

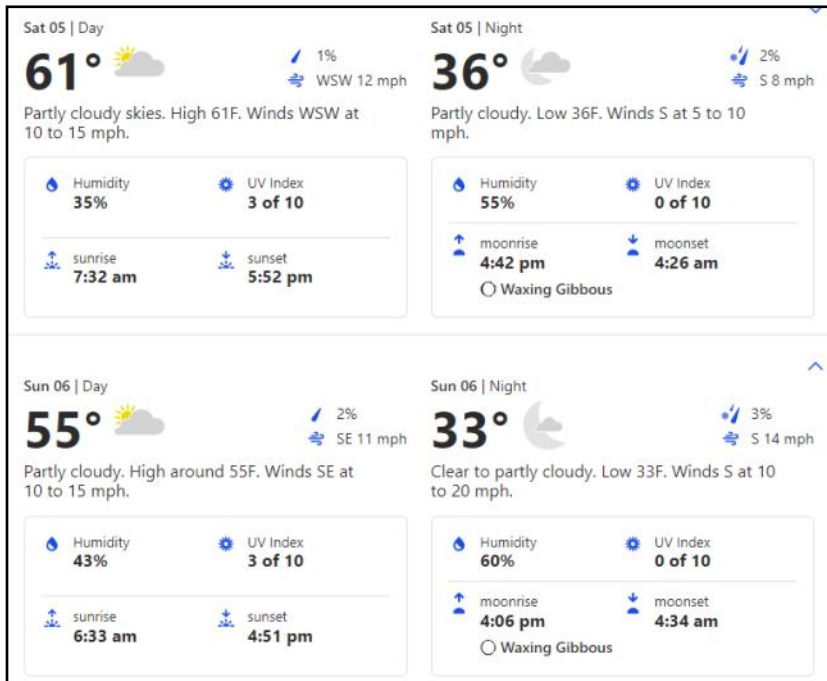


# Cougar Tales Newsletter



# BLUF: Bottom Line Up Front

## Weekend Weather Forecast



### Wing training calendar:

Here is the link: <https://usaf.dps.mil/sites/12068/Lists/UTA%20%20Training%20Calendar/calendar.aspx>

### To sign up for lodging,

click here:

<https://www.signupgenius.com/go/10c0c4cac2aa5fbcf8-lodging>

### Flu Shot Hours:

Saturday 0900-1200 | DFAC

Sunday 1000-1200 | Hangar 801

### Buckley SFB Gate Hours

Mississippi gate: 24/7

6th Avenue gate: UTA 0600-1800

### Inclement Weather:

(<https://www.buckley.spaceforce.mil/>)

Snow line, at (720) 847-7669 (SNOW).

140TH WING	233D SPACE GROUP
15-16 OCT 2022	15-16 OCT 2022
5-6 NOV 2022	5-6 NOV 2022
3-4 DEC 2022	3-4 DEC 2022
7-8 JAN 2023	7-8 JAN 2023
4-5 FEB 2023	4-5 FEB 2023
4-5 MAR 2023	4-5 MAR 2023
1-2 APR 2023	1-2 APR 2023
6-7 MAY 2023	NO DRILL FOR MAY
8-11 JUN 2023 (NOTE 1)	10-11 JUN 2023
NO DRILL FOR JULY	NO DRILL FOR JULY
5-6 AUG 2023	1-15 AUG 2023: ANNUAL FIELD TRAINING (NOTE 2)
9-10 SEP 2023	9-10 SEP 2023

# November Lunch Menu

### Saturday Holiday Meal

Turkey  
 Mashed Potatoes  
 Stuffing- Onions and celery  
 Sweet Potatoes with Marshmallows  
 Gravy  
 Corn  
 Soup Da Jour-Chicken and Rice  
 Pecan and Apple Pie  
 Dinner Rolls  
 Salad Bar

### Sunday

Chicken Cordon Blue  
 Lasagna  
 Rice  
 Garlic bread  
 Vegetable Medley  
 Cookies  
 Soup Da Jour-Broccoli Cheddar

### Short order (both days)

Hamburgers  
 Beef Franks  
 Waffle Fries

# Let's Party

JOIN US AT THE THE COLORADO  
MILITARY BALL

NOV. 19, 2022

6 PM TO 11 PM

Registration & Cocktail Hour 5-6 pm  
at the Omni Interlocken Hotel

YOU CAN BUY YOUR TICKETS AT: [BIT.LY/3RGTJHM](https://bit.ly/3RGTJHM)  
OR SCAN HERE



It will be a great night out with  
drinks, dancing, dinner, and a  
comedian.



# CONG News

## Joint Leadership Professional Development Program

The list of courses is broken down by rank. For some courses, rank is a prerequisite. For others, it is not a prerequisite, but a recommendation based on the typical scope of a SM in that rank. Presence of a course on the master list does not imply endorsement of the organization sponsoring the course by the Colorado National Guard.

The end goal of this program is to broaden our leaders, improve leadership skills, and foster a culture of empathetic and compassionate coaches and mentors.

## CONG Year in Review

This Year in Review is dedicated to you in recognition of your hard work and commitment to our priorities of taking care of our people, strengthening readiness and partnerships, and modernizing our workforce, equipment, facilities, and processes.

These are your stories! **Always Ready. Always There.**

<https://co.ng.mil/Portals/25/DMVA-YearInReview-2021-18AUG22.pdf>

### Tech. Sgt. Absher earns Recruiting's prestigious Blue Suit award for personal excellence

By Mr. John Rohrer, 140th Wing Public Affairs

U.S. Air Force Tech. Sgt. Rebecca Absher, production recruiter, Colorado Air National Guard, Buckley Space Force Base, Colorado, earned this recognition in 2022 at the Air Force Recruiting Service's 43rd Annual Operation Blue Suit Celebration, for her recruiting efforts from Oct. 1, 2020 to Sept. 30, 2021.

