

MAY 17, 2023



FRONT RANGE NEWS

Cheyenne Mountain SFS · Peterson SFB · Schriever SFB

NEWS AFFECTING YOU

Chief's Corner: CMSgt. Rachel Hammer

Time. This is a word that we often associate with not having enough of but is in fact something that we all have the same amount of - no more and no less. What we do with our time is what we have control of. To maximize time, you must manage it, so I ask you to consider and reflect on the following questions...

[Click here to read the full story.](#)

Police Week Proclamation Signing

To kick-off Police Week 2023, U.S. Space Force Col. David Hanson, Space Base Delta 1 commander is joined by Chief MSgt. Sevin Balkuvvar, Space Base Delta 1 command chief and personnel from the 21st and 50th Security Forces Squadron during the Police Week Proclamation signing at Schriever SFB, May 10, 2023.

[Click here to read the full story.](#)

CU Boulder Det 105 USSF Patching Ceremony

Col. Marcus Jackson, Space Base Delta 2 commander, and Col. Marc Brock, Space Base Delta 2 commander, were afforded the opportunity to honor Air Force Cadets with Detachment 105, University of Colorado Boulder to replace their Air Force patches with Space Force patches during what is known as a patching ceremony, April 27.

[Click here to read the full story.](#)





TOP THINGS YOU NEED TO KNOW

3V3 USO ROCKET LEAGUE TOURNAMENT

The Fort Carson USO is hosting their first Local Area Network tournament, which will be a 3 v 3 Rocket League competition. Think you have what it takes to win?

When: May 20, 1 p.m.

Where: 6391 Wetzel Ave. Building 1524 Fort Carson, CO 80913

Register at: <https://colorado.uso.org/events/248>

SBD 1 DELTA RUNNING CLINIC

Come out and join the 21st Medical Group Human Performance Team to learn various skills such as dynamic mobility drills, strengthening exercises, proper running form and more. All levels of runners are welcome! Limited slots available!

When: May 31, 8 to 11 a.m.

Where: Peterson SFB Fitness Center, Gym #2

For more information or questions, contact MSgt Crystal Roatch at 719-556-1077 or Minda Parsons at 719-556-6674

CLAIMS IN REGARD TO THE ESTATE OF TSGT. CYNTHIA KUZNIAR

Any person or persons having claims for or against the estate TSgt. Cynthia Kuzniar, deceased, assigned to the 16th Electromagnetic Warfare Squadron, should contact the Summary Court Officer, Capt. Matthew Cullum, 16th EWS, at DSN: 556-5788/COMM: 719-556-5788 or by email at matthew.cullum.1@usspacecom.mil.

[CLICK HERE TO VIEW OTHER ANNOUNCEMENTS ON THE BULLETIN](#)



PA Support

[Click here to request video/photo support, marquee requests, or submit a story idea.](#)

Each request is considered based on availability of Airmen and depth of support. Please allow two working days for a support approval response.

Editor's Note

The FRN is sent out each Wednesday afternoon. Submissions are pulled from the SBD 1 Bulletin at the discretion of Public Affairs.

[Click here to submit an announcement in the SBD 1 Bulletin](#)

Community Resources

A centralized hub of helping agencies, resources and more.



Ask SBD 1
leadership a
question

TO ASK A QUESTION OR VOICE YOUR CONCERNS TO THE SBD 1 LEADERSHIP, PLEASE EMAIL:

SBD1.CC.ACTIONLINE@SPACEFORCE.MIL

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