

MY HURLBURT *Life* MAGAZINE

24 Jan | *National
Belly Laugh
Day*

FIND THE
1 SOFSS "KRAKEN"
HIDDEN INSIDE TO
ENTER DRAWING FOR
\$100
SEE PAGE 4 FOR
DETAILS



HURLBURT FIELD
 **FORCE**
SUPPORT SQUADRON

5 JANUARY
DIY CRAFT NIGHT
COMMUNITY CENTER

22 JANUARY
4-CLUB GOLF TOURNAMENT
GATOR LAKES GOLF COURSE

22 JANUARY
UFC 270 AT THE HOOCH
INSIDE THE SOUND SIDE

**SATURDAY,
22 JANUARY**

8AM SHOTGUN

Register by
Wednesday,
19 January

GATOR LAKES GOLF COURSE

4-CLUB

INDIVIDUAL STROKE PLAY
TOURNAMENT



\$20 Plus applicable green & cart fees // Prizes, awards, and lunch included

(850) 881-2251 myhurlburt.com

MY HURLBURT

Life

M A G A Z I N E



This month we remind you to take time to be mindful, balanced and reconnect with yourself.

Photos: Ssgt Madison Carson with Ramona Britto



1 SOFSS Commander
Lt Col Jacob D. Wygant

1 SOFSS Deputy Director
Mr. Brian Wiggins

Marketing Director
Melanie Lerman

Sponsorship & Sales Coordinator

Matthew "Shane" Stafford

Visual Information Specialists
Deborah Ledbetter
Eva McDonough

Social Media Specialist
Morgan Millikan

Marketing Assistant
Maricel Saxe

Contents of My Hurlburt Life are not necessarily the official views of, nor endorsed by, the U.S., Government, the Department of Defense, the Department of the Air Force, or 1st Special Operations Force Support Squadron (1 SOFSS). The appearance of advertising in this publication does not constitute endorsement by the Department of Defense, the Department of the Air Force or 1st Special Operations Force Support Squadron of the products or services advertised. For customer service, questions or comments:

1 SOFSS Marketing Office 145 Letourneau Ave., Bldg 90327, Suite 123, Hurlburt Field, FL 32544, (850) 884-4252, heyFSS@us.af.mil, Subject to change without notice.

Issue No. 25

IN THIS JANUARY ISSUE

FEATURES

2 | 4-Club Individual Stroke Play Golf Tournament

4 | Find the Kraken and Connect with Us

5 | January Fun Page

7 | A Day for Belly Laughs

8 | January FOCUS Deals

11 | Eat Smarter: Hidden Sugar Intake

12 | Organize Your Life!

14-15 | Mindful Living

16 | Letter Writing Week

19 | Hug it Out!

20 | Retiree Corner

28 | Healthier Eating Options and Campus Dining

FACILITIES

6 | Hurlburt ITT and CDC

8 | UFC at The Hooch inside The Soundside & Kraken Kafé

10 | Library and Family Child Care

13 | Hurlburt Lanes Bowling Center

18 | Fitness Schedule

21 | Gator Lakes Golf Course

22-23 | Lunch Specials Spare Time Grill, Oasis Caf , & Velocity Caf 

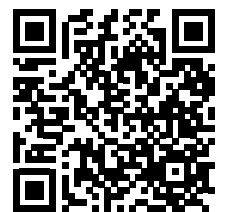
24 | Community Center and Outdoor Rec

25-26 | FSS Base Map and Facility Contact Information



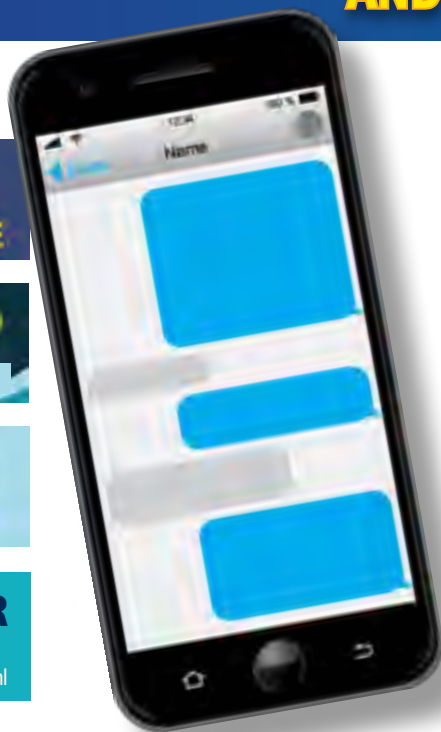
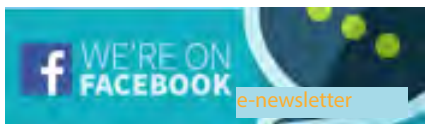
Events Calendar