Operation Blue Suit is an annual award ceremony held in San Antonio, TX, and has a tradition of honoring the best of the best in Air Force recruiting around the world. For 43 years the Air Force has recognized their top recruiters, and for the past two years, the Air Force Reserves and the Air National Guard have also been invited to participate as part of the Total Force Initiative.

"The reason that we are here is to take care of people, and the Colorado Air National Guard, so that we can accomplish our mission," said Absher. "My motto is 'love what you do, and do what you love,' and if you follow this then the passion will be there for everyone to see, and it's contagious."

Absher has won several awards in the past year leading up to this that include Recruiter of the Year at the national level, and Non-Commissioned Officer of the year, in region seven. She was also recognized by the Aurora Chamber of Commerce as the "Military Service Person of the Year."

"Sgt. Absher volunteers tirelessly in the community, she is also heavily involved in organizations in the COANG," said U.S. Air Force Master Sgt. Johnny O'Hagan, recruiting supervisor, Colorado Air National Guard. "This is what makes up the 'Whole Airman' concept that we try to exemplify in the COANG."

Recognition is a cornerstone of military life, and it takes the support of the service member's family to make them successful. "We value skill and execution and dedication. We don't just value the service member, we value that family



U.S. Air Force Tech. Sgt. Rebecca Absher, production recruiter, 140th Wing, oversees the physical fitness training session for student flight trainees awaiting Basic Military Training dates at Buckley Space Force Base, Aurora, Colo., Oct. 15, 2022. Physical Fitness is a key component of success in getting trainees ready for Basic Military Training. (U.S. Air National Guard photo by Senior Airman Mira Roman)



and the special loved ones that come along and support us,” said U.S. Air Force Maj. Gen. Ed Thomas, Air Force Recruiting Service commander, during his welcoming remarks at Joint Base San Antonio-Randolph, TX.

Absher explains that in addition to her motto, she also has other adages that she lives by. “I believe that everyone should have passion, fire, and desire for what they do. Be passionate about whatever it is that you do. Have the desire to be the best, and the fire should be the reason that drives you to get going each day.”



Colorado Air National Guard recruiter, Tech. Sgt. Rebecca Absher (right) and her husband Dustin Absher pose for a photo under arching swords inside Fleenor Auditorium located in Joint Base San Antonio-Randolph's iconic headquarters nicknamed the Taj Mahal on March 8, 2022, during the Operation Blue Suit arrival ceremony. Operation Blue suit is a four-day Air Force Recruiting Service program which honored the 18 best Total Force recruiters of fiscal 2021. OBS ran from March 7-10, 2022, and included a formal banquet, training and development session, team building programs and meetings with senior Air Force leaders. (U.S. Air Force photo by Photo by Brian Valencia)

“We believe in the mission we’re doing here at the COANG,” said O’Hagan. “Our 24/7 alert mission, and space mission are integral in protecting lives in Colorado and around the country. When you tie that to the community support that we provide during fires, floods, and the recent COVID-19 outbreak, it’s something that you can really get behind and believe in.”

Absher has been integral to the creation of the student flight program in the COANG even before she became a recruiter, and has since worked with fellow COANG fitness guru, Staff Sgt. John “JP” Brazil, 140th Security Forces, to develop a workout regimen for the new recruits. Together they teach new recruits proper physical fitness techniques to help ensure their success while in basic training and have not had a single failure due to fitness reasons.

“I’ve always been a caretaker, a cheerleader, and a protector,” said Absher. “I want to make sure people have the tools they need to succeed, and I will have their back along the way. I’m also going to make sure they reach their goals because I’m 100 percent in their corner.”

According to O’Hagan, Absher doesn’t just end the relationship when an applicant raises their hand. They often return from basic training and technical school to share stories of their experiences. “The motivation and caring that Absher exudes spills over to the rest of the section, and the entire team is successful,” said O’Hagan. “She paves the way and shows us what right looks like, and we’re all better for it.”

By taking the extra time to find out why recruits truly want to join, she has successfully gotten people into the job that suits them best. This, in turn, sets the unit up for success in the long run. Additionally, in 2021, she saved the unit approximately \$1.8M in training costs and increased the Wing’s readiness by roughly two percent based on hiring and retraining costs, which is a benefit to the Colorado Air National Guard, and our country, so we can be there when called upon.

**The Colorado Freedom Memorial** will be hosting its 7<sup>th</sup> Annual Light Their Way Home event. This event will be held between 10 November – 12 November for everyone to attend. This is also a great volunteer opportunity and there are volunteer time slots open from 15:45-21:00 for you to sign-up for. Below is additional information on the event and a hyperlink that will take you to the sign up page for time slots!

Event: [Light Their Way Home 2022](#)

To Volunteer: <https://www.signupgenius.com/go/30E094AAAA62FA6FC1-light>



# Base-wide Benefits: If you know, you know...

## Need an Uber?

Uber rideshare programs are now available for use on Buckley SFB! The 460 SFS has issued over one hundred verified commercial vendor ID cards to vetted Uber drivers who will now be authorized to provide services (transportation, food delivery, etc.) to personnel on Buckley! This will benefit Team Buckley and their families who live on base as well as those TDY here. The program is set up so when you request an Uber for pick up or drop off on Buckley, only drivers with DBIDS access will receive the request and be able to respond. This will avoid situations where a driver picks you up and has to leave you at the gate because they do not have base access. The 460 SFS will continue to support increasing the number of select Uber drivers to validate, verify, and ensure secure access to the installation. Uber drivers WILL NOT have trusted traveler rights, and all personnel in the vehicle WILL be confirmed they are authorized to enter the installation. If you have any questions or concerns, you can contact SMSgt Scott W. Roy @ DSN 847-9238 or TSgt Tyler Pixler at DSN 847-9024.

