



COUGAR TALES NEWSLETTER



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140th Wing Air Expeditionary Force returns from four-month deployment

By Chance Johnson, 140th Wing Public Affairs

BUCKLEY SPACE FORCE BASE, Colo. — Family, friends and colleagues welcomed home deployed members of the Colorado Air National Guard's 140th Wing, Air Expeditionary Force at Buckley Space Force Base, Aurora, Colorado April 13, 2022.

The group of 293 Airmen deployed in January 2022 in support of operations Inherent Resolve, Enduring Sentinel, and Spartan Shield.

"The safety, support and well-being of our deployed service members and their families is always my top priority and I'd like to personally thank our civilian employers and educators that continually support our Airmen as they deploy around the world," 140th Wing Commander, U.S. Air Force Col. Christopher J. Southard said. "The Air National Guard could not exist without the outstanding community support we continuously receive here in Colorado."

The 120th Fighter Squadron was part of the 378th Air Expeditionary Wing at Prince Sultan Air Base, Al Kharj, Saudi Arabia. The mission of the 378th Air Expeditionary Wing is to sustain and defend joint forces at PSAB while projecting combat airpower in support of theater plans and operations.

The group was lead by Detachment Commander U.S. Air Force Lt. Col. Benjamin Couchman.

"He (Couchman) was ultimately responsible for overall command of our AEF deployment success," said 233rd Security Forces Squadron First Sergeant, U.S. Air Force Master Sgt. Joshua Johnson.

According to Couchman, the 140th was one of only two fighter units deterring aggression in the area of responsibility and conducting defensive counter air combat air patrols defending coalition and U.S. forces.

"Our Airmen are impressive warfighters and Air Force professionals who showcased the 140th Wing's ACE (Agile Combat Employment) abilities by forward deploying to two austere locations and successfully launching sorties while maintaining all ATO (Air Tasking Order) combat missions," Couchman said. "We successfully completed multiple air to ground strikes in defense of US and partner nation forces."

The Adjutant General's Strategic Guidance Plan



CONG Strategic Guidance 2030

Always Ready, Always There

Mission: Ensure war fight and civil support readiness, care for our veterans, and build partnerships that further the objectives of our State and Nation

People

Recognize, Develop and Retain Talent

Foster an inclusive Culture that leverages and values diversity

Build and Strengthen Resiliency across the Force and within Families

Readiness

Achieve greater than 100% of authorized end strength

Improve readiness through innovation, leveraging Colorado's diverse force structure and the National Guard's Citizen Warriors characteristics

Optimize effective manning; increase the percentage fill in MOS or AFSC

Achieve mandatory Readiness metrics

Modernization

Acquire force structure to align the CONG with national priorities and prepare for the Future War Fight

Modernize our equipment to posture the CONG as a Joint All-Domain Operational Environment

Invest in Facilities and Land to enable the CONG to Recruit, Train and Maintain a force capable of executing all State and National missions.

PARTNERSHIPS

A deliberately developed, inclusive organization comprised of resilient Service Members, Civilians and Families



VISION

We are an inclusive organization that earns and maintains the trust and confidence in those we serve at the local, state and federal levels; we are recognized for excellence in service to our Service Members and Families; and we are the state of choice for future force structure gains, equipment modernization, and infrastructure investment.

Units ready to meet the demands of Combatant Commanders and the Governors for simultaneous contingencies

CONG is aligned with National Strategy and postured to support all missions in an emerging operational environment



UNCLASSIFIED

> Use the QR code at left to download a copy of TAG's Strategic Guidance Plan in its entirety.



DMVA Strategic Communications Plan

The Colorado Department of Military and Veterans Affairs has built Strategic Communications guidelines that help us achieve our DMVA vision.

The plan conveys The Adjutant General's priorities: People, Readiness; and, Modernization.

Scan this QR code to learn more about the plan.