For the latest 1 SOFSS events and activities, scan the QR Code with your camera on your smart phone and tap the link.



<https://www.myhurlburt.com/pages/fsscaldendar.html>

Follow us on Facebook @hurlburt force support | myhurlburt.com | 3



Follow or Like Hurlburt Force Support and our other Facility Facebook pages:

- Hurlburt Force Support
- Hurlburt Field Library
- Hurlburt Fitness Center
- Hurlburt Field Aquatic Center
- Hurlburt Field Outdoor Recreation
- Hurlburt Field Child & Youth
- Hurlburt Field Airman and Family Readiness Center
- The Soundside on Hurlburt Field
- Hurlburt Information, Tickets & Travel
- Gator Lakes Golf Course, Hurlburt Field
- Hurlburt Field Community Center (The Landing Zone)
- Hurlburt Field Bulletin and Events
- Hurlburt Field NAF HR



FOLLOW US ON INSTAGRAM @HURLBURT_FSS



CHECK US OUT ON THE WEB MYHURLBURT.COM

ANOTHER WAY TO WIN WITH YOUR 1 SOFSS -
 FIND THE MISSING 1SOFSS KRAKEN
 & WIN A \$100 GIFT CARD!

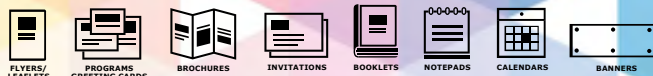
1 SOFSS is searching for its **Kraken**. Find it inside this My Hurlburt Life magazine, email its location to myhurlburtlife@gmail.com subject "Kraken" no later than 25th of the current month and you could win a **\$100** gift card. *Must be 18 or older and be a valid DoD cardholder.



Hint!
 The hidden Kraken is much smaller than this size



Scan QR to Access Print Shop Request Page



The HURLBURT FIELD
PRINTSHOP



Available for all DoD ID Card Holders
 Now accepting GPC, Credit Card, Cash & Check

Flyers

Posters

Banners

Lamination

Cards & Invitations

Programs & Booklets

Canvas Printing & More...

1 SOFSS/FSK Marketing
 (850) 884-2954

Bldg. 90327
 145 Letourneau Ave.
 Hurlburt Field, FL 32544

Place your order at myhurlburt.com

NOW HIRING

The Hurlburt Field Child Development Center is looking for Early Childhood Professionals, entry through leadership levels!

**VISIT
USAJOBS.GOV
TODAY!**



Employment Offers:

- Great Starting Wages
- Accredited Education & Training
- Military Spouse Preference
- Professional Development
- Work with Professional Staffing

How to Apply

1. Log on to www.usajobs.gov and create an account
2. Search KEYWORD: Child and Youth Program Assistants
3. Enter LOCATION: Hurlburt
4. Follow directions to apply and wait for a response

For assistance, call NAF Human Resources at 850-884-6464

Information Tickets and Travel

424 Cody Avenue, Bldg 90229 | (850) 884-6795 @HurlburtITT

NEED TO GET AWAY?

AIR FORCE



INFORMATION TICKETS & TRAVEL
HURLBURT FIELD, FL



(850) 884-6795
424 Cody Ave.
Tue-Fri: 9am-3pm
Hurlburt.ITT@us.af.mil

Belly Laugh Day -

24 January

By Morgan Millikan | Layout Deborah Ledbetter

As children, a laugh from just about anything would happen throughout our day, whether it was from hearing a funny noise or watching your friend do something amusing. As adults, laughter isn't as plentiful now that life tends to be more serious.

