificate that says the death happened in the United States or its territories and was likely caused by COVID-19.

The program just began yesterday, but even before it started, FEMA said it had reports of scammers contacting people and “offering” to register them for assistance.

Here’s what you need to know:

- FEMA will not contact you until you have called FEMA or have applied for assistance. Anyone who contacts you out of the blue and claims to be a federal employee or from FEMA is a scammer.
- The government won’t ask you to pay anything to get this financial help. Anyone who does is a scammer.
- The government won’t call, text, email, or contact you on social media and ask for your Social Security, bank account, or credit card number. Anyone who does is a scammer.
- Don’t give your own or your deceased loved one’s personal or financial information to anyone who contacts you out of the blue. Anyone who does that and asks for that information is a scammer.
- FEMA’s Funeral Assistance FAQs have information about the documents you need to apply for funeral expenses. The FAQs also tell you what to do if the death certificate didn’t identify COVID-19 as the likely cause of death, as sometimes happened early in the pandemic.

If you doubt a caller claiming to be from FEMA is telling the truth, hang up and report it to the FEMA Helpline at 800-621-3362 or the National Center for Fraud Hotline at 866-720-5721. Tell us too, at [ReportFraud.ftc.gov](https://www.reportfraud.ftc.gov).

You can now join the National Guard Association of Colorado for the lowest membership cost ever!

Advocate for promoting the highest levels of readiness, modernization, and quality of life for our National Guard family.

Click here to make a difference today:

<http://ngaco.org/membership-account/join/>



- Enlisted Lifetime membership now only \$75, discounted from \$150!!
- Officer Lifetime membership now only \$600, largely discounted from \$1300!!

Your membership contributes directly to benefits for Colorado Guardsmen!! Benefits like State health insurance, commissary privileges and 4 periods of UTA pay! Join **NOW** and make an impact on **YOUR** future and the future Colorado Guardsman!

[Click here to make a difference today!](http://ngaco.org/membership-account/join/)  
<http://ngaco.org/membership-account/join/>



## **Buckley AFB Speaker's Bureau**

We are looking for **sharp, well-spoken individuals** to come forward and participate in the Speaker's Bureau which matches a military service member with external organizations on a variety of topics such as, but not limited to:

- Science, Technology, Engineering, Mathematics (STEM)
- Air Force history
- Air Force medicine and health professions
- Leadership and management
- Air Force career or educational opportunities
- Air Force Academy, ROTC and Officer Training School
- Civil Service opportunities
- Communications and computers
- Meteorology/weather
- Ethnic heritage and history
- Women in the Air Force

No rank or branch restrictions. Volunteers are needed when a school, city, or organization requests a speaker for an event. Requests often revolve around holiday events like Memorial Day, Independence Day, and Veteran's Day. The Speaker's Bureau is a great way for service members and federal employees to get involved in their communities and stay connected. If interested in becoming a member of the Speaker's Bureau, please email

[460SW.PA.WF@US.AF.MIL](mailto:460SW.PA.WF@US.AF.MIL)

All individuals wishing to speak with or schedule an appt. with an adult MFLC may contact Tom Swartz on his work cell @ 720-876-8325 or via email @ [thomas.swartz@leidos.com](mailto:thomas.swartz@leidos.com) .

Thank you and Take Care,  
m

Michelle J. Abarca  
Airman & Family Readiness Program Manager  
COANG, 140<sup>th</sup> Wing  
18860 E Breckenridge Ave., MS 65  
Hangar 801, Rm N-259  
Buckley AFB, CO 80011  
Office: 720-847-9116  
Cell: 303-827-9629  
Email: [michelle.abarca@us.af.mil](mailto:michelle.abarca@us.af.mil)

# JOINING COMMUNITY FORCES

April 16, 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/JCFNewsletter41621\\_1619033429.pdf](https://control.m360mobile.com/uploads/1021/images/thumb/references/pdf/JCFNewsletter41621_1619033429.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/JCFcolorado>



Check out our Website  
[www.coloradojcf.org](http://www.coloradojcf.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  
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## Coping With Stress Without Smoking

Stress is a normal part of life—in moderation it can help you reach your goals, but too much stress creates more problems. Managing stress is a key part of quitting smoking.

