



14 FSS/FSW – C3 Unite Program Event Menu

Ready to Execute Programs (RTE)

Event	Comments	Cost
Squadron Fun Day	Description: Reserve FSS facilities for a day of fun and team building (i.e., BLAZE commons, Arts and Crafts, Bowling, Outdoor Recreation, Venture 360 facilities (or equipment). Custom programs can be designed to include recreational outings, fitness, pool parties, adult inflatables. Depending on the size of the group as well as the availability/size of the facilities, events can be scheduled throughout the day or run concurrently. This program can be tailored for any length of time, location or season.	Cost: Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn.
Squadron Bowling	Description: A Squadron Bowling event, designed to provide squadrons the opportunity to enjoy a team building bowling event at the base bowling center. The event builds squadron morale and team cohesion by affording personnel the ability to develop team-building, build unity, and improve communication among team members that typically may not work together. Build your event around cosmic bowling, pints & pins or the popular castle bowling or clutch game.	Cost: APF \$5 per person for 2 hours of unlimited bowling. Food NAF: Can include food from the Bowling Center.
Venture 360	Description: The Force Support Squadron recently opened Venture 360 (seasonal). The Venture 360 Fields (former golf course) is an outdoor activity center established by Outdoor Recreation to provide outdoor activities throughout most of the year. Cohesive activities include: inflatables, putt-putt golf, volleyball, ping pong, cornhole, horseshoe and paintball coming soon.	Cost: Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn. APF cost will be used to reserve the facility.
Outdoor Adventures	Description: Spend the day with Outdoor Recreation and take advantage of the many outdoor recreation opportunities in your local area. Depending on the interests of your Airmen and location of your function, consider participating in one of the following activities: Outdoor Adventures: hiking, trail riding, paintball, low ropes course High Adventure: ATV riding, rock climbing, sky-diving, zip-lining, mountain biking, kayaking, high ropes course. Water Sports: Jet skiing, SCUBA, sea kayaking, log rolling.	Cost: Consider using your NAF \$\$ to host a barbeque or purchase food from the Bowling Center. APF cost varies based of items rented, see ODR for cost list.
Team Building Gun Shoot	Description: Spend time on the range with the Rod and Gun Club, for a Team Building Gun Shoot	Cost: Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn.

Xtreme Team	Description: Use your local FSS programs and put a programming spin on them to be fun yet slightly competitive. Have your Unit/Squadron challenges in various events: Pool Obstacle Course, Paintball attack, Alpha Warrior Rig, most push-ups, etc.	Cost: Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn.
Disk Golf	Description: Disc golf is a flying disc sport in which players throw a disc at a target, and is played using rules similar to golf. Squadrons can choose to have single, double or foursome competitions. Players seek to complete a course in the lowest number of total throws. Depending on how many holes you chose to play, this event can take approximately 2-5 hours in length.	Cost: Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn. No APF cost to pick up disc golf materials from the Fitness Center.
Themed Fun Runs	Description: Themed Fun Runs – Zombie Run, Color Run, Tough Mudder, Glow, Run, and Warrior Dash FSS Facility(s): Fitness Center, Outdoor Recreation Brief Description of the Program: Themed races take the typical 5K to the next level. This program can be tailored for any race length (5K, 10K, ½ marathon) or time. Zombie (Mud) Run: A 5K obstacle (and mud) run, in which zombies infected with the living dead virus chase participants. Runners race with a flag football belt and three flags. The goal is to finish the race with at least one flag. Color Run: An un-timed 5K event in which participants wear white at the starting line and throughout the course of the race are doused from head to toe in different colors at each kilometer. Glow Run: An un-timed 5K event in which participants wear and carry glow sticks as well as glow in the dark body/face paint. For the full effect, this race must take place in the dark. Tough Mudder: A teamwork-focused, 5K obstacle run that is NOT a race—rather a collaborative teamwork challenge. Warrior Dash: A 5K obstacle course race which typically includes tackling, sliding, climbing and tunneling through, up and around objects.	Cost: Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn. APF cost will vary based on the type of run.
Team Cohesion Challenge	Description: Team Cohesion Challenge (TCC) provides Airmen an opportunity to participate in adventure race type events while incorporating the four pillars of Comprehensive Airman Fitness; Mental, Physical, Social, and Spiritual. This program is built around GORUCK, a small grassroots company that is plugged into a young, active, tech savvy group of participants. While having a large physical component, this company was selected specifically for their military relevance, small event footprint, and focus on group and team dynamics. TCC is a contracted event and is designed as an introduction to the team-based training found in Special Operations Units. The event is approximately 4-5 hours in length, very physically demanding through the use of calisthenics and other exercises/activities, and covers an overall distance of 7-10 miles. (*No federal endorsement of GORUCK either intended or implied.*)	Cost: Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn. APF cost will vary based on items needed to purchase for event.



