

COUGAR TALES

21 Oct 2021

Events

- [140th Wing Veterans Day Marathon](#)
- [Light Their Way Home Event](#)
- [USO Colorado Corn Maze](#)
- [Calendar of Sessions](#)
- [460 FSS News and Events](#)
- [New Buckley SFB Sports Simulator](#)

Announcements

- [Spring Semester Tuition Assistance](#)
- [Holiday Assistance Programs](#)
- [Domestic Abuse Resources](#)
- [COVID-19 INFORMATION](#)

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

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



Events



VETERANS DAY



HONORING ALL WHO SERVED

140th Wing Veterans Day Marathon
26.2 miles in 26 days!
Oct 17 - Nov 11

HOW TO JOIN THE VIRTUAL CHALLENGE:

- 1) Scan the QR Code on the right to your mobile device**
- 2) Download Nike Run Club App on your mobile phone**
- 3) Create an account if you don't already have one**
- 4) Add nrc140wg@yahoo.com as a friend**
- 5) Once your friend request is accepted, you will see the 140th Wing Veterans Day Marathon Run Challenge Pop Up on the app under challenges.**

POC: MSgt Melissa Miedzinski



Scan this code to download the Nike Run Club App

November 11th, 12th & 13th

5pm-8pm

756 Telluride St, Aurora, CO 80011

www.coloradofreedommemorial.com

Light Their Way Home

Presented by Amazon

The Colorado Freedom Memorial invites you to Light Their Way Home, our 6th Annual Luminaria display with 6,218 glimmers of light, one for each Colorado veteran lost in action since Colorado became a state. Over three nights, your holiday season will be changed forever. Join us for a truly remarkable tribute to the fallen.



Refreshments sponsored by i-ORTHODONTICS

Would you like to volunteer?

Contact CMSgt Kelley (maryha.kelley@us.af.mil) or Amn Suarez (ashley.suarez.6@us.af.mil)

USO Colorado Corn Maze

Military Service Members: Join USO Colorado for a fun, fall afternoon of friends and getting lost in the corn maze, while exploring the festivities at Fritzler Farm Park (located near La Salle, Colorado north of Denver)

Saturday, October 23rd, 1pm-5pm, Fritzler Farm Park, La Salle, Colorado.

We'll meet at 1pm at the farm by the pumpkin house, get to know everyone a little bit, take a group photo, pick up our wristbands and head out into the maze in small groups.

After completing both phases of the maze, everyone will also have access to Pumpkin Patch Admission (Purchase Required to Pick), Pedal Go-Carts, Barnyard Ball Toss, Fritzler's Hop House (Beer Garden) Access (Purchase Required for Drinks), Tetherball, Slide Mountain, Pillow Jump, Pumpkin Picture Barn, & more!

This program is open to any currently serving military service members – active duty, national guard, reservists, and coalition/allied forces are all welcome.

Registration is required at <http://usocolorado.ticketleap.com/northerncocornmaze/>

October 2021

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



*Note: Please see reverse for Zoom Links

Let's Connect – Through Painting!**1 October 2021, 0830-1030 / Location: Buckley Space Force Base Sprit Rock*****Note: This session will be in-person at the Spirit Rock – Art skills are not required**

The art process can be a great outlet to reduce stress, change mood, and build connections with others. Come join us at the Spirit Rock where we will be transforming this sculpture into a symbol of hope and strength. Art skills not required!

True Colors – 7 Oct 2021, 0900-1000**Zoom Link:****<https://www.zoomgov.com/j/1614106369?pwd=N3l2d0E0NFf3V0xvZTRyZ1NxRmRrUT09>****Meeting ID: 161 410 6369****Passcode: 342549**

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

Ask Your Mental Health Team...Anything!!! – 13 Oct 21, 1400-1500**Zoom Link:****<https://www.zoomgov.com/j/1612330117?pwd=b3puN0xGUGxXNXVHR2hwRGtCNDZXdz09>****Meeting ID: 161 233 0117****Passcode: 342583**

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

Supercharge Your Life with Gratitude – 15 Oct 2021, 1000-1100**Zoom Link:****<https://www.zoomgov.com/j/1609584179?pwd=ZytJdTF4aUZ0MGZ2ZUp2TVcyTTBCz09>****Meeting ID: 160 958 4179****Passcode: Resiliency**

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

Integrative Wellness: A Mind/Body Approach to Overall Wellness - 19 Oct 21, 1000-1100**Zoom Link:****<https://www.zoomgov.com/j/1616529340?pwd=bDNmZm10eUlyQWJqLzRKWIITR0JrZz09>****Meeting ID: 161 652 9340****Passcode: 824543**

Learn how to complement and enhance your fitness and health practices to achieve the four pillars of Comprehensive Airman Fitness (Mental, Physical, Social, and Spiritual).

