

Commander's Call Topics



April 23, 2015

"There is no greater name for a leader than mother or father.
There is no leadership more important than parenthood."

*Sheri L. Dew
American author and publisher
(b. 1953)*

April 18-26 is
National Park Week.
Find the one
nearest you at
www.FindYourPark.com

Child Abuse Prevention: It Only Takes a Minute

Child safety and well-being are everyone's responsibilities, but many times passers-by, friends, community members and even parents are reluctant to speak up. Talking to people about parenting or reporting potential child abuse or neglect can feel uncomfortable. We think it's none of our business or that if something is truly wrong someone else will step in. It takes courage to speak up, but it only takes a minute to make a difference. Child safety is your business.

It only takes a minute to reach out to a parent under stress

If you see a parent under stress, offer your help or guidance. Sometimes a frustrated parent just needs a short break or someone to discuss their parenting woes with. Here are some ways you can help a parent under stress:

- **Volunteer your time** - Offer to watch the child for a short period while the parent steps away to cool off.
- **Listen** - Have a conversation about what's bothering the parent. Actively listen, reinforce that everyone gets frustrated from time to time and that it's OK to ask for help.
- **Point them to the right resources** - If the child is under the age of three, the New Parent Support Program can offer support. Your installation Family Advocacy Program or family support center can advise on local and online resources, family-friendly activities and services for families with special needs. Parents with children of all ages can call Military OneSource at 800-342-9647 for free, confidential non-medical counseling.

It only takes a minute keep your own children safe

Supervision is a key component of safety for children and youth of all ages. Here are some precautions you can take to keep your child safe:

- **Avoid leaving your child unsupervised.** Contact your family support center or Family Advocacy Program to learn about local guidelines for the safety and supervision of children and youth.
- **Make sure your young child is in a safe place** like a playpen or crib if you absolutely need to step away for a moment.
- **Reach out to a responsible friend, neighbor or babysitter when you need time to yourself.** Everyone has moments when they need a break. Make sure your child is cared for during those moments.
- **Reduce or eliminate electronic distractions when providing care and supervision.** It only takes a minute for an unintended tragedy to occur.
- **Reach out to any of the resources listed in the section above** if you need parenting advice.

If you see an unsupervised child, take immediate action. Find the child's caregiver or call local law enforcement for help. If you suspect child abuse or neglect, there are resources you can turn to for help:

- **Call 911 or the military police** if you are on an installation, if you witness violence or know someone is in immediate danger.
- **Call the installation Family Advocacy Program or the local civilian Child Protective Services** if you suspect child abuse or neglect.
- **Call your state's child abuse reporting hotline or contact Childhelp at 800-4-A-CHILD (422-4453).**

When child abuse occurs, the Family Advocacy Program supports the child victims and provides services to parents. The program helps families develop healthy relationship skills and address common relationship and parenting challenges during every stage of life. You can learn more about the program and child abuse prevention on [Military OneSource](http://MilitaryOneSource).

► RESOURCES

Website access to the following resources can be gained by clicking on the name.

[AF.mil](#)

[Airman magazine](#)

[Military OneSource/HomeFront](#)

[Air Force Personnel Center](#)

[Air Reserve Personnel Center](#)

[Department of Defense News](#)

[Department of Veteran Affairs](#)

[TRICARE](#)

[U.S. Government Website](#)

[Air Force Association Scholarships](#)

[Air Force Safety Center](#)

[Civil Service Employment Opportunities](#)

[NAF Employment Opportunities](#)

[Air Force Bands/Outreach](#)

► THIS WEEK IN AIR FORCE HISTORY

April 23, 1956 - The Douglas C-133 Cargo Master was flown for the first time.

April 24, 1943 - First class of women pilots graduated from U.S. Army Air Forces (US AAF) flight training.

April 25, 1944 - Flying a Sikorsky YR-4 helicopter, Lt. Carter Harman, 1st Air Commando Group, rescued four men from the jungle in Burma, the first combat rescue by helicopter in the US AAF.

April 26, 1952 -- In air-to-air operations, Maj. William H. Wescott, 51st Fighter-Interceptor Group, destroyed his fifth MiG in four weeks, becoming the Korean War's twelfth ace.

April 27, 1963 -- A Titan II, launched from an underground silo at Vandenberg AFB, California, made the first successful flight of intercontinental range.

April 28, 1993 – Secretary of Defense Les Aspin announced that women would be allowed to serve in combat roles. This change in policy meant that female pilots would fly USAF combat aircraft.

April 29, 1918 – Lt. Edward V. Rickenbacker, the leading American ace of World War I, downed his first aircraft.

Today in Cyber Strategy: Secretary of Defense Ash Carter will unveil the Pentagon's cyber strategy when he delivers the Drell Lecture at Stanford University, updating the original cyber strategy of 2011 and building on DOD's three cyber missions:

- Defend DoD networks, systems and information;
- Defend the U.S. homeland and U.S. national interests against cyberattacks of significant consequence;
- Provide integrated cyber capabilities to support military operations and contingency plans.

► CURRENT ISSUES

[AF top leaders hold event for Sexual Assault Awareness, Prevention Month](#)

"Today marks the end of Sexual Assault Awareness Month, but it is certainly not the end of the crusade, the work goes on," said [Secretary of the Air Force Deborah Lee James](#) at an event at the Pentagon in recognition of Sexual Assault Awareness and Prevention.

[CSAF challenges Airmen to stay focused on mission, people](#)

Noting that force-shaping is behind us, [CSAF Gen. Mark A. Welsh III](#) reminded everyone in an [Airman to Airman video](#) to stay focused. "You're the best in the world in what you do and nobody can compete with you if you keep that focus."

[Roll Call: We must do better](#)

Stressing the importance of strength that comes from the ability to stand as one, [Chief Master Sgt. of the Air Force James A. Cody](#) urged Airmen to eliminate the "real enemy: sexual assault," during his most recent [Roll Call](#).

► PERSONNEL ISSUES

[AF begins testing phase for women in combat roles](#)

This month, 22 years after then Secretary of Defense Les Aspin announced that women would be allowed to serve in combat roles, the AF will begin conducting the physical evaluations required to explore opening the last six career fields currently closed to women — ground combat roles.

For more information on Air Force heritage, visit <http://www.airforcehistory.af.mil>

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