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Unit Developed Programs (UDP)

Event	Comments	Cost
Deadbolt Escape Room	Description: Can you find your way out? This escape room is located in Tupelo, MS which includes 5 rooms with 8 people per room. Hours to consider include: Friday 5pm-11pm and Saturday 1pm-11pm.	Cost: APF cost: This escape room will open during non-operating hours for large groups at \$12 per person, pricing subject to change. NAF cost will vary based on food.
Get Out of Starkville	Description: Will you be able to escape? Located in Starkville, MS this escape room offers 3 rooms with 8 people per room. Weekend hours are: Friday 4pm-11:30pm, 10am-1130pm, and Sunday 1pm-8pm.	Cost: The rate for large groups of 15 or more is \$15 per person, pricing subject to change. NAF cost will vary based on food.
Escape Tuscaloosa	Description: Can you make it out in time? Located in Tuscaloosa, AL this escape room offers up to 5 rooms with 8 people per room. Weekend hours are: Friday 4pm-10:30pm, Saturday 11am – 10:30pm.	Cost: Large groups are \$16 per person. Also, Escape Tuscaloosa could also assist with food and beverages, pricing subject to change. NAF cost will vary based on food.
Memphis Zoo	Description: The Memphis Zoo, located in Midtown, Memphis, TN is home to more than 3,500 animals representing over 500 different species.	Cost: Tickets may be purchased with groups up to 20 or more with a 20% discount on general admission. General admission tickets are \$18 for adults and \$13 for children. The tickets must also be purchased in bulk, not individually, pricing subject to change. NAF cost will vary based on food.
Audubon Zoo/Nature Institute	Description: Located in historic Uptown New Orleans Audubon Zoo offers an exotic mix of animals from around the globe, engaging educational programs, hands-on animal encounters and lush gardens.	Cost: Discounted group tickets may be purchased through ITT, price varies based on packages ranging from \$12.75-\$34.45 per person, pricing subject to change. NAF cost will vary based on food.
Build your own Escape Room	Description: Mix together puzzles, immersive environments, and team-building exercises and you have the recipe for an Escape Room. Basically, a team is given 60 minutes to solve various clues and puzzles which enable the members to “escape” from a room. Not only are Escape Rooms fun, they also provide a controlled problem-solving environment, where teams must collaborate in order to solve a series of problems. Military teams can use Escape Rooms as a way to build communication and problem-solving skills, while gaining a better understanding of team dynamics and leadership tendencies. To avoid the cost of an offsite event, units can create Escape Rooms within their own workspaces. After completing the room, teams can then debrief their experiences.	Cost: APF cost will vary based on supplies. Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn.

Riptide Regatta	Description: Challenge your Flight with the ability to stay afloat as a team. Customize/Design/Assemble a pontoon boat to a team member to get to Leadership Island.	Cost: Supplies to build "boats. (Includes boxes/duct tape, etc.)Rental items: Charcoal grill, paddles, pool rental & lifeguards. NAF Food option can include food from the Bowling Center (would need to obtain advance orders).
Upsurge Trampoline Park	Description: Located in Tuscaloosa, AL Upsurge is an ultimate indoor adventure park with several trampoline courts, rock climbing, obstacles and more. Larger groups of 50 or more can participate after hours in Upsurge After Dark. For more information 205-349-2141.	Cost: Cost vary, no outside food allowed but snack bar available.
Strawberry/ Pumpkin Picking	Description: Lazy U Farms in Macon, MS is the perfect stop for the agritourist. Enjoy picking strawberries or pumpkins (depending on the season). Fresh vegetables, herbs, and fruits are available for purchase. Visit anytime of the year and enjoy a scenic ride around the farm or walk the trails followed by a picnic at the pavilion. For more information 662-361-0237.	Cost: \$5 per person included tractor tailor ride around the farm, cost subject to change. NAF Food option can include packing boxed lunches from the Bowling Center (would need to obtain advance orders).
Blueberry Picking	Description: The Blueberry Patch in Starkville, MS offers naturally grown blueberries, no sprays, herbicides, pesticides or synthetic fertilizers. Call Rhonda Head to set up a picking time. For more information 662-769-2896.	Cost: You pick; \$12 per gallon, already picked; \$20 per gallon, cost subject to change. NAF Food option can include packing boxed lunches from the Bowling Center (would need to obtain advance orders).
Memphis Music Hall of Fame	Description: Located in Memphis, TN on the corner of Second Street and the famous Beale Street, visit the Memphis Music Hall of Fame to learn all about the city's legendary music history. Browse exhibits and museum displays about artist who shaped the Memphis sound.	Cost: from \$8 per person.
Historic Memphis Walking Tour	Description: This two-hour walking tour of Memphis explores the city's rich history at a fun and leisurely pace. Your guide will highlight the city's history and some of the characters who have made Memphis one of the most unique and colorful places in the world. Along the way you'll see: <ul style="list-style-type: none"> • Historic Court Square • Fourth Bluff Park, overlooking the Mississippi River • Civil War sites (the Battle of Memphis and Forrest's Raid) • Cotton Row • Panoramic rooftop views of the city • Deadman's Alley • Main Street, and Dr. Martin Luther King Jr.'s last march The tour includes watching the famous March of the Ducks at the Peabody Hotel, a Memphis tradition since 1933. Departs Beale Street and BB King Blvd. Available 9:30 a.m. Monday-Saturday during March-October and 9:30 a.m. Saturdays only in February	Cost: \$25 for ages 7 & up. Advance tickets required, tours sell out quickly. <i>Include the Beale Street Walking Tour for a 10% discount, pricing subject to change.</i> NAF Food option can include packing boxed lunches from the Bowling Center (would need to obtain advance orders).