If we learn from the experts on taking life lightly, we find that integrating a good belly laugh into our daily routine is known to have significant positive side effects. The main one is laughing. It is a simple way to relieve stress, strain, and suffering when used in an uplifting and enlivening manner. Laughter is known to have health benefits and provide ways to improve communication.

Check out the reasons below on why we think you should have a good giggle daily and especially on National Belly Laugh day this 24 January.



Health Benefits include:

- Increased endorphins released in the brain
- Pain relief
- Increase in the body's relaxation response
- Stimulate circulation and soothe muscle tension
- Improve mood and mental & emotional health
- Expands the tissue lining of blood vessels and consequently increases blood flow
- Boosting oxygen intake which stimulates the heart, lungs and muscles
- May help you live longer
- Decrease the stress hormones that suppress immunity and release neuropeptides that help fight stress and illness
- Can improve mental health by increasing self-esteem and lessening depression and anxiety
- Helps to release anger and forgive sooner

Communication Benefits:

- When making a speech, it can ease the pressure between a speaker and the crowd if you start with a joke and initiate laughter
- Can make communication in the workplace or at home feel more relaxed by mixing in positive and sincere laughter
- A good way to ease tension and talk easier
- Can increase the mood for all involved
- Helps you build connections and enhance teamwork
- Can make it easier to keep an optimistic outlook through difficult situations
- Strengthens resilience and promotes group bonding
- Smiling at someone is contagious, it will have a positive effect on those around you

WATCH THE FIGHTING AT YOUR LEVEL
FIGHTNIGHT

UFC 270

FREE ADMISSION
FOOD & DRINK SPECIALS

CHAMP CHAMP CHAMP

FOR THE HEAVYWEIGHT THRONE

THE HOOCH SAT, 22 JAN

NGANNOU vs GANE
WORLD HEAVYWEIGHT CHAMPIONSHIP

Check Hurlburt Field guidelines regarding face coverings and physical distancing prior to attendance.

DOORS OPEN 5PM | PRELIMS 7PM | MAIN CARD 9PM

PAY-PER-VIEW

HURLBURT FIELD
FORCE
SUPPORT SQUADRON

(850) 884-7507
myhurlburt.com

The Hooch

Kraken Kafé

6:30am-1:30pm • Mon-Fri
The Community Commons • 443 Cody Ave

KRAKEN KAFÉ
BEANS & BITES

Serving Hot & Cold Beverages
Paninis & Grab-N-Go Foods

Now Serving
WICKED VOODOO ESPRESSO

(850) 884-4045
myhurlburt.com

HURLBURT FIELD
FORCE
SUPPORT SQUADRON



JANUARY DEALS

FOCUS

DIGITAL CONNECTION

(must present membership card to redeem) *Rules apply, register for FOCUS to receive full details



MONTHLY REWARDS & GIVEAWAYS

FOCUS
MEMBERSHIP CARD
WITH HURLBURT CONNECTION

DETAILS AND HOW TO JOIN

Must be a card-holding member under current program for all FOCUS deals. New deals offered monthly as well as a quarterly drawing for a \$250 Gift Card! Joining is free and simple, Scan QR Code, or TEXT 1SOFSFOCUS to 95577 and complete the registration form.



Scan QR Code to Join FOCUS

WIN **\$250**

Sponsored in part by:

Eglin Federal CREDIT UNION

No federal endorsement of sponsors intended.

OASIS CAFE

Located inside Gator Lakes

TAKEOUT Available

SAVE TIME, ORDER AHEAD!

Oasis Café
(850) 881-5731
MYHURLBURT.COM

FORCE

SAVE \$4 on lunch weekdays in January at the Oasis Café!

Make any purchase at Oasis Café between 10:30 am and 1 pm, Monday thru Friday, and receive \$4 off. Not to be combined with other deals, no cash back. One discount per FOCUS cardholder per day in January 2022.

GET CONNECTED!

OPPORTUNITIES & REWARDS ABOUND AT YOUR HURLBURT FACILITIES. DISCOVER WHAT YOU'VE BEEN MISSING WITH FOCUS!