You may have learned to deal with stress by smoking. But there are ways to handle stress without smoking. Here are a few ideas you might find helpful. Some of these tips may take practice, but others you can do right away. Try one or more to learn what works for you.



**Relax:** Our bodies respond to stress by releasing hormones that increase your heart rate and raise your blood pressure. Practicing relaxation techniques, like the ones below, may improve your health and help you handle your stress in positive ways.

**Breathe:** Take a few slow, deep breaths—in through your nose, out through your mouth. You will feel your body start to relax.

**Locate Your Stress:** Take a minute to figure out how stress affects your body. Where do you feel tension in your body? Finding ways to reduce that tension will also help your mental stress. A warm bath, a massage, or stretching can help you release built-up tension.

**Exercise:** Being active sends out natural chemicals that help your mood and reduce your stress. Sometimes a short walk is all it takes to relieve stress. And walking is free!

**Talk:** You don't have to deal with stress alone. Share your feelings with friends, family, and other important people in your life who are able to support you in staying smokefree.

**Focus:** Life can sometimes be overwhelming. Try not to get caught up in worrying about what's next. Instead, try to focus on what is happening now, not what you might have to deal with in the future.

**Care:** Make an extra effort to take care of yourself. This includes basic things like eating a balanced diet, drinking lots of water, and getting enough sleep.

**Decaffeinate:** Caffeine can help you stay awake, but it also can make you feel tense, jittery, and stressed. Cutting back or even doing away with caffeine can help reduce your feelings of stress. Switching to herbal tea or even hot water with lemon gives you a chance to enjoy a hot beverage but without the caffeine.

**Accept:** Life is full of twists and turns. You'll always have some stress in your life. It helps to understand that there will be good days and bad days.

Coping With Stress Without Smoking. Retrieved from <https://smokefree.gov/challenges-when-quitting/stress/coping-with-stress>



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TRUSTED CARE...ANYWHERE  
[WWW.AIRFORCEMEDICINE.AF.MIL](http://WWW.AIRFORCEMEDICINE.AF.MIL)

See calendar on other side to  
see what is going on this week

## Health Experts Warn Smokers and Vapers at Greater Risk

The coronavirus attacks the lungs, and behaviors that harm the lungs put individuals at greater risk. The harmful impact of smoking on the lungs is well documented, and there is growing evidence that vaping (use of e-cigarettes) can harm lung health as well:

There is conclusive evidence that smoking increases susceptibility for respiratory infections, weakens the immune system and is a major cause of underlying health conditions that increase risk for COVID-19, including chronic obstructive pulmonary disease (COPD), other lung diseases, heart disease and diabetes.

There is also growing evidence that vaping can also harm lung health. Dr. Nora Volkow, director of the National Institute on Drug Abuse, has stated that “emerging evidence suggests that exposure to aerosols from e-cigarettes harms the cells of the lung and diminishes the ability to respond to infection.”

For these reasons, there is mounting concern among leading public health organizations and medical experts that people who smoke or vape are at greater risk for serious complications from COVID-19. Adding to these concerns is the fact that youth e-cigarette use remains at epidemic levels in the U.S. 3.6 million U.S. kids use e-cigarettes, including 1 in five high school students (19.6%).

COVID-19: Quit Smoking and Vaping to Protect Your Lungs. Retrieved from <https://www.tobaccofreekids.org/problem/covid-19>

Full PDF:  
[https://control.m360mobile.com/uploads/1021/images/thumb/references/pdf/April2021HPWWNutrition\\_1619036271.pdf](https://control.m360mobile.com/uploads/1021/images/thumb/references/pdf/April2021HPWWNutrition_1619036271.pdf)

## A Personal Message From Your Health Promotion Team



*What are the effects of mixing alcohol and tobacco?*

Mixing alcohol and tobacco can have long-ranging and serious health consequences.