Mindfulness and Relaxation: Refresh and Connect with Yourself – 20 Oct 2021, 1100-1200**Zoom Link:****<https://www.zoomgov.com/j/1618149064?pwd=RUhkT3pSVZnQ1Z2NEJITEIUOUFLdz09>****Meeting ID: 161 814 9064****Passcode: 773044**

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

True Colors – 21 October 2021, 0900-1000**Zoom Link:****<https://www.zoomgov.com/j/1600737884?pwd=Z3d4WnZOazVHK25ZWnZNL0t2OFhRQT09>****Meeting ID: 160 073 7884****Passcode: 798310**

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

The Good Mood Diet – 25 October 2021, 1000-1100**Zoom Link:****<https://www.zoomgov.com/j/1602792230?pwd=aFRwRkNWMCs0MIhIRTFHY3BQa3d0Zz09>****Meeting ID: 160 279 2230****Passcode: 224496**

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

Show Me the Money!!! – 27 Oct 21, 0900-1000**Zoom Link:****<https://www.zoomgov.com/j/1611373822?pwd=aGt6ZzFEeXowZkNueXRIRmIGU1A0Zz09>****Meeting ID: 161 137 3822****Passcode: 508516**

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

Value Based Living – 28 October 2021, 1300-1400**Zoom Link:****<https://www.zoomgov.com/j/1609418970?pwd=aHo3UzR2RG5DYXZ6bFhRdHFLbEw0QT09>****Meeting ID: 160 941 8970****Passcode: 600598**

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

Relation-ship or Situation-ship? – 29 Oct 2021, 1400-1500**Zoom Link:****<https://www.zoomgov.com/j/1610874110?pwd=QkVmUyt0d0FjUDgrRzZrd3p2bEUrUT09>****Meeting ID: 161 087 4110****Passcode: 287338**

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



*** Note: Sessions held via Zoom unless otherwise annotated**

460 FSS NEWS & EVENTS

CASINO NIGHT

Friday, October 22
LDC Event Center · Bldg.1032
Doors Open at 5:45 PM

BUY YOUR TICKETS TODAY

Ticket Cost: \$5

Upcoming Special Education Workshop:

Navigating the Special Education System:
Where to start and how to overcome obstacles

Wednesday, 20 October 11AM-12PM

Workshop will be held in person in the auditorium
of building 606 or via Zoom

Zoom Meeting Information
Meeting ID: 815 2053 2628
Passcode: 999999

For more details, please call 720.847.6694.



Meet us on the Mountain! EQUIPMENT SERVICES



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OWN THE SEASON. OWN THE STORIES.
OWN THE PASS.

IKON PASS
MILITARY

\$619 USD

NO BLACK OUT DATES

IKON BASE PASS
MILITARY

\$449 USD

BLACK OUT DATES APPLY

Eligibility: Active Duty + Dependents, Retirees + Dependent, Reserves, Guard, Allied Partners and DoD Civilians to include NAF, Contractors, Foreign Civilians and their dependents are not eligible. Active Duty stationed at Buckley and their dependents please present a valid ID and proof of sponsor being stationed at Buckley. Valid ID must be shown as proof of eligibility.

LOVELAND PASSES

- Adult & Young
- Adult Military \$259
- Child Military \$149
- Retired Military \$329



MAINTENANCE & REPAIR

The Repair Shop will begin taking equipment
Wednesday, October 6th.

FULL TUNE-UP:
BASE REPAIR, EDGE, MACHINE WAX

PRO TUNE-UP:
BASE REPAIR, EDGE, HAND WAX

Call us at 720-847-6100 or stop by for quote.