## Thanksgiving Dinner Company?

Alone for Thanksgiving Dinner?

**Don't be!**

Your Chaplain Corps wants to pair up people who otherwise would be alone for Thanksgiving dinner with people who want to host guests at their table.



If you would like to attend a dinner OR if you would like to host an airman, please RSVP to TSgt Christina Mauro at [cmmauro@live.com](mailto:cmmauro@live.com) by November 14th.

## Setting the standard — 140th fitness trainer pushes the limits of student flight

By Staff Sgt. Hannah Roethke, 140th Wing Public Affairs



U.S. Air Force Staff Sgt. John "JP" Brazill, security forces member, 140th Wing Security Forces Squadron, leads a physical fitness training session for student flight trainees awaiting Basic Military Training dates at Buckley Space Force Base, Aurora, Colo., Oct. 15 2022. Physical Fitness is a key component of success in getting trainees ready for Basic Military Training. (U.S. Air National Guard photo by Senior Airman Mira Roman)

The crisp mountain air keeps trainees and volunteers alike on their toes while eagerly awaiting the relief of the sun to come up. Energy builds with the calls from U.S. Air Force Staff Sgt. John "JP" Brazill, 140th Security Forces, Colorado Air National Guard, demanding the students to repeat back to him after every pushup, "motivation, is key!"

Enlisting into the Colorado Air National Guard through the student flight program is a rigorous and exciting experience that prepares trainees for the mental and physical demands of Basic Military Training. Brazill volunteers to spearhead the flight physical fitness program within the unit using his morning workout regimen.

Brazill felt physically unprepared when he came into the military, which motivated him to prepare his trainees with basic physical fitness fundamentals to help them through basic training.

Brazill had found fault in the program designed to prepare him for BMT, stating, "I was the old guy that had it all figured out, but I failed multiple times." He quickly developed a powerful drive to change the program

For the past six years, Brazill has passionately led the program into what it is today – a student flight that is prepared and resilient, fostering a strong start in their military careers. He frequently receives comments from graduated Airmen that his workouts exceedingly prepared them for the rigors of BMT's physical training program.

Student Flight trainees, regardless of how long they have been in the program, are encouraged to participate even after finishing the program. Brazill strongly encourages returning graduates to return to the morning workouts to help motivate new recruits.

"Staff Sgt. Brazill played a big role in my preparation for BMT," said Senior Airman Marco Guerrero Isidoro, crew chief, 140th Aircraft Maintenance Squadron.

Gurrero Isidoro was presented with the Warhawk award in basic training and credits Brazill for this accomplishment. He pridefully wears his uniform to workouts as a symbol of his dedication to student flight's success.

Absher is helping student flight trainees feel the passion to "be a part of something bigger." She relentlessly circles the flight during their workout in search of struggling trainees and encourages them to exercise with proper form. As another distinguished Warhawk recipient, she is passionate to motivate her flight to do better as a team.

While creating his workout plans, Brazill sets the standard so that the future physical demands of BMT won't be as daunting. Initially, this does not sit well with some trainees, but Brazill or Absher are quick to aid the trainees and motivate them back into the group to finish the workout.

The duo exemplifies Airmen who recognize the shortcomings of their own training due to a lack of preparation, ensuring that today's COANG Airmen are mentally, physically, and emotionally prepared for the obstacles that await them, not only at BMT, but throughout their military careers. [Link to video.](#)



U.S. Air Force Staff Sgt. John "JP" Brazill, security forces member assigned to the 140th Wing Security Forces Squadron, demonstrates proper physical fitness techniques for student flight trainees awaiting Basic Military Training dates at Buckley Space Force Base, Aurora, Colo., Oct. 15 2022. Physical Fitness is a key component of success in getting trainees ready for BMT. (U.S. Air National Guard photo by Senior Airman Mira Roman)





## 2022 Armed Forces Workplace and Equal Opportunity Survey (WEO)

The Department of Defense takes pride in maintaining a work environment that promotes dignity, safety, and respect for all military members. The Congressionally-mandated 2022 WEO is conducted by the Office of People Analytics (OPA) and sponsored by the Office for Diversity, Equity, and Inclusion (ODEI). This survey will assess racial/ethnic harassment and discrimination to support the DoD's commitment to combat negative workplace behaviors. Participation is voluntary and responses are confidential.

### HOW CAN I HELP?

If you receive an e-mail invitation to participate in the 2022 WEO, please take a moment to complete the survey. Your participation is critical! The 2022 WEO Survey can be taken at home, on a mobile device, or at work as it is considered official business.

To see if you are eligible to complete the 2022 WEO, scan the QR code or visit [DoDs-surveys.mil](https://DoDs-surveys.mil).



### HOW WILL THE RESULTS BE USED?

The 2022 WEO is the only survey of its kind for all Service members. Results allow the Department to more fully understand the workplace experiences of all military members, and to evaluate and enhance policies and programs to support you and your fellow Service members. Your input is important! Please consider participating so your voice can be heard.



If you have experienced racial/ethnic harassment or prohibited discrimination and would like further assistance, contact your Military Equal Opportunity representative.

For questions regarding this survey, please email [WEO-Survey@mail.mil](mailto:WEO-Survey@mail.mil).



# Celebrate Your Heritage!

Each month there is an opportunity for you to tell the story of your heritage and how it has affected and enhanced your military career. We would like to showcase your story and share it with others as we celebrate the diversity within our unit. Our desire is to foster an inclusive, people-first culture of equity, diversity, and inclusion within the unit.