TEXT 1SOFSFOCUS TO 95577



(850) 884-4252 | Mon-Fri: 8am-4pm
Force Support Squadron Marketing

WE PAY YOU MORE
WE PAY YOU FASTER
WE COME TO YOU



SELL YOUR CAR LOCALLY
TO **STEP ONE**

DON'T SELL YOUR CAR ONLINE
THE OTHER GUYS HAVE HIDDEN FEES, BUT **NOT US!**

StepOneBuysCars.com

Paid ad. No federal endorsement of advertiser intended.

FAMILY CHILD CARE NEEDS YOU!



FAMILY CHILD CARE PROGRAM


FCC needs individuals willing to open their hearts and homes to another child or children to provide care. All care providers will be given free training to complete licensure of their home for child care. If you love children, this is an opportunity that can't be missed!

Benefits of becoming a provider:

- \$300 incentive pay
- Work from home
- Set your own hours and own rates
- Low startup cost
- Toys and equipment available at no cost
- Provide much needed help to service members and their children

Contact the FCC office at 850-884-4300 to start your application process today!

Hurlburt Field Library

443 Cody Ave, Bldg 90337 (Community Commons) | (850) 884-6266  @HurlburtFieldLibrary.com

Storytime
STEAM
10-11am
Registration Required
Age 7+
Join Us
13 Jan Thu
For Storytime
STEAM
Science Technology Engineering Art Math
Hurlburt Field Library with a special presentation by The Emerald Coast Science Center
Scan QR Code to Register
Hurlburt Field Library logo
FORCE SUPPORT SQUADRON
443 Cody Ave. Building 90337
myhurlburt.com | 884-6266
LIBRARIES

BIBLIO BABIES

A LapSit Program
for Babies 0-2
at Hurlburt Field Library

1ST & 3RD
Wednesday of
each month
from
10-10:30am

BOOKS

BABIES

BUBBLES



Scan for more Library details activities and more!



443 Cody Ave, Bldg 90337
850-884-6266
myhurlburt.com



Eat Smarter

Decrease Your Sugar Intake

According to the Dietary Guidelines for Americans, adults should keep added sugars to less than 10% of their total daily calories in a 2,000 daily calorie diet. No more than 200 calories should come from added sugars. Children under 2 years old should not eat or drink any added sugars.

Contributed by Eva McDonough



LOOK FOR THESE NAMES TO SPOT SUGAR IN THE INGREDIENTS:

Anhydrous dextrose
 Brown sugar
 Cane juice
 Confectioner's sugar
 Corn sweetener
 Corn syrup
 Crystal dextrose
 Dextrose
 Evap. corn sweetener
 Fructose
 Fruit nectar
 Glucose
 High-fructose corn syrup
 Honey
 Invert sugar
 Lactose
 Liquid fructose
 Malt syrup
 Maltose
 Molasses
 Nectars
 Pancake syrup
 Raw sugar
 Sucrose
 Sugar cane juice
 Trehalose
 Turbinado sugar
 White granulated sugar

TIPS FOR REDUCING ADDED SUGARS

- Use naturally sweet fruits and vegetables when baking and cooking such as bananas, sweet potatoes and apples. Add berries or mashed banana to cooked oatmeal for sweetness.
- For beverages, choose plain water and milk most often for children older than 12 months. Kids five years old and under should avoid flavored milks, non-dairy milks (with the exception of soy milk for dietary or medical needs), caffeinated beverages and low-calorie beverages.
- Add fruit and fresh herbs, like lemon slices or mint leaves, to water for extra flavor.
- Reduce added sugars at home by cooking from scratch. By making your own granola, pasta sauce and condiments and serving homemade baked treats, you are in control of the ingredients used and the amounts.

Only 10% of calories should come from sugar each day. The average American consumes 3 times that amount—over 150 pounds of sugar in one year!



HEALTH CONSEQUENCES OF TOO MUCH SUGAR



obesity



heart disease



weight gain



type 2 diabetes

DID YOU KNOW?

Sugary drinks are the leading source of added sugars in the American diet.





Organize your Life!