	<p>and November. To book or for more information 901-527-9415.</p>	
<p>Beale Street Walking Tour</p>	<p>Description: Voted America’s Most Iconic Street by USA Today, Beale Street is steeped in colorful history and vibrant culture. During this one-hour walking tour you will explore the stories behind the legends and the musicians, gangsters, politicians and crooks who helped make Beale Street the Home of the Blues.</p> <ul style="list-style-type: none"> • A. Schwab's • Handy Park • Old Lansky's • Saloon Row • "The Castle of Missing Men" <p>Departs Beale Street and BB King Blvd. Available 1:30 p.m. Monday-Saturday during March-October and at 1:30 p.m. Saturdays only in November. To book or for more information 901-527-9415.</p>	<p>Cost: \$15 for ages 7 & up. Advance tickets required, tours sell out quickly. <i>Include the Historic Memphis Walking Tour for a 10% discount, pricing subject to change.</i> NAF Food option can include packing boxed lunches from the Bowling Center (would need to obtain advance orders).</p>



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Volunteer Programs

Event	Comments	Cost
Happy Irby Parkway Litter Pick Up	Description: Help keep the front gate leading to CAFB clean by becoming a litter pick up volunteer (team). Event suitable for all ages. Cleaning up litter protects wild animals from harm and makes the area a better place for people to observe and enjoy. Litter pick-ups usually last from 2-4 hours.	Cost: APF N/A Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn.
Habitat for Humanity	Description: Help build a home for someone in need or volunteer at the local store. Require a 2 week notice prior to showing up. For more information call 662-329-2501 or visit: https://www.habitat.org/volunteer/near-you/find-your-local-habitat .	Cost: APF N/A Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn.
Airman's Attic	Description: The Attic provides a place for us to go with donations such as furniture, small appliances, kitchen equipment and other household goods that are in good usable condition. These items are made available to ranks E-4 and below at no charge. Volunteers are always needed to sort, clean and display items. For more information call 662-434-1614.	Cost: APF N/A Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn.
Encore (Tornado/Disaster Relief)	Description: Encore is a program to assist with disaster relief, they stay in the area until the last person is served. The program is ran through the First United Methodist Church. For more information call Aslyn Cox at 662-542-8054.	Cost: APF N/A Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn.
Lowndes County Humane Society	Description: Assist in the care and comfort of stray and abandoned animals in Lowndes County by volunteering at the Humane Society. Walking pets are in groups of 5 people and under. The Human Society offers supply drives or you can coordinate your own, they will be happy to provide a supply list of items needed. Call for more information.	Cost: APF N/A Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn.
United Way	Description: The United Way supports many agencies in Lowndes County with many volunteer opportunities. For more information call 662-328-0943.	Cost: APF N/A Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn.
Fishes & Loaves (Food Kitchen)	Description: This United Way program allows volunteers to assist in serving meals at the Loaves and Fishes Soup Kitchen. Serving times are generally from 11am-1:30 pm. The Loaves and Fishes Community Soup Kitchen is located at 223 22nd Street North. For more information call 662-328-0943.	Cost: APF N/A Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn.