Help us highlight your individual story and possibly inspire others! Contact Public Affairs at [140wg.pa.org@us.af.mil](mailto:140wg.pa.org@us.af.mil).

**November:** **American Indian** and **Alaska Native Heritage** Month National Veterans Month. If you are a veteran or an American Indian/Alaskan Native, please give us a shout!

**December:** **Chanukah/Hanukkah** (Dec 19-26), **Christmas** (Dec 25), **Kwanzaa** (Dec 26 –January 1)

**January 2023:** Martin Luther King Day

## National American Indian and Alaska Native Heritage Month

### National American Indian Heritage Month

The Department of the Air Force celebrates [National American Indian Heritage Month](#) every November to recognize the rich culture and talent brought to the Air Force and Space Force by our service members and employees who identify as indigenous people of our nation.

1. We celebrate American Indian and Alaska Natives who have served with great honor, dedication, and distinction. These service members and employees have built an enduring, inspiring legacy of courage, professionalism, and selfless service.
2. This year's theme is "Celebrating: Respect, Culture and Education."
3. Ensuring a diverse force that is enabled to thrive is part of building enduring advantages for the future Joint Force.

The Department of the Air Force continues to advance efforts to provide an equitable, accessible, and inclusive environment for all its service members and employees.

For more resources, check the links above and the Department of the Air Force site [here](#).

## Information Connections



Link to Wing app on Android: [https://play.google.com/store/apps/details?id=com.m360mobile.Wing140&hl=en\\_US&gl=US](https://play.google.com/store/apps/details?id=com.m360mobile.Wing140&hl=en_US&gl=US)

Link to Wing app on iPhone: <https://apps.apple.com/us/app/140th-wing/id1387447642>



# **DO YOU HAVE UNPAID FEDERAL STUDENT LOANS?**

**DID YOU KNOW YOUR MILITARY SERVICE, GOVERNMENT  
EMPLOYMENT, or EMPLOYMENT WITH A NON-PROFIT  
501 (3)(c) ORGANIZATION CAN EARN YOU FEDERAL  
STUDENT LOAN FORGIVENESS?**

**DID YOU KNOW YOU CAN POTENTIALLY GET 2+ YEARS OF  
RETROACTIVE CREDIT TOWARDS EARNING YOUR  
FEDERAL STUDENT LOAN FORGIVENESS?**



**Find out how 41.2 million Americans, that's YOU, your family, and  
friends, can earn Federal Student Loan Forgiveness through their  
employment in public service in a comprehensive brief by  
TSGT VICTORIA TUNSTALL on the PUBLIC STUDENT  
LOAN FORGIVENESS (PSLF) Program.**



# Contemporary Base Issues Course

The primary goal of the CBI course is to prepare all ANG officers, NCO's and future leaders, E-4 to O7, to work together as a team to identify and respond to contemporary base issues. Topics are discussed via lecture, and student interaction over a 2-day period. Areas of emphasis include: status, mental health, military discipline, ethics, standards, readiness, sexual assault, domestic operations, and leadership. Please visit the new site at [www.angcbi.com](http://www.angcbi.com) for the course information and links to registration!

The FY23 Contemporary Base Issues course schedule is:

18-19 Nov 2022 - 190th ARW at Topeka, KS  
27-28 Jan 2023 - 154th WG at Joint Base Pearl Harbor Hickam, HI  
10-11 Feb 2023 - 134th ARW at Knoxville, TN  
14-15 Apr 2023 - 112nd FW at Fort Wayne, IN  
19-20 May 2023 - 124th FW at Boise, ID  
21-22 Jul 2023 - 143d AW at North Kingstown, RI

POC: SYNTHIA LUNA, TSgt, COANG, Com: 720-847-9020

## Airmen of the Quarter Winners

On behalf of the Office of the State Command Chief please join me in congratulating the COANG's Airmen of the Quarter winners for the 3<sup>rd</sup> Quarter! Thank you to everyone that submitted packages and recognizing the outstanding work that is taking place every day.

AMN: SrA Hannah N. Crosley, 140 OG  
NCO: SSgt Kayla N. Riley, 140 OG  
SNCO: MSgt Melissa N. Miedzinski, 140 WG Element

CGO: Capt Raiza V. Deyto, 140 MDG  
FGO: Maj Michael J. Lueck, 140 MDG  
CIV: Mr. Mark G. Bond, 140 MXG

The Air Force Cycling Team is made up of nearly 150 active duty, Air National Guard, AF Reserve, civilian, and retired Air Force members. The team's primary mission is to promote the Air Force by being positive role models at cycling events across the country. The AFCT represents the U.S. Air Force at Des Moines, Iowa Register's Annual Great Bike Ride Across Iowa (RAGBRAI).

Team Colorado has open slots for members wishing to apply for the Air Force Cycling Team. Initial qualifications include a current passing AF Fitness Score without a cardio exemption and the ability to ride 500 miles across Iowa in a week during the period of July 22 – 29, 2023. To learn more about the Air Force Cycling Team check out the website <https://afcycling.com> and Facebook page <https://m.facebook.com/afcycling/>.

Registration starts 1 Nov and ends 30 Nov 2023. Contact Matt Mazzarello at [colorado@afcycling.com](mailto:colorado@afcycling.com).



You're invited to join the Colorado Freedom Memorial Foundation and Amazon on **November 11th** for **Buckley Night** at our 7th Annual Luminarias event! Our event **begins at 5pm and ends at 8pm**, so stop by and celebrate Veteran's Day with over 6,000 luminarias, a one-of-a-kind video display that pays homage to Colorado's war-time history, and free beverages from Astro Coffee Van! **This a free, outdoor, family friendly event** so please bring all! Video display runs every 20 minutes, last showing at 7:40pm. This event also runs on November 10th and 12th if you are unable to make Buckley Night.