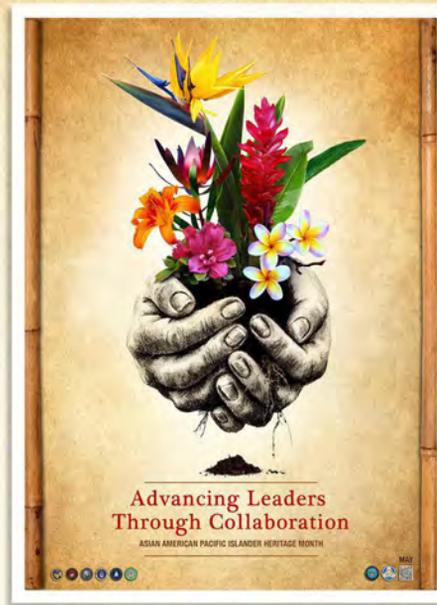


**CULTURAL
AWARENESS**



OBSERVANCE

Asian American Pacific Islander Heritage Month



FACTS

The rich heritage of Asian Americans and Pacific Islanders spans the world and the depths of America's history.

Generation after generation, Asian Americans and Pacific Islanders have established a proud legacy that reflects the spirit of our Nation—a country that values the contributions of everyone—who call America home.

Asian American and Pacific Islanders communities consist of approximately 50 ethnic groups speaking over 100 languages, with connections to Chinese, Indian, Japanese, Filipino, Vietnamese, Korean, Hawaiian, and other Asian and Pacific Islander ancestries.

During Asian American Pacific Islander Heritage Month, the Department of Defense (DoD) celebrates the accomplishments of Asian American and Pacific Islanders (AAPI) to both the Nation and the DoD mission.

In 1978, a joint congressional resolution established Asian/Pacific Islander Heritage Week.

May was chosen to commemorate two milestones in Asian/Pacific American history which occurred in the month: the first known Japanese immigrant's arrival to the U.S. on May 7, 1843, and the completion of the transcontinental railroad on May 10, 1869 — which was built by over 20,000 Chinese workers.

In 1992, Congress expanded the observance to a month.

The estimated number of Asian alone-or-in-combination residents in the United States in 2019 was 22.9 million. Additionally, the estimated number of Native Hawaiian and Other Pacific Islander alone-or-in-combination residents of the United States was 1.6 million.

As we celebrate Asian American and Pacific Islander Heritage Month, we pay tribute to all the Asian Americans and Pacific Islanders who have strived and fought for a brighter future for the next generation of leaders.



Photo by SrA Mira Roman

Best Warrior Competition 2022

Congratulations to our 2022 winners!

2022 Best Warrior NCO - **TSgt Andrew Wilds**

2022 Best Warrior Runner Up - **SSgt Randall Anderson**

Individual Event Winners:

Essay and PA - **A1C Caleb Shadle & SSgt Randall Anderson**

Combined Shooting - **TSgt Andrew Wilds**

Physical Fitness - **SSgt Randall Anderson**

Mountain Event - **A1C Caleb Shadle & TSgt Andrew Wilds**

Land Nav. and Survival - **TSgt Andrew Wilds**

Boards - **MSgt Eric Felipe**

Ruck March - **SSgt Randall Anderson**

Army Warrior Task - **SSgt Randall Anderson**

Great job to all of our Airman that participated!
We hope to see you again next year!

To view photos from this event follow this link:

<https://flic.kr/s/aHBqjzLKTH>

To view the wrap up video from this event follow this link:

https://youtu.be/j2Q3_bqQqiY



Photo by SSG Joseph VonNida



Photo by SrA Mira Roman



Photo by SSG Joseph VonNida

Aurora Police Foundation Fallen Hero Memorial 5K/ 1 Mile Run

May 21

7:00 a.m.—11:00 a.m.