Boys & Girls Club Annual Fall Festival <i>October/Fall Event</i>	Description: Volunteers are needed to assist with the festival. For more information call 662-244-7090	Cost: APF N/A Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn.
Little Hands Big Trucks & Race Cars <i>Fall Event</i>	Description: Unlimited volunteers are needed to assist with this event. For more information call 662-328-0943.	Cost: APF N/A Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn.
Columbus Haunted House <i>October/Fall Event</i>	Description: The Columbus Benefit Committee needs volunteers to be zombies and help set-up and breakdown. For more information call 662-549-5909.	Cost: APF N/A Consider using your NAF \$\$ to order food the Bowling Center or have a burger burn.
Volunteer Columbus <i>October/Fall Event</i>	Description: During this open house you will learn how to organize and become a partner with Volunteer Columbus. For more information call 662-328-0943.	Cost: APF N/A Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn.
Main Street Columbus <i>Fall Event</i>	Description: Volunteers are needed to help assist with sorting Christmas lights and decorations. For more information call 662-328-6305.	Cost: APF N/A Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn.
Salvation Army Thanksgiving Dinner <i>Fall Event</i>	Description: Volunteers are needed to assist with preparing and serving meals to the community. For more information call 662-327-5138.	Cost: APF N/A Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn.
Salvation Army Bell Ringing <i>Fall/Winter Event</i>	Description: Volunteers are needed to ring bells at various locations. Individual and groups are welcome. For more information call 662-327-5137.	Cost: APF N/A Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn.
Columbus Toy/Bike Drive <i>Winter Event</i>	Description: Volunteers are needed to donate toys and assemble then distribute bikes in the community. For more information call 662-889-3702.	Cost: APF N/A Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn.
Coats for Kids Drive <i>Winter Event</i>	Description: Salvation Army does an annual "Coats for Kids" drive. New or gently used coats can be donated (at designated locations). The Salvation Army collects, cleans, and then distributes the coats to thousands of children in need of a coat. For more information call 662-327-5137.	Cost: APF N/A Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn.

<p>MLK Day of Service <i>January Event</i></p>	<p>Description: Unlimited volunteers are needed for this National Day of Service at the Columbus Soccer Complex. For more information call 662-328-0943.</p>	<p>Cost: APF N/A Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn.</p>
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No Cost Programs

Event	Comments	Cost
Amazing Race/ Scavenger Hunt	Description: Squadron Scavenger hunt, teams (of 2 to 4) are sent out to accumulate, without purchasing, a series of common, outlandish, or humorous objects, from around the squadron (or base). Teams will work together to find items, complete challenges, and even answer some trivia. Selected squadron team members may be strategically posted to provide the item(s) when a team shows up to that scavenger location. Team returning first with all the items wins. Note: Additional rules to be defined by the organization. Detailed example available.	Cost: APF N/A Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn.
Board Game Day	Description: Let the Board Games Begin. Have team members bring in their favorite board games or check out games from the Library. Assign game hosts to select the games to be played and host applicable games as required.	Cost: APF N/A Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn or team members can also bring in their favorite snacks (snacks put in a central location to be shared by all).
Chili Cook Off	Description: Calling all cooks to get out those aprons. Contestants each prepare (Chili) dishes for judging either by the squadron leadership, or three newest members, or by several individuals from another squadron or on base organization (CGO, Chiefs Group, etc.). Too hot outside for chili? Select any seasonal dish as a theme for the competition.	Cost: Free Everyone enjoys the Chili.
Unit Fitness Challenge	Description: Unit members compete in individual and team events like Most Pushups, Most Miles Run, Most Steps Walked, Who Can Hold Longest Plank, etc.	Cost: APF N/A Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn.
Time to Dance	Description: Find the best dancer in the squadron and have that person or persons teach a dance class to the rest of the squadron (Electric Slide, the Wobble, etc.), very family friendly...just in case you want to invite the kids/family members. Option: request to feature your dance moves at a commander's call and challenge others squadrons to be featured at the next call.	Cost: APF N/A Consider using your NAF \$\$ to order food from the Bowling Center or have a burger burn.
"Bigger or Better" Scavenger Hunt	Description: Each team starts with one penny and has to go office-to-office (could be in their unit or through pre-coordination it could be another unit) and ask, "Can you give us anything bigger or better?" Within a set time limit, the goal is to exchange the penny for anything bigger or better and since it is so open ended, it may lead to funny results (left over lunch, old coffee mug, box of tissue, etc.). Selected team members (with lanyard badge identifying them as a member of the C-unit	Cost: Free Food: N/A.

	<p>scavenger hunt team) can visit as many offices as time permits to gradually improve their object. The event tests their ability to communicate vision and purpose of the event in a short amount of time and garner support (bigger or better item). Other than the starting penny, no additional money can be given/exchanged. Hunt ends with a display of each team's bigger or better item and awards ceremony with applause or certificates for quirkiest find, biggest haul, etc. and stories of each other's adventure.</p>	
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Unite Program

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The intent of Unite is to provide squadron leaders with the maximum flexibility to develop and deliver programs to build cohesion for personnel within their unit.