**756 Telluride Street, Aurora, CO 80011**



amazon



amazon



**Presented by the Colorado Freedom Memorial and Amazon**

ColoradoFreedomMemorial.com || 303-248-3990



# JEANS DAY



## NOVEMBER 10 & 23



\$5 VIA VENMO





# Speakers Bureau Opportunity!

Attention all service members on Buckley!

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. Some examples include:

- Science, Technology, Engineering, Mathematics (STEM)
- USSF structure/capabilities
- Military history
- Air Force medicine and health professions
- Leadership and management
- Military branch 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 Military

No rank, branch, or subject 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 Veterans 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@SPACEFORCE.MIL](mailto:460SW.PA.WF@SPACEFORCE.MIL)

## JOB Announcements

[Aircraft Ordnance System Mechanic](#) (fulltime job) The primary purpose of this position is to perform on and off equipment maintenance on aircraft egress systems, such as aircraft ejection seats, extraction and escape systems, egress components of jettison canopies, explosive components of escape hatches and doors, and egress trainers.

[Space Control Officer \(2 Vacancies\): O1-O4](#) — (Traditional Guardsmen) Gain and maintain Combat Mission Ready (CMR) status as a Space Control Operator and Space Control Crew Commander .

Security Forces—Greeley ANGB – (Traditional Guardsmen) See your friendly COANG recruiters!

For more information concerning jobs in the Colorado Air National Guard click here: [CO National Guard > Jobs \(ng.mil\)](#). ANG jobs listed in USAJobs: [USAJOBS - COANG Search](#)

## Reading Volunteers Needed

The TBDC and the children of Crested Butte CDC are always appreciative of any volunteers who'd like to read age-appropriate stories about our monthly observances. It's every Friday at your choice of either 0900 or 1500. A list of the observance months can be found on the Buckley Space Force Base website at <https://www.buckley.spaceforce.mil/Units/Diversity-and-Inclusion/> To sign up, please send an email to [buckleydiversitycouncil@gmail.com](mailto:buckleydiversitycouncil@gmail.com) and/or [nicole.carrasco.1@us.af.mil](mailto:nicole.carrasco.1@us.af.mil)



# MILITARY AND CIVILIAN GUIDANCE ON PUBLIC DEMONSTRATIONS AND SOCIAL MEDIA



## PUBLIC DEMONSTRATIONS

### CAN

- Express your opinions and participate in peaceful non-partisan public demonstrations when OFF-DUTY and NOT in Uniform.

### CAN'T

- Engage in partisan political activity or act in a manner that could imply Air Force approval or disapproval of any political party, campaign candidate in a partisan elections.
- Attempt to influence the voting of any other service member (other than general encouragement to participate in the election process)
- Actively participate in a public demonstration that is organized by a political party, campaign or candidate.
- Actively participate in a public demonstration that is likely to become violent or a breach of peace.

## SOCIAL MEDIA

### CAN

- Use social media to promote and encourage others to vote, without using your official authority or influence to interfere with the outcome of any election.
- Express personal, non-partisan views over personal social media.
- "Friend," "like" or "follow" the social media page or account of a political party or partisan candidate, campaign or group when off duty.

### CAN'T

- Suggest that others "like," "friend," or "follow" a partisan account.
- Post, share or link to material from a partisan political party, group, or candidate, even when off duty.



## PUBLIC DEMONSTRATIONS

### CAN

- Express your opinions and participate in peaceful non-partisan public demonstrations when OFF-DUTY and NOT wearing an identifying badge/uniform.

### CAN'T

- Engage in partisan political activity or act in a manner that could imply Air Force approval or disapproval of any political party, campaign candidate in a partisan elections.

## SOCIAL MEDIA

### CAN

- Post, share, or link to material from a partisan political party, group or candidate, when off-duty, and not in a government building, but not to subordinates.
- Express personal, non-partisan views over personal social media.
- "Friend," "like" or "follow" the social media page or account of a political party or partisan candidate, campaign or group when off duty.
- Identify a political affiliation on a personal social media profile.
- Continue to follow, be friends with, or like the official social media accounts of government officials after those officials become candidates for reelection.

### CAN'T

- Suggest that others "like," "friend," or "follow" a partisan account, when on duty.
- Post, share or link to material from a partisan political party, group, or candidate, when on duty.
- Like, share, post, or retweet a post that solicits political contributions, including invitations to fundraising events.

## RESOURCES

<https://osc.gov/Services/Pages/HatchAct.aspx>

<https://osc.gov/Documents/Hatch%20Act/Advisory%20Opinions/Federal/Social%20Media%20Guidance.pdf>

[https://static.e-publishing.af.mil/production/1/af\\_ja/publication/afi51-508/afi51-508.pdf](https://static.e-publishing.af.mil/production/1/af_ja/publication/afi51-508/afi51-508.pdf)

<https://www.publicaffairs.af.mil/Programs/Air-Force-Social-Media/>



## Enlisted Promotions - November 2022

HOOGERHEYDE, EMILY S.	SSGT	140 CF	5-Oct-22
JOHNSON, ZECHARIAH D.	A1C	140 CF	5-Oct-22
STAYTON, ISREAL C.	AMN	140 CF	5-Oct-22
WILHELMSON, KARLEE, M.	TSGT	140 LRS	5-Oct-22
SIGALA, DIEGO D	A1C	140 CES	6-Oct-22
SAUNDERS, BRYSON L.	TSGT	140 OSS	6-Oct-22
WRIGHT, RAEGAN N.	AMN	140 LRS	11-Oct-22
HERNANDEZ, AIMEE B.	SSGT	140 LRS	11-Oct-22
ENCINES, STEVE	SSGT	140 MXS	12-Oct-22
PHAN, LINH MY	TSGT	140 MXS	12-Oct-22
WESSELS, MATTHEUS G.	SSGT	140 MXS	12-Oct-22
MEIDEN, CODY T.	SRA	233 SFS	13-Oct-22
MITCHELL, JONATHAN M	SRA	140 AMXS	13-Oct-22
MLINARCIK, KARIE A	SRA	233 SFS	13-Oct-22