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SPORTS SIMULATOR

OPENING FRIDAY, OCTOBER 15TH

**FULL SWING GOLF
E6 GOLF
SHOWDOWN GOLF
BASKETBALL
HOMERUN DERBY
BASEBALL
FOOTBALL
QB CHALLENGE**

**ZOMBIE DODGEBALL
BOCCE
HOCKEY
CARNIVAL
CRICKET
RUGBY
LACROSSE
SOCCER**



Announcements



Spring Semester State TA

The Spring applications for State TA are opening for Spring semester November 1st through December 10th. Interested members can reference the Colorado Department of Military and Veterans Affairs website <https://dmva.colorado.gov/tuition-assistance> for additional guidance and application instructions. For additional information please email the State Tuition Assistance Program Manager Joni Fernandez at tuition@dmva.state.co.us or your Group Unit Training Manager.

2021 Holiday Assistance Programs

Meal Assistance Nov/Dec

This program helps supply meals for Colorado National Guard Service Members and Families in need during the November and December holidays.

Adopt-A-Family

The Adopt-a-Family program provides dedicated holiday support to Service Members and their Families in need during the Holiday Season.

Santa Shop 2 Locations

This program provides Service Members and their Families in need the opportunity to "shop" for holiday gifts and spend time with Santa

For more information on each individual program and how to register or donate, visit our website:
co.ng.mil/family/holiday-assistance

Registration Opens Oct 1



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



5 Ways to Help a Friend Who's Experiencing Domestic Abuse



Everyone's situation is different – domestic abuse can happen to anyone and it's not their fault. And it can be difficult to know how to help a friend, coworker or loved one who is in an abusive relationship. Here are five simple things you can do to safely help someone you care about in their time of need.

1. Ask to connect

"How do you prefer we connect?"

Having a safe way to communicate is important. Let your friend or loved one tell you what is safest for them and honor that. Do not pressure the person to leave. Instead, support them without judgment. Offer to help them plan for their safety or seek outside support when they are ready.

2. Stay in touch

"Let's play a game online."

Finding creative reasons to call, text, video chat or use social media check-ins may provide a lifeline for those who feel unsafe at home. For example, some games have chat functions that may allow for communication in nontraditional spaces. Starting up a game that has chat may allow you to check in with your friend without making the abuser suspicious. There are [privacy and safety tips](#) for online gaming from the National Network to End Domestic Violence.

3. Support and believe

"I care about you and I'm here for you, no matter what."

Remind your friend that they are not alone and that you are there for them. If they choose to talk about the abuse, listen and show empathy. Let them know the abuse is not their fault and that you believe them. Ask what you can do to help.

4. Chat about options

"Let's create a safety plan."

Options are empowering. Talk to your friend about their options for seeking help or [reporting domestic abuse](#) in the military. Let them know that FAP victim advocates are available 24/7 to help them think through dangerous situations and create a plan to get through them safely.

Create a secret code word, phrase or symbol that lets you know your friend is signaling for help, whether that means a call from you or for you to call the police. A call can sometimes disrupt abuse.

5. Share the hotline

"Here is the information for that restaurant I told you about."

It may be safer for your friend if you research options for outside support, such as the [National Domestic Violence Hotline](#), on their behalf (and on your device, provided you feel safe to do so). Use your agreed-upon code and a safe communication method when providing this information so it remains private between the two of you.

6. Resources and Support to Share

Immediate crisis support
National Domestic Violence Hotline
 800-799-7233, 800-787-3224 en Español
<https://www.thehotline.org/>

Local support, 24/7
Family Advocacy Program
Victim Advocate Locator
<https://www.militaryonesource.mil/leaders-service-providers/child-abuse-and-domestic-abuse/victim-advocate-locator>

Support for Teens
 Love is Respect | Text "LOVEIS" to 866-331-9474
<https://www.loveisrespect.org/>

Additional support
 Military OneSource | 800-342-9647
<https://www.militaryonesource.mil/United-to-End-Domestic-Abuse>