Aurora Police Headquarters
Police Memorial
15001 E. Alameda Ave

\$40 Entry Fee

Race T-Shirt & Medal



Debra Sue Corr
1981



Thomas Dietzman
1985



Edward Hockom
1987



Michael Del Thomas
2006



Doug Byrne
2007



Eric Scherr
2021

Full details can be found at
www.aurorapolicefoundation.org



Pre-Register Online: www.aurorapolicefoundation.org

Participation medals for all registered runners virtual or in-person



All proceeds will go to the Aurora Police Foundation

The mission of the Aurora Police Foundation is to support the operations of the Aurora Police Department by providing grants for officer training, equipment, supplies and support community involvement.

DISCOUNT CODE: Heroes

Buckley AFB Family Child Care (FCC) program offers certified in-home care for children ages 2 weeks to 12 years, in either on-installation housing or in civilian communities. FCC offers families child care when alternative weekend, evening care, swing and midnight shifts, and special needs care is required. The groups are multi-age and smaller ratios than in the centers. We provide family members a chance to become an approved FCC provider. This is a great employment opportunity if you need to be at home. Buckley AFB will provide all of the equipment and tools to get you started with your own home business.

Buckley AFB Family Child Care also offers support to families during Deployment/Remote Assignments, Guard and Reserve weekends, Emergency Medical Care, Wounded Warrior Care, Fallen Warrior Care, PCS care, Volunteer Care and Respite Care are all free for Active duty Army, Navy, and Marine families assigned to an active duty AF installation.

FCC Subsidy Program Parents may utilize Buckley AFB FCC homes and pay the same weekly fee they would be charged for childcare in the CDC or School-Age Program. Currently, the Air Force is buying down the cost for those parents where there is not space available in the CDC and School Age programs, special needs children, and those who work shifts outside the normal operating hours of the CDC or School Age Program. The amount offset by the Air Force is based on the type of care provided, the age of the child, and the provider's license/affiliation status. The FCC Subsidy Program is intended to help support military spouses' employment, education, or special medical circumstances. Subsidies will only be provided to single parent families, families with a working spouse, or one who is enrolled in school.



The Family Child Care (FCC) provides a variety of home childcare services for active duty military personnel, reservist on active duty, and DoD civilians.

Providers are screened and then monitored monthly by the FCC Coordinator. The Providers are licensed to keep a maximum of six children, including their own.

The FCC program accepts all eligible children for care, and does not permit discrimination against race, color, sex, age, disability, national origin, chronic health concerns or developmental delays.

To register for an FCC home go to www.mcc.com

For other childcare options visit <https://www.childcareaware.org/>

- EXPANDED CHILD CARE FOR ALL BRANCHES OF SERVICE**
- **Extended Duty Care** is designed to assist families when weekly parental workloads, due to extended duty hours, exceed the normal operating hours where they are already purchasing full time care.
 - **UTA Weekend** care is available to **Guard** and **Reserve** families during their regularly, or properly rescheduled drill periods.
 - **Deployment/Remote Assignment Child Care Support** allows families 16 hours of free childcare.
 - **PCS Care** allows for 20 hours of free childcare per PCS move.

Name	Phone	Zip	ECC & RHC	PCS & Vol	Drop in or Hourly	Opening under 2	Opening over 2 yr	M-F	Shift	Week-ends	Special Needs	Pets
Dixon, Nongruk (A)	720-810-6629	80017	Y	Y	Y	0	0	Y	CALL	UTA	Y	Y
Holliman, Kimberley (A)	757-537-5064	80015	Y	Y	Y	CALL	CALL	Y	CALL	UTA	Y	Y
Martin, Rachel	601-408-9276	On base	Y	Y	Y	CALL	CALL	Y	CALL	UTA	Y	Y
Potter, Niki	720-7683-791	On base	Y	Y	Y	1	1	Y	CALL	UTA	Y	Y
Rodriguez, Kylee (A)	504-419-0198	80018	Y	Y	Y	CALL	CALL	Y	CALL	UTA	Y	Y
Singelton, Jamie- awaiting license	559-618-1858 Call for info	80016										

*Roster subject to change without notice.