## Officer Promotions - November 2022

Jordan Wilkie	Lt Col	120 FS	1-Oct-22
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## Retirements

Chief Rachel Bloom, 233 SG/SEL, 3 December, 2022

Stratton Liza	SMSgt	140 LRS	9/9/2022
Gordon Scott	SMSgt	138 SPC	9/18/2022
McMillan Aaron	TSgt	140 MXS	9/24/2022
Sawyer Michael	MSgt	140 AMXS	9/29/2022
Benza Kerri	LT. Col	140 MDG	10/1/2022
Chandler Malcolm	MSgt	140 OG	10/1/2022
Komnick, John	TSgt	140 CES	10/1/2022
Ramos, Raeann	SSgt	140 WG	10/1/2022



**PEOPLE - Developing healthy, resilient, and professional Airmen for any mission, anywhere.**

## Sexual Assault Coordinator



Please don't suffer in silence! If you or a co-worker have experienced a negative or toxic work atmosphere due to past or present sexual harassment or sexual assault please call or text Liz Pszanka (140 WG SARC) at 720-219-8890. Talking to a SARC doesn't mean you are required to file a report...it only means you'll be talking to someone who wants to listen, support and advocate for you. The Sexual Assault Prevention and Response Office can also be reached 24/7 by calling the SAPR Helpline 720-947-7272.

## Airmen & Family Readiness Program

*We collaborate with the Colorado National Guard State Family Program to implement higher headquarter operational plans by providing support and resources to family members of the Colorado Air National Guard.*

- \*Relocation Assistance
- \*Employment Assistance
- \*Transition Assistance
- \*Exceptional Family Member Support
- \*Military Child Education Information

- \*Community Outreach
- \*Wounded, Ill and Injured Support Services
- \*Like Skills Education
- \*Personal and Family Readiness
- \*Personal and Family Readiness

- \*Information and Referrals
- \*Deployment Cycle Support
- \*Community Disaster/Crisis/Evacuation Support via the EFAC

<https://co.ng.mil/Family/Airman-Family-Readiness-Program/>

TSgt Allie Barker  
Office: 720.847.9421

[allison.barker@us.af.mil](mailto:allison.barker@us.af.mil)  
Cell: 303.827.9629

Bldg. 801 Rm N-259  
Google Voice: 337.240.6320



# Psychological Health Services

The Psychological Health Program provides **free and confidential** psychological health services **for all Air National Guard military members, couples and their family members.**

**Who We Are:** Psychological services are provided by a Licensed Clinical Social Worker. The Director of Psychological Health Services, Virginia R. Howard, LCSW, has over 25 years of experience working within the field of social work., with 13 years of service in a military setting.

## Our Services

- **Crisis Intervention**
- **Psychosocial assessments**
- **Short term brief Solution Focused Interventions**
- **Referral to evidence-based practices and community resources**
- **Consultation**
- **Educational Classes**



*Virginia R. Howard, LCSW*

*Bldg 706, Room 128*

*720 847-9438*

Military One Source  
1 -800-342-9647

Colorado Crisis Center Giveanhour.org  
1-844-493-8255

Chaplains  
720 -847- 9434

Military & Family Life  
Counselors  
720 862-4118

## Chaplain Team

When airmen think of a “chaplain” many think “religion.”  
Ironically, ANG chaplains spend only a fraction of their time  
providing for the religious needs of airmen.



So, what DO we do?

The Chaplain Corps has three primary functions:

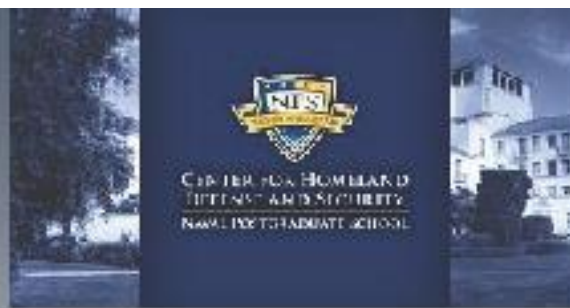
Chaplain Corps members have high-level of confidentiality. Communications made as a “formal act of religion or as a matter of conscience” to either a chaplain or a chaplain assistant while serving in the capacity of spiritual advisor are considered confidential and are not to be shared with third parties. There are no exceptions listed to this rule. As a result, MOST of what the Chaplain Corps provides is counseling, or just a safe place to vent!

Chaplain Corps personnel are also sought out by leaders to provide objective advice on many issues, such as discipline and training.

The Chaplain Corps is responsible for Religious Accommodation Requests for beards, religious head coverings, waivers for vaccines, and other similar waiver requests. Additionally, we advocate for members who have religious needs during deployments - such as special dietary needs - or to be allowed by commanders to attend religious services when needed. Of course, the Chaplains are here to discuss any religious issues or crises a member may be experiencing.

If you would like to speak to a chaplain during the month, our Wing Chaplain, Ch, Lt Col Joseph Friedman is also our full-time chaplain. He can be reached on his duty cell at 303-548-0637. If he is not available, call the Command Post to be connected to another one of our chaplains.