The short-term effects of mixing alcohol and tobacco are subtle. If you have ever visited a bar, you know that it is a common practice to drink and smoke at the same time. The primary danger from drinking and smoking simultaneously is that, because one drug is a depressant and the other one is a stimulant, you may not realize how much the alcohol is affecting your body. This could cause you to drink more than you should because you do not feel drunk. Incorrectly assessing your level of inebriation could lead to poor judgment.

The long-term effects of mixing alcohol and tobacco are still being studied, but initial tests show that mixing the two drugs can have long-ranging and serious health consequences. Studies have shown that smoking and drinking together can increase the risk of throat and esophageal cancer. This may be because the alcohol dissolves chemicals in the cigarette while they are still in the throat. This can cause carcinogens to become trapped against the sensitive tissues of the throat. Furthermore, drinking alcohol and smoking at the same time affects how quickly the body can metabolize both drugs. This means that the carcinogens from cigarettes stay in the bloodstream for longer. Longer exposure to carcinogens means an increased cancer risk.

If you are addicted to tobacco and alcohol, help is available. The effects of mixing tobacco and alcohol should not be taken lightly.

The Effects of Mixing Alcohol and Tobacco. Retrieved from <https://www.alcohol.org/mixing-with/tobacco/>

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you “Bust The Myths!” Send your questions to [usaf.jbsa.afmsa.mbx.hpo@mail.mil](mailto:usaf.jbsa.afmsa.mbx.hpo@mail.mil). Make sure to include in the subject line “Health Myth Buster.” For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



@AF\_HealthPromotion\_HQ



@AirForce\_HP



Air Force Health Promotion HQ

### Community Events

HERE'S WHAT'S GOING ON WHERE YOU LIVE

Buckley AFB

Your Local Health Promotion Office



Contact: Amy Szweluga, Health Promotion Manager

Phone: (720) 847-6865

Email: [amy.i.szweluga.civ@mail.mil](mailto:amy.i.szweluga.civ@mail.mil)

| Monday | Tuesday | Wednesday | Thursday | Friday                                  |
|--------|---------|-----------|----------|-----------------------------------------|
|        |         |           |          | Coming soon...                          |
|        |         |           |          | Weekly Virtual Health Education Classes |





### 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>

## 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

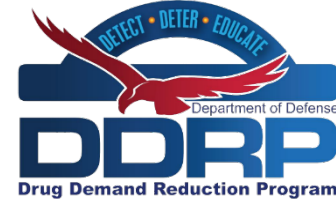


MINDFULNESS  
COACH  
Learn to practice  
mindfulness  
meditation to  
live in the present

[Back to Top](#)



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

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

## 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

Retention Office Manager: MSgt Edward Rohde; Edward.Rohde.1@us.af.mil; 720-765-7901

## Who can participate in ADR?

Any employee or management official with a workplace related dispute could be offered the opportunity to participate in ADR. Participation by the employee is voluntary.

## Do I have a choice to participate in ADR?

Yes! If you are offered the choice to resolve your problem through ADR, it is up to you whether or not to use it. Employee participation in ADR is strictly voluntary. You may choose ADR or have your problem addressed under traditional procedures applicable to the issue. In order to make an informed decision concerning participation in ADR, you will be provided information and your questions will be answered.

IAW Air Force direction, it is important for management officials to remember that in a workplace dispute the Air Force, not the individual management official, is the party to the dispute. Management officials participating in mediation represent AF interest, not their own. Managers and supervisors are required to attempt ADR when the issue is considered appropriate for the ADR process.

## What should I do if I have a workplace problem?

It is recommended that you use the chain of command first to raise and resolve a workplace problem.