Need Help? Know Someone Who Does? Resources for Assistance

- National Domestic Violence Hotline
 - <https://www.thehotline.org/>
 - Call 1-800-799-7233
- Love Is Respect National Teen Dating Abuse Helpline
 - <https://www.loveisrespect.org/>
 - 1-866-331-9474
- Rape, Abuse & Incest National Network's (RAINN) National Sexual Assault Hotline
 - <https://www.rainn.org/>
 - 800-656-HOPE (4673)
 - [rainn.org](https://www.rainn.org/) to chat one-on-one with a trained RAINN support specialist, any time 24/7
- National Resource Center on Domestic Violence (NRC DV)
 - A comprehensive source of information for on domestic violence.
 - <https://www.nrcdv.org/>
- The National Sexual Violence Resource Center (NSVRC)
 - For information, resources, and research on all aspects of sexual violence prevention and intervention.
 - <https://www.nsvrc.org/>



Covid-19 Info





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

JUL 28 2021

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

SUBJECT: Updated Mask Guidance for all DoD Installations and Other Facilities

Reference: Deputy Secretary of Defense Memorandum, "Updated Mask Guidelines for Vaccinated Persons," May 13, 2021

In accordance with the updated guidance released by the Centers for Disease Control and Prevention (CDC) on "Interim Public Health Recommendations for Fully Vaccinated People," issued July 27, 2021, the above reference is hereby rescinded.

Beginning July 28, 2021:

- In areas of substantial or high community transmission, DoD requires all Service members, Federal employees, onsite contractor employees, and visitors, regardless of vaccination status, to wear a mask in an indoor setting in installations and other facilities owned, leased or otherwise controlled by DoD.
- Service members, Federal employees, onsite contractor employees, and visitors who are not fully vaccinated also need to continue to physically distance consistent with applicable CDC and DoD Force Health Protection guidance.
- DoD installations, other facilities, and worksites shall, as soon as possible, post signs and post information on their websites clarifying what masking requirements apply in each installation, other facility, and worksite.
- Organizations should consult with their servicing Labor Relations Office for guidance regarding implementation for bargaining unit employees.

CDC guidance and definitions of low, moderate, substantial, and high spread can be found at: <https://www.cdc.gov/mmwr/volumes/70/wr/pdfs/mm7030e2-H.pdf>. Data on levels of community transmission can be found at the CDC COVID Data Tracker website found at: <https://covid.cdc.gov/covid-data-tracker/>.

Personnel coming on to a DoD installation, other facility or workspace who do not have a mask may be provided one by DoD. All DoD personnel should continue to comply with CDC guidance regarding areas where masks should be worn, including within airports. The Department will review and revise all applicable Force Health Protection guidance to address the new CDC guidelines. Further guidance will be provided as appropriate by the Under Secretary of Defense for Personnel and Readiness (USD(P&R)). In addition, the Director of Administration and Management may, as appropriate and in coordination with the USD(P&R), issue further guidance for the Pentagon Reservation.



OSD006862-21/CMD009083-21

Updated Mask Guidance



Colorado National Guard COVID Vaccine Information

SERVICEMEMBERS/CIVILIANS TITLE 5/CONTRACTORS CAN SCHEDULE APPOINTMENTS FOR THEMSELVES AND THEIR MILITARY DEPENDENT FAMILY MEMBERS THROUGH THEIR RESPECTIVE SERVICE (ARMY OR AIR) BELOW:

Army: Sign up through Sharepoint ; alternate is unit reps, or Army Schedulers

Air Guard: Sign up through your servicing Unit's Health Monitor.

THE COLORADO NATIONAL GUARD IS CURRENTLY OFFERING THE COVID-19 VACCINE FREE OF CHARGE TO ALL

Service members, Title 5 civilians, contractors, and Military dependents (18+).

- By appointment only (Moderna, requires 1st and 2nd dose); NO WALK-INS! MUST BE 18+, NO EXCEPTIONS!
- All personnel must bring a valid DoD ID card and fill out a DHA 207 form at the vaccination site
- Dependents do not need to be enrolled in TRICARE to receive the vaccine, but do need to be in DEERS (i.e. have a military dependent ID card).

For other Vaccination events in Colorado:

<https://covid19.colorado.gov/for-coloradans/vaccine/vaccine-for-coloradans>

To read the full PDF follow this link!

https://control.m360mobile.com/uploads/1021/images/thumb/references/pdf/PublicReleaseSocialMediaFlyerforCONGVaccinations25MAR21_1616775588.pdf



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.