**\*RSVP LINK\***

*The Colorado National Guard Joint Staff  
In Collaboration With The Naval Postgraduate School  
Is proud to offer the following presentation on:  
**Understanding and Overcoming Disinformation***

**FRIDAY 2 DECEMBER: 0800—1200**  
**BUCKLEY SFB—ARMY AVIATION SUPPORT FACILITY**  
**19310 Camp Hale Way, Building 1510**

**RSVP To: [CONG PD - Disinformation Lecture Registration \(google.com\)](#)**

**POCs: Lt Col Thomas Banker (DJ3) / SMSgt Mike Horner (J3 SEL)**

*Dr. Shannon Brown, Faculty, Center for Homeland Defense and Security*

*This presentation will explore how well-established media study concepts can be applied to the current social media environment – and the larger global media ecosystem – to improve military leaders’ awareness of disinformation threats as challenges to both day-to-day and longer-term operations. The presentation will also serve as a forum for participants to describe known agency strategies for dealing with disinformation; discuss how leaders assess risks and damage to agency reputation, morale, and legitimacy; and open up a dialogue about the value of Red-Blue exercise development in support of public sector information operations, to include counter-narrative development and amplification, strategic silence, and working through third-parties to promote agency messaging.*

*Shannon A. Brown joined the Center for Homeland Defense and Security in 2017. From 2004 through 2017, he served as a Professor of National Security Studies at the Dwight D. Eisenhower School for National Security and Resource Strategy (formerly known as the Industrial College of the Armed Forces). During his tenure at the Eisenhower School, he taught courses on National Security Studies, Regional Security Studies, Industry Studies (arms manufacturing and financial services focus areas), and electives on the subjects of technology, strategic defeat, and public-private partnerships. Between 2012 and 2017, he held leadership appointments at the Eisenhower School, first as a department chair, and later as the Associate Dean for Academic Programs and the Dean of Faculty. He also supervised the 2016-2017 preparations for the recurring Process for Accreditation of Joint Education (PAJE), part of the Joint Staff's oversight of Joint Professional Military Education.*

# Veterans Day Discounts!!!

(NOT AN ENDORSEMENT)

We are giving Veterans free access to Wings Over the Rockies Museum: <https://wingsmuseum.org/events/veterans-day/>

Location	Date	Deal
7-Eleven	11-Nov	Free Coffee or Big Gulp, download 7-11 app & sign in or register
Academy Sports	11-Nov	10% off
Applebees	11-Nov	free meal
Bad Daddy's Burger Bar	1100-1600 on 11Nov	free Big Daddy's All-American burger and side
Bar Louie	11-Nov	free craft burger or flatbread
Bed Bath & Beyond	11-Nov	25% off
BJ's Brewhouse	11-Nov	free meal up to \$14.95 and Dr. Pepper
Bubba Gump Shrimp	13-Nov	20% off on 13Nov
Buffalo Wild Wings	11-Nov	free order of 10 boneless wings and fries, dine-in or take-out
California Pizza Kitchen	11-Nov	free meal & non-alcoholic drink on 11Nov for dine-in or takeout
Caribou Coffee	11-Nov	free small brewed coffee
Charleys Philly Steaks	11-Nov	free Gourmet Fries in-store with no purchase necessary
Chili's	11-Nov	free meal
Cicis Pizza	11-Nov	Free adult buffet
Country Kitchen	11-Nov	free scramble - nearest is in Pueblo, CO
Cracker Barrell	11-Nov	free slice of double fudge Coca-Cola cake with their meal
Denny's	0500-1200 on 11Nov	free breakfast
Dickey's BBQ	11-Nov	free pulled pork classic sandwich
Dollar General	11-Nov	20% off
Dunkin Donuts	11-Nov	free donut
Einstein Bros. Bagels	11-Nov	free hot or iced coffee of any size with purchase
Famous Dave's	11-Nov	free Georgia chopped pork sandwich plus a side, Dine-in or to go
Fazoli's	11-Nov	free Build your own Pasta Bowl
Fogo de Chão	11-Nov	Veterans receive 50% off, and their guests (up to three) receive 10% off
Freddy's	pick up 11/11, use until 11/30	free meal voucher good until 30Nov
Golden Corral	5pm-close on 14Nov	free meal
Gordon Biersch	11-Nov	free entrée
Great Clips	11-Nov	free haircut or voucher for future free haircut
Hamburger Stand	11-Nov	free hamburger, regular fries and a small Pepsi
Hooters	11-Nov	free entrée
Hopdoddy burger bar	11-Nov	Free classic burger with cheese, dine-in or to-go orders placed by phone
IHOP	11-Nov	free Red, White & Blue Pancakes
Ikea	11-Nov	free meal
Jet's Pizza	11-Nov	50% off menu-priced pizzas
Joe's Crab Shack	11-Nov	20% off for parties up to four
Krispy Kreme	11-Nov	free donut and coffee
LaMar's Donuts	11-Nov	free donut and 12oz coffee
Little Caesars	1100-1400hrs on 11Nov	free lunch combo



