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**NOV24**

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# TURKEY TROT 5K



TURKEY TROT 5K

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**MOODY BLUES TOO**



**MOODY BLUES**



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# THE YOUTH CENTER SUPPORTS THE MISSION

Child and Youth Programs offers vital services for the dependents of active duty military personnel, retirees, DOD civilians, NAF employees, and permanent contractors. Military children play a crucial role in the armed forces community, often facing unique challenges as they go through various transitions that can impact their education and support networks. The Youth Center's initiatives help foster their educational, social, emotional, physical, and cognitive development to help prepare them for each new chapter.

When the Youth Center members were asked what they were grateful for, they responded with wholesome gratitude that exemplifies the mission of the Child and Youth Programs:



"...for my family because my mom cooks me dinner. I am thankful for the Youth Center because they do a lot of fun stuff for us, and I can hang out with friends."

- *Elijah, 5*



"...for being born and for being good. My family does everything for me. The Youth Center is really good at doing fun stuff. We watch movies and go on fun field trips. I am thankful for my friends."

- *Kannon, 5*

The dedicated staff at the Youth Center take pride in creating a safe and nurturing environment where children are treated like family. They strategically plan engaging

activities to keep children excited and involved throughout the day. From enriching field trips to participating in CAFB youth events, these experiences foster a sense of community and belonging. While having fun, children build lasting friendships, develop important social skills, and grow together in a supportive environment, with staff committed to their safety and well-being.



"...for my family because they're always there for me and the Youth Center because it's a place to go when I'm bored and I get to talk to friends."

- *Elliot, 14*



"...for being here and for my parents because they help me learn about life experiences. The Youth Center helps me learn how to communicate and helps me make friends."

- *Faith, 12*

Youth Programs offer structured opportunities for youth to develop critical life skills through participation in the United States Air Force Programs, Boys and Girls Club of America initiatives, and National 4-H Club activities. These programs are specifically designed to promote achievement, leadership, and personal growth. By engaging in these diverse activities, children and teens are able to enhance their communication and social-emotional skills, which are vital for success in both personal and professional environments. The combination of these nationally recognized programs





# I AM THANKFUL...

not only encourages personal development but also provides opportunities for recognition and leadership, helping young people build confidence and a sense of accomplishment.



"...for what the Youth Center and my family does for me. My family keeps me healthy and loves me. The Youth Center does a good job of taking care of me and the other kids."

- Anna Sophia, 9



"...for drawing Pokemon because it's my favorite show, the Youth Center because I love the labs for education, the gym so I can run around and play with friends, and my family because we go to church and learn about God."

- DJ, 8

Youth Sports and Fitness at CAFB plays a crucial role in the holistic development of children. Beyond the physical benefits of staying active, participating in sports like Youth Soccer, Baseball, Basketball, and Flag Football helps children develop essential life skills such as teamwork, communication, leadership, and discipline. These sports also promote resilience by teaching kids how to navigate challenges, both individually and as part of a team. Through strategic thinking and problem-solving on the field, children enhance their cognitive abilities, while the emphasis on

physical fitness supports their long-term health and well-being. This combination of mental and physical development equips young athletes with skills that extend far beyond the game, preparing them for success in all areas of life.

Child and Youth Programs at Columbus Air Force Base play a vital role in supporting the growth and development of the youngest members of Team 14. Through educational programs, youth sports, skill camps, CAFB youth events, and STEM initiatives, they impact every aspect of children's lives. Planes can't fly, without CY. Child and Youth Programs is led by the dedication and care of its hard working staff who provide a strong foundation for the children's success.



"I am truly thankful to have the opportunity to lead such a passionate group of people and the chance to be in the life of each child that graces the doors of the Youth Center."

- Latasha Jones-Swoope, Youth Center Director



"I am thankful for family, life, and happiness. I am thankful for a job that allows and accepts diversity."

- Javolco Johnson, Open Recreation and Teen Coordinator

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CHILD AND YOUTH PROGRAMS





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**28-30  
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### Child Development Center

*Lisa Watson*

☎ (662) 434-2479

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Sat/Sun/Holidays: Closed

### Education Center ☎

*Europonda Stone*

☎ (662) 434-2561

Mon-Fri: 0800-1400

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*Amber Meiborg*

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*Latasha Jones-Swoope*

☎ (662) 434-2504

Office Hours:

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Sat/Sun/Holidays: Closed

### Open Recreation

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Mon-Fri: 0630-1730

### Teen Room

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### Bowling Center ☎

*Greg Finney*

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Mon: 0700-1600 (grill only)

### Open Bowling

Tues-Thurs: 0700-1600

Fri: 0700-1700

Sat: 1000-2000

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### Event Center ☎

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### Outdoor Recreation

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- Arts & Crafts Center
- Bowling Center
- Event Center
- Kaye Auditorium
- Library
- Military & Family Readiness
- Outdoor Rec
- Youth Programs
- Fitness Center
- Wing Event
- Special Event