FCC Providers in-processing, cannot provide childcare until signed FCC license is obtained

Y = Yes the provider offers this type of care on a space available basis

All homes located off-base are licensed as AFFILIATES - annotated by (A)

Recruitment: The FCC office is recruiting providers for extended duty, shift, weekend & special needs care.

For further information, please call Lorrie Heller at 720-847-9225/307-421-7010

MilitaryChildCare.Com (<https://militarychildcare.cnic.navy.mil/mcc-consumer/home/viewhome.action>) is where you can sign up for child care for both CDCs located on Buckley and Family Child Care. There is a wait list and, unfortunately, families may be on the list for a while depending on availability and/or priority.

Fortunately, there are other ways to receive child care locally. **Child Care Aware of America** (<http://naccrapps.naccra.org/navy/director y/search.php?program=omcc>) is a site where you can find care for your child off base. Go through the list and find some that fit your needs. Remember, these facilities are not affiliated with Buckley Air Force Base, however, may be an alternative while you wait for care on base. We realize that some of these businesses are not as cost friendly as the prices you may find at the CDCs located on base or the Family Child Care homes. There are ways that we can help you financially until you are enrolled at one of the child care facilities serviced through Buckley.

Subsidy (<http://usa.childcareaware.org/feeassistance respiteproviders/feeassistance/>) can help pay for the care you are receiving outside of the Buckley Child and Youth Programs. We can subsidize for Family Child Care, Respite care, and off base child care as long as the facilities participate in the program.

Recruiting Volunteer Opportunities

What: CrossFit Gym Event
When: Saturday, May 28th at 0700
Where: 956 59th Ave, Greely, CO 80634
POC: TSgt James Beedle, 303-709-0918
UOD

What: Spartan College Career Fair
When: Thursday, June 2nd from 1100 to 1630
**Where: Spartan College, 10851 West 120th Ave,
Broomfield CO 80021**
POC: TSgt Josh Rushing, 720-670-0210
UOD

What: GO Pro Mountain Games
When: Thursday June 9th to Sunday June 12th
Where: Vail, CO 81657
POC: TSgt Alan Cabonilas, 303-709-0905
UOD

What: Wings Over the Rockies Exploration of Flight
When: Saturday June 11th from 1000-1400
Where: 13005 Wings Way, Englewood, CO 80112
POC: TSgt James Beedle, 303-709-0918
UOD

If anyone would like to attend these events with the Recruiting Team, please contact the POC assigned to the event or MSgt O'Hagan at 858-442-5688

Recruiting is looking for any opportunities to get in front of groups in the 17-39 year old range. If you know of any Events, Coaches, Corporations etc, please contact Recruiting at 720-847-9423

The Air National Guard has approved a \$3K Sign on Bonus for all AFSC not on the National Incentive List for Non-Prior Service Applicants. Please let anyone interested in the ANG know about this information.

UPCOMING EVENTS

Colorado National Guard Chaplain's Office



05 May - THURSDAY

National Day of Prayer Breakfast with Guest Speaker 0800-1000



**Denver Broncos Chaplain
Reza Zadeh**

**Come for a great meal and time of encouragement
as we grow together! All are welcome!**

26 May - THURSDAY

Annual "March to Fight Hunger" 0800-1000

- Ruck with us with donated non-perishable food items from JFHQ for a beautiful 5.3 mile walk to SECOR Cares - www.secorcares.com
- Meet at JFHQ drill floor with ruck sack/back pack full of food donations... family and friends are welcome to attend! Dogs on leashes welcome.
- Let's make a difference together to fight hunger in our community



03 June - FRIDAY

National Donut Day! 0800-1000



**Stop by the Chaplain's office at BAFB & JFHQ for a fresh donut to
celebrate this day as a community!**

Contact the FTUS Chaplain Team for more information on any of the events listed above:

CH (LTC) David Nagel
David.A.Nagel.mil@army.mil
O: (720) 250-1074

CH (CPT) Katie Delet
Kaitlin.M.Delet.mil@army.mil
O: (720) 250-1966

SSG Austin Faux
Austin.S.Faux.mil@army.mil
O: (720) 250-1055

140 FORCE SUPPORT SQUADRON (February 2022)



FSS Commander: Lt Col Carla Hunstad, 847-9590
 Dir of Ops: 1st Lt Kayla Gordon, 847-9424
 FSS Supt: CMSgt Megan Metzger, 847-9304
 FSS 1st Sgt: SMSgt Ron Ebert, 720-281-5384 / Alternate 1st Sgt: MSgt Eric Felipe
 FSM OIC & Superintendent: **Pending New Hire**
 FDO OIC & Superintendent: 2Lt Daniel Worthen & SMSgt Patrick Nay, 847-9051 or 9589
 FSV OIC & Superintendent: 1st Lt Kayla Gordon & SMSgt Leah Fishman, 847-6166 or 9975
 A&F Readiness: Ms. Brenda Batangan, 847-9116
 Yellow Ribbon Support Specialist: Mrs. Krystine Stephenson, 303-656-7325
 Student Flight NCOIC: MSgt Joshua Thornton, 847-6099



ID CARDS - HOURS OF OPERATION

COANG members:

If you need any DEERS/CAC assistance, please call 720-847-9295

(COANG members will be made priority)

We are open to assist you Tue thru Friday from 0615-1700

ALL OTHER DEERS/ID Card Customers:

Tuesday thru Friday → 0700 – 1100 (Appt. Only)

Appointments made here → <https://idco.dmdc.osd.mil/idco/>

**COANG mbrs do not use DMDC
to make an appt. please call 847-9295**

Buckley Garrison DEERS Office: Bldg. 606 DSN: 847-4357 press 1 to skip

Buckley Visitor Center 6th Ave.: 847-9381/5613

Mississippi Gate: 847-9349/6th Ave Gate: 847-9940

AIRMAN & FAMILY READINESS & OTHER CONTACTS

Ms. Brenda Batangan, Bldg 801 Rm. N259

Office Hours: Tues – Friday 0800 to 1530

Drill Weekend: 0800 to 1500

Civilian Personnel Office:

Buckley AFB Bldg. 606: 847-6191

Labor Relations: 847-6372

140th Civilian Employee Benefits

Ms. Tricia Heistermann 720-250-1172

CONG State Tuition Assistance

Dept. of Military and Vet Affairs

State TA Manager, Education counseling:

Ms. Joni Fernandez Commercial: 720-250-1550

Email: mailto:tuition@dmva.state.co.us

Website: <https://www.colorado.gov/pacific/dmva/tuition-assistance>

SELF SERVICE PERSONNEL ACTIONS

HQ ARPC
DSN: 665-0102
COMM: 1-800-525-0102
<https://mypers.af.mil>

Ensure you check out myFSSI

[Login \(af.mil\)](https://af.mil)

This is a new platform replacing vPC/myPers, view everything
Fitness, and it is where you will be completing Feedback sessions
and Evaluations!

Please see attached [myFSS Infographic](#) for more information.

MANPOWER & PERSONNEL FLIGHT (FSM)

Please remember to work with **SMSgt Michael Henderson (HRO Liaison)** for any full-timer personnel actions/questions/processing:

- Here is where he shares information → <Z:\Common\A1-Manpower & Personnel\HRO Remote>
- Submit all SF-52s, ANG 336 (AGR actions), Announcement requests, promotion packages, and any other questions or actions that need to get to the JFHQ/HRO team
- Manning document or resource questions – call SMSgt Henderson

[TEAMS -- A1 Manpower & Personnel](#)

SERVICES FLIGHT (FSV)

Services Flight Superintendent

SMSgt Fishman (847-6166)

Services Specialist

MSgt Ginzel (847-9975)

Lodging form here → <Z:\140 MSG\ Common\Lodging>

Updates on Fitness:

Fitness Testing will resume **1 April 2022**

Email SMSgt Fishman to sign up for PTL or CPR
Training

Fitness Guidance → <Z:\Common\A1-Manpower & Personnel\Fitness>

AND NOW ON TEAMS for all UFPMs!