# More Veterans Day Discounts!!!

Macaroni Grill	11-Nov	free mom's ricotta meatballs + spaghetti
Meineke	11-Nov	Free Basic Oil Change or 50 percent off Synthetic Oil Change
Melting Pot	11-Nov	buy regular priced 4-course meal, get Veteran meal for free
Menchie's	11-Nov	free six ounces of frozen yogurt
MOD Pizza	sign up by 8Nov, use on 11Nov	Sign up to receive a BOGO free MOD-size pizza or salad
O'Charley's	11-Nov	free meal
Old Chicago Pizza	11-Nov	free individual specialty or 3-topping pizza - - dine-in or carryout
Olive Garden	11-Nov	free meal
On the Border	11-Nov	free Pick-2 combo
Outback Steakhouse	11-Nov	free bloomin' onion and Coca-Cola
Parry's Pizza and Taphouse	11-Nov	free full-size entree and fountain drink
Pilot Flying J	11-Nov	free meal
Quaker Steak and Lube	11-Nov	free meal and free non-alcoholic drink
Rack Room Shoes	11-Nov	20% off
Red Lobster	1100-1600 on 11Nov	free Walt's Favorite Shrimp, Fries and Coleslaw
Red Robin	1Nov-14Nov	free Red's Tavern Double Burger and bottomless steak fries
Rock Bottom Brewery	11-Nov	free entrée
Rodizio	9-12Nov	buy one adult full-size meal, get Veteran meal for free
Saltgrass Steakhouse	13-Nov	20% off meal
Smashburger	11-Nov	free Single Classic Burger
Smoothie King	11-Nov	free 20oz smoothie
Snarf's Sandwiches	11-Nov	free 7-inch non-specialty sandwich
SportClips	11-Nov	free haircut
Staples	7-13Nov	25% off
Starbucks	11-Nov	free tall (12-ounce) hot brewed or iced coffee
Taco Johns	11-Nov	free small beef taco combo with code "VETERAN" in app
Target	1Nov-11Nov	10% discount
Texas de Brazil	9Nov-12Nov	25% off dinner from
Texas Roadhouse	1100-1400 on 11Nov	free meal vouchers
Thirsty Lion Gastropub	11-Nov	free entrée and non-alcoholic drink
Torchy's Tacos	11-Nov	free taco and drink
Twin Peaks	11-Nov	free meal
Uno's Pizzeria & Grill	11-Nov	free entrée or individual pizza with the purchase of a second
Village Inn	11-Nov	Free V.I.B. breakfast
Walgreens	11-Nov	20% off
Wendy's	11-Nov	free small breakfast combo
Wienerschnitzel	11-Nov	free chili dog with a small fry and a small Pepsi
Yard House	11-Nov	free dine-in appetizer
Ziggi's Coffee	11-Nov	free 16-ounce drink

## **Free dental care for veterans Nov 10th. First come first serve basis**

### **Arvada Parker**

Avos Dental Specialists

(Extractions, Magnolia Dental (Exams, crowns, extractions, fillings) root canals, cleanings)

14769 W 87th Pkwy 9328 Jordan Rd #109

Arvada, CO 80005 Parker, CO 80134

(720) 798-1200 (720) 647-9880

### **Castle Rock**

Glow Comprehensive Dentistry (Exams,

Front Range Smiles (Exams, cleanings, extractions, fillings) deep cleanings, fillings, extractions)

850 W Happy Canyon Rd

18551 Mainstreet #1C Castle Rock, CO 80108

Parker, CO 80134 (303) 688-5705

(720) 851-5020

### **Eaton**

Eaton Family Dental (Exams, fillings, extractions, root canals, denture relines)

241 S. Elm #1

Eaton, CO 80615

(970) 454-2426

### **Greeley**

Greeley Complete Dentistry (Exams, fillings, extractions)

1819 61st Ave STE 102

Greeley, CO 80634

(970) 356-7474

### **Greeley (cont'd)**

Luker Dental

(Exams, cleanings, deep cleanings, fillings, extractions, crowns, root canals)

1829 56th Ave Suite B

Greeley, CO 80550

(970) 351-0400

Precision Oral Surgery Greeley

(Extractions)

1831 65th Ave Suite 3

Greeley, CO 80634

### **Highlands Ranch**

Highlands Ranch Smiles

(Exams, cleanings, fillings, same day crowns, extractions)

9461 S University Blvd Highlands Ranch, CO 80126

(720) 644-8186

### **Lafayette**

Coal Creek Oral Surgery and Implant Center

(Extractions)

1771 Cherokee Trail

Lafayette, CO 80026

(720) 588-2505

Complete Family & Aesthetic Dentistry

(Exams, fillings, extractions)

204 E Baseline Rd

Lafayette, CO 80026

(303) 665-4000





## Veterans Day Flyovers

Nov 11th- Veterans Day Ceremony- Fruita, Co. @1100

Nov 11th- Veterans Day Parade- Loveland, Co. @ 1111

Nov 11th Veterans Day Celebration- Wellington, Co. @ 1111

Nov 12th- Lincoln Veterans Memorial Park, Denver, Co. @ 1025





## Children of the National Guard and Reserve Deployed or Stateside Activated

Our Military Kids awards up to two \$300 grants per child (ages 3-18) to fund the extracurricular activity of their choice while a parent is deployed or activated stateside with the National Guard or Reserve.

This grant program is made possible solely through the generosity of foundations, corporations, and individual donations.

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### PROGRAM ELIGIBILITY

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**In order for a child to receive an activity grant from Our Military Kids:**

- ★ The child is three (3) years of age through 18 AND has not yet graduated from high school.
  - ★ **For missions of 90-179 days** (cumulative within 12 months), each child is eligible for **ONE (1)** grant up to \$300 for one activity.
  - ★ **For missions of 180+ days** (cumulative within 12 months), each child is eligible for **TWO (2)** grants up to \$300 each for the same or different activities. Each grant requires a separate application.
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### HOW TO APPLY

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If you are eligible, please visit [www.ourmilitarykids.org/apply](http://www.ourmilitarykids.org/apply) to submit a simple, one-page application, along with the following documents:



#### Activity Information

Documentation from the activity organization providing the activity's pricing and contact information.

Brochures, flyers, website screenshots, and typed letters on the organization's official letterhead will be accepted.



#### Form of Identification

A copy of the child's birth certificate if the deployed service member is the biological parent,

**OR** DD Form 1172,

**OR** a copy of the DEERS/MilConnect Service Member profile page with child listed as a dependent.