If the problem remains unresolved, you can follow the traditional means for addressing the issue/s. Under ADR, employees or management officials using one of the traditional EO complaint or management/union grievance processes may initiate a request for ADR by contacting the Buckley AFB Alternative Dispute Resolution (ADR) Office. The ADR Program Manager will make an initial assessment on the feasibility of using ADR.

## Does the program really work?

Yes! The ADR Program results in significant benefits to both the employer and employees. The management official and employee communicate directly and participate in designing a solution that makes sense to them. Issues are raised early and resolved quickly; a win-win for both.

## Where can I get more information?

The EO or Legal Offices can answer general questions or contact the ADR Program Manager at 720-847-6881.



For more information, contact:  
**BAFB ADR Program Manager**  
**Alternative Dispute Resolution (ADR) Office**  
[Located in the Headquarters Building]  
510 South Aspen St  
Building 1030  
Buckley AFB, CO 80011  
**ADR Manager's Phone: (720) 847-6881**

## What's in it for me?

## Resolving Issues Using ...

# ADR



## Buckley Air Force Base Alternative Dispute Resolution

## What is Alternative Dispute Resolution?

Alternative dispute resolution (ADR) consists of a variety of approaches to early intervention and dispute resolution. Many of these approaches include the use of a neutral individual such as a mediator who can assist disputing parties in resolving their disagreements. ADR increases the parties' opportunities to resolve disputes prior to or during the use of formal administrative procedures and litigation. Two forms of ADR used at Buckley are mediation and facilitation.

## Are Buckley's Leaders committed to ADR?

Yes! Commanders fully support the ADR program and the use of ADR techniques to resolve employment issues.

## Why look at Alternative Dispute Resolution (ADR)?

It's a fact of life. Disputes occur in the workplace. Sometimes we can resolve them ourselves. Sometimes we need to work through official channels. As an employee, supervisor, manager or union official, you may have participated in workplace dispute resolution processes at some time during your federal career.

What conclusion did you reach about your experience? Many have concluded that traditional EEO, grievance and litigation procedures to resolve workplace disputes are:

- Long and drawn out, sometimes lasting for years
- Costly in terms of time spent and money required
- Too formal
- Obstacles to good working relationships
- Decided by "outsiders" who do not fully understand the situation
- Distractions from Buckley's mission

Many years of experience with the traditional methods of dispute resolution have led several federal agencies and private industry to design alternative, new and creative means for handling workplace disputes. The Air Force has developed its own Alternative Dispute Resolution program to resolve workplace problems. The program encourages open communication and discussion between the parties, who use their own creative ideas to resolve disputes.

The benefits of resolving issues through Alternative Dispute Resolution:

- Promoting a healthy employment relationship by including the parties directly in designing a resolution to their workplace problems
- Reaching a solution quickly, before the situation worsens
- Reducing costs in terms of time and money spent reaching resolution
- Focusing on the interests of the parties and their long term relationship, rather than their legal position
- Improving future work relationships
- Encouraging the parties to speak directly to each other rather than to a judge
  - Creating a Win-Win situation



## How does the ADR program work?

- The employee or management official identifies a workplace problem.
- The employee is encouraged to raise the problem through their supervisor or chain of command.
- The employee/management official may contact his/her supervisor, the Equal Opportunity (EO) Office, Civilian Personnel, Inspector General, Union, Chaplain, Employee Assistance Program Office or Alternative Dispute Resolution Office.
- The official contacted refers the issue to the ADR office for review.
- The ADR office may discuss the matter with the employee or management official to determine the feasibility of using ADR to resolve the matter.
- The ADR office determines if ADR is appropriate and makes the offer of ADR to both parties.
- The parties agree to use the method offered or to use traditional dispute resolution procedures.
- If the parties choose ADR, they attempt to resolve the disputed issue(s) in good faith and by full and open communication, respecting the rights of each party to present his/her perspective.