FORCE DEVELOPMENT OFFICE (FDO)

140th Testing Times:

Weekday Testing: Thursdays @ 1300

Drill Weekend Testing:

Saturday @ 1300/Sunday @ 0830 / See your Group UTM for scheduling

140th Records Management and Privacy Act Training is a local requirement that is to be completed yearly. Training can be completed by watching the following videos and notifying your Group UTM.

Records Management - <https://youtu.be/A9I4YDpLlew>

Privacy Act - <https://youtu.be/yEpxljcVQOg>



A1 NEWS & UPDATES



Student Flight NCOIC (MSgt Joshua Thornton)

Do you know if you are eligible for a Reduced Retirement Age? This applies to those of you that plan to retire as a DSG...see attachment for more information. Majority of members ARE eligible for this!!!

Are you looking for Personnel program guidance, forms, "how to" slides, checklists, etc...?

Please look in the _A1 – Manpower & Personnel folder
Z:\ Common\ A1 - Manpower & Personnel
 And soon all of this will be on **FEAMS**, look for **A1 – Manpower & Personnel**

SEJPME and SEJPME II – Qualify for Retirement Points?

Joint Knowledge Online (JKO) courses, to include SEJPME and SEJPME II, are not authorized for the award of retirement point credit. The applicability is driven by the DoDI, not AFMAN 36-2136.

IAW DoDI 1215.07, July 30, 2019, Section 3, Sub Section 3.4, Para (6)(a), "The Secretary concerned must identify and direct the use of electronic-based distributed learning methodologies for the purpose of accomplishing unit readiness or mobilization training requirements. The service member must complete the training and education in a non-duty status."

JKO ADL courses are not SecAF directed. They do not meet unit readiness or mobilization requirements since the self-registration process by-passes unit approval, allowing for anyone to register without proper vetting. As such, these courses do not meet the intent of the above instruction in consideration of point credit award.

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

AFI 36-2907, Unfavorable Information File Program
 AFM 36-2806, Awards and Decorations
 AFI 36-2626, Airmen Retraining Program
 AFMAN 36-2664, Personnel Assessment Program
 AFMAN 36-2100, Military Utilization and Classification
 DAFI 36-2110, Total Force Assignments
 AFI 36-2134, Duty Status Program
 AFI 36-2406, Officer & Enlisted Evaluations
 AFI 36-3208, Admin Separation of Airmen
 AFI 36-2131, Administration of Sanctuary

AFI 36-2903, Dress & Appearance
 AFI 36-2651, Air Force Training Program
 AFI 36-3026, ID Cards
 AFI 36-2606, Reenlistments
 AFI 51-604, Appointments to and Assumption of Command
 AFI 36-3003, Military Leave Program
 AFI 36-3802, Personnel Spt for Contingency Ops (PERSCO)
 AFI 36-2502, Airman Promotion/Demotion Programs
 AFI 36-2501, Officer Promotions and Selective Continuation
 AFI 36-3203, Service Retirements

140 FSS Mission:

To enhance readiness, development, and quality of life by providing unmatched customer support for our most valuable asset, THE PEOPLE!

140 FSS Vision:

To deliver unrivaled force support and innovative customer service, strengthening the Total Force, our families and community



Answer ID: 14268 | Updated: 01 Aug 20

Reduced Retired Pay Age

Applicable to: Air National Guard & Air Force Reserve

The Fiscal 2008 National Defense Authorization Act, Section 647 amended Title 10, U.S.C., Section 12731, and reduced eligibility age for receipt of Reserve retired pay by three months for each aggregate (cumulative) of 90 days of qualifying active duty performed within a fiscal year. Beginning with the 2015/2016 Fiscal Year crossover, qualifying active duty may be combined between consecutive fiscal years. The effective date of the law was Jan 29, 2008. The law does not have a retroactive clause for any periods of service before this date.