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>SAVE THE DATE <b>BREAKFAST with santa</b> AT THE EVENT CENTER 7 DECEMBER ♦ 1000-1300</p>		 <p><b>LUNCH-N-BOWL</b> <b>FREE BOWLING</b> MON-SAT 1100-1300 SHOE RENTAL INCLUDED Questions? Call (662) 434-3246</p>		<p>1 GPT 25-02 GRADUATION UPT 25-01 GRADUATION</p>	<p>2 FALL SKEET &amp; TRAP TOURNAMENT 0800, Skeet &amp; Trap Range</p>
<p>4 YOUTH BASKETBALL REGISTRATION Youth Center</p>	<p>5 STORYTIME: ELECTION DAY 1000, Library</p>	<p>6 NEWCOMERS ORIENTATION 0800-1230, MFRC POP-UP ODR 1600-1800, State Village Park</p>	<p>7</p>	<p>8</p>	<p>9 REC-ON ATV &amp; ZIP-LINING DEPARTS 0900, Outdoor Recreation</p>
<p>TRANSITION ASSISTANCE PROGRAM WORKSHOP   0730-1600, MFRC</p>					
<p>11 VETERANS DAY HOURS </p>	<p>12 STORYTIME: FOOTBALL 1000, Library HEARTLINK 1700-2030, MFRC</p>	<p>13 EFMP 50 HOLIDAY ART KITS 1600-1730, MFRC</p>	<p>14 SMOOTH MOVE 1000-1100, MFRC WREATH MAKING CLASS 1800-2100, Bowling Center</p>	<p>15 UPT 25-02 GRADUATION ASSIGNMENT NIGHT 80'S NIGHT 1730-2130, Event Center</p>	<p>16</p>
<p>18</p>	<p>19 STORYTIME: CAMPING 1000, Library</p>	<p>20 USAJOBS WORKSHOP 0930-1100, MFRC BOSS &amp; BUDDY 1530, Event Center</p>	<p>21</p>	<p>22 TURKEY TROT 5K 0700, Fitness Center</p>	<p>23 HOLIDAY BAZAAR 1100-1600, Commissary Field</p>
<p>25</p>	<p>26 AMF-S 25-03 GRADUATION STORYTIME: THANKSGIVING 1000, Library</p>	<p>27 GPT 25-03 GRADUATION</p>	<p>28 THANKSGIVING HOURS </p>	<p>29 AETC FAMILY DAY</p>	<p>30</p>
<p>THANKSGIVING BREAK CAMP   0630-1730, YOUTH CENTER</p>					

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# OUTDOOR RECREATION

## UNDER NEW MANAGEMENT

LOOK FOR THE PINK-HAIRED LADY!



*Pictured: Sheila Ayala on her Indian motorcycle*

14 FSS Welcomes Sheila Ayala as the New Director of Outdoor Recreation at CAFB!

Sheila (pronounced "shay-lah") has a deep passion for outdoor activities and a strong commitment to creating exceptional recreational opportunities. She is confident that her innovative ideas and new energy will elevate ODR programming.

Originally from Puerto Rico, Sheila has an impressive track record in the government sector, where she has held various leadership roles. She began her journey as a Fitness Director with the Army, transitioned to the Navy, and now proudly joins the Air Force team. Throughout her career, she has sharpened her leadership and organizational expertise, and we're excited to see her put these skills into action.

Sheila has ambitious plans to broaden and diversify the recreational programs for service members and their families. Some exciting new offerings she plans to

implement include day and night trips to nearby locations, shopping excursions, Kidults programs, convenient delivery and pickup services, and afternoon paddling sessions on SAC Lake. Sheila aims to introduce popular games like Cricket, Pickleball, and Tennis to Venture 360, ensuring there's something for everyone to enjoy!

## LET'S GO OUTSIDE!

Sheila is excited to launch the "Let's Go Outside" campaign, designed to motivate both children and adults to get up, get outdoors, and embrace an active lifestyle. This initiative offers a variety of activities to get everyone outdoors and active, from family-friendly nature hikes at Natural Bridge Park in Alabama to thrilling ATV rides, ziplining adventures, and ODR Pop-Up events right in your backyard! The campaign offers recreation opportunities that strengthen physical well-being, relieve stress, and foster meaningful connections with family and friends. Check out the full list of ODR activities and join us in the "Let's Go Outside" movement!



# WHAT IS R4R?

The Recharge for Resiliency (R4R) program is an Air Force initiative designed to enhance the well-being and morale of service members and their families by offering affordable, high-quality recreational opportunities. Active duty members, Reservists, Guard members, and their families can all take advantage of R4R's discounted prices for outdoor adventures, fitness programs, and leisure activities, providing a chance to recharge mentally and physically. Most ODR programs have an R4R price to take advantage of. R4R includes sub-programs like the Single Airman Program Initiative (SAPI) and RecOn, which cater to different groups, making it easier for the entire Air Force community to access these experiences.

## UPCOMING EVENTS YOU DON'T WANT TO MISS!

### 6 NOVEMBER – POP-UP ODR

Jump, bounce, and play with Outdoor Recreation from 1600 to 1800 at State Housing Playground. Enjoy bounce house inflatables and games for free!

### 9-11 NOVEMBER – REC-ON ATV & ZIP LINING

Travel to the Smoky Mountains in Gatlinburg, TN with ODR to zip line down the mountains and travel the rocky trails. They'll depart at 0900 on 9 Nov. It's \$175 if you qualify for R4R, and \$435 regular price. That includes transportation there and back, lodging, and all equipment and training needed for both ATV operation and zip lining.

### 23 NOVEMBER – HOLIDAY BAZAAR

Check out the Columbus Holiday Bazaar from 1100-1600 at the Commissary Field with vendors, holiday food, inflatables, and games!

### 14 DECEMBER – ALABAMA NATIONAL BRIDGE PARK ADVENTURE

Spend your Friday enjoying the breathtaking natural rock formations and waterfalls at Alabama National Bridge Park! The adventure begins at 0700! The cost is \$10 per adult, and \$5 per child 12 and under. Call ODR and register by 12 December.





# POP-UP ODR

JUMP, BOUNCE, & PLAY WITH OUTDOOR RECREATION!

6 NOV • 1600-1800

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*Night*

15 NOV

1730-2130

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GO  
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**COACHES' MEETING  
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