NOTE: Eligibility age cannot be reduced below age 50. To request your early retirement date click the link to the "Eligibility Requirements for Reserve Retired Pay at Age 60 or Earlier" article under "Related Resources" below.

Qualifying Active Duty Service

- Involuntary mobilization (Call or order to active duty under Title 10, U.S.C., Sections 688, 12301(a), 12302, 12304, 12304a, 12305, 12406, or any other provision of law during a war or national emergency declared by the President or Congress)
- Voluntary active duty (Call or order to active duty under Title 10, U.S.C., Section 12301(d))
- Includes MPA or RPA provided such active duty is performed under 12301(d)
- As an Airmen not assigned to or participating satisfactorily in units (Title 10, U.S.C., 12303)
- Disciplinary/courts martial (Title 10, U.S.C., Section 12315 or Section 802(d))
- Muster duty (Title 10, U.S.C., Section 12319)
- Full Time National Guard duty unless under a call to active service authorized by the President or Secretary of Defense under Title 32, U.S.C., Section 502(f) for purposed of responding to a national emergency declared by the President or supported by Federal funds
- Medical treatment/medical evaluation for disability purposes or medical study (Title 10, U.S.C., Section 12301(h))

Non-qualifying Active Duty Service

- Active Guard Reserve (AGR) (Title 10, U.S.C., Section 12310)
- Annual Tour (Title 10, U.S.C., Section 12301(b))
- Captive status (Title 10, U.S.C., Section 12301(g))
- As an Airmen not assigned to or participating satisfactorily in units (Title 10, U.S.C., 12303)
- Disciplinary/courts martial (Title 10, U.S.C., Section 12315 or Section 802(d))
- Muster duty (Title 10, U.S.C., Section 12319)
- Full Time National Guard duty unless under a call to active service authorized by the President or Secretary of Defense under Title 32, U.S.C., Section 502(f) for purposed of responding to a national emergency declared by the President or supported by Federal funds
- Retired Recall to Active Duty (Title 10, U.S.C., Section 688a)

NOTE: Airmen are encouraged to maintain copies of their active duty orders in case of a discrepancy.

Impact on Benefits

Airmen will receive all retired pay benefits (e.g., commissary, base exchange, base services, etc) except:

- Medical benefits are deferred until age 60
- Blue ID card (ID card will show Airmen are not entitled to medical until age 60. At age 60, they will need to go to nearest military facility to obtain another blue ID card bestowing the medical benefit)
- Premiums for the Reserve Component Survivor Benefit Plan will be deducted from retired pay upon the age the member starts drawing pay

Tools

- [Reserve Component Survivor Benefit Plan Calculator](#)
- [Reduced Retired Pay Application](#)

Related Resource

- [Reduced Retired Pay Age Video](#)
- [Eligibility Requirements for Reserve Retired Pay at Age 60 or Earlier](#)

PepsiCo is releasing a new Rockstar energy drink infused with hemp seed oil.



This is a reminder that the use of products containing or derived from hemp, including but not limited to delta-8-tetrahydrocannabinol (delta-8-THC), delta-9-tetrahydrocannabinol, and cannabidiol (CBD), is prohibited per DAFMAN 44-197_DAFGM2021-01, *Military Drug Demand Reduction Program*, dated 16 August 2021, para 1.2.2.1.

Knowingly ingesting (orally, intravenously, through smoking/vaporization, or through other means) or using hemp products designed to penetrate the skin is a violation of Article 92 of the Uniformed Code of Military Justice (UCMJ) for Title 10 members and the Colorado Revised Statutes (C.R.S.) Title 28, Article 3.1-550, of the Colorado Code of Military Justice (CCMJ) for Title 32 COANG members. This prohibition includes commercially available hemp products. We recommend always checking the ingredients of products you consume or use, especially protein powders/bars, granola products, energy drinks, and toiletries. For more information on this topic, please contact JA.

As a reminder, the OPSS DoD-sponsored website (<https://www.opss.org/>) is a great resource to review other banned products/substances.