Article by Melanie Lerman
Layout by Deborah Ledbetter

Let's face it – getting organized takes time. If you want to do it right. With this in mind, the 1 SOFSS Marketing Team decided to

feature a new series in My Hurlburt Life for 2022 called "Organize My Life." Each month we will explore a different area found in most homes and offer practical tips to help you GET and STAY organized! As always – start your path to organization by first cleaning out the clutter. Set out tubs or bags or boxes and label as "Keep", "Throw" and "Donate/Sell", then get to work. Your space will be so much easier to organize when you have what you use better defined. Watch for our posts on Facebook at Hurlburt Force Support and share photos of your organizational successes and messes for a chance to win a prize!

JANUARY FEATURE: KITCHENS



Under the Sink:

To begin - clean out the empty cleaning solution bottles, downsize your vase collection and push them to the rear, and organize your dishwasher pods and cleaning brushes in a waterproof basket. Install a tension rod that fits across the width of your cabinet and hang spray bottles by the squeeze handle with aerosol and squeeze bottles freestanding beneath. Affix a basket to the inside of the door with double stick tape for extra sponges and steel wool.



Countertops:

Use decorative trays or baskets to keep frequently used items organized and at arm's reach. Use stick-on cord organizers to keep countertop appliances neat when not in use.



Lower Cabinets:

Use mail organizers or any vertical cabinet divider to store baking pans and casserole dishes upright. This simple hack saves you from back-breaking digging around and better utilizes the space.

Upper Cabinets:

Utilize inexpensive risers to multiply storage space, which reduces chipping and makes it easier to find items. Hang measuring cups and spoons on the inside of cabinet doors, on hooks, or magnetized strips over your prep area.



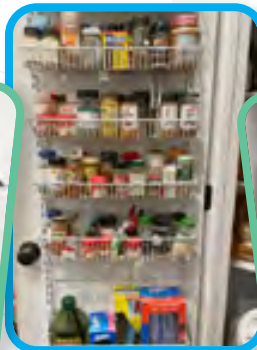
Drawers:

Use tiny tension rods to form a ledge to store spices on an angle in drawers. Use dividers or space containers to organize items according to type so they are easy to find. Redefine "junk drawer" to be your "daily drawer." This line of thinking may result in you eliminating items not really needed.



Under-utilized Wall Space or Small Kitchens:

Use a small spice rack installed near your cooktop to keep most commonly used spices at your fingertips! This area is also great for hanging a magnetic strip to store knives on, space-saving and keeps hands safe with no digging through drawers.



Pantry Doors:

Standard over the door designed wire racks are great for storing spices or storage bags or you can even take snacks out of boxes and make them easy to grab so the kids are not messing up the pantry. Line with clear storage bins when placing smaller items in the wire racks. Bonus: when storing spices, alphabetize them for quick retrieval. You will quickly memorize their location by muscle memory and will not be overwhelmed by the alphabetization.



Pantry:

Store fresh produce in wired file/magazine holders or lined baskets. LABEL EVERYTHING! Labels show anyone accessing the pantry your organization system, making it easy to find things and even better, helps them put them away in the right space! When you can, use sealable, see-through containers to transfer bagged or boxed items into – it keeps your pantry cleaner and your items fresher. Wire baskets or clear containers with labels are great to house snacks, sauce and gravy packets, baking items, etc., in a neat space so you can pull out the entire basket when needed and put it neatly back in place when done.

Hurlburt Lanes Bowling Center

442 Cody Avenue, Bldg 90231 | (850) 884-6941 @hurlburtlanes



Scan for the Bowling hours and activity details

HURLBURT LANES BOWLING CENTER

BOWLING

SPARE TIME GRILL
850-884-6470

Open for Breakfast,
Lunch & Dinner

SCAN OR CODE FOR HOURS AND SPECIALS

Check Hurlburt Field guidelines regarding face coverings and physical distancing prior to attendance.

HURLBURT FIELD **FORCE** SUPPORT SQUADRON 884-6941 | myhurlburt.com 442 Cody Avenue

AIR FORCE **CHALLENGE** HURLBURT LANES BOWLING CENTER

HURLBURT LANES

Ladies CHAT AND BOWL Fun League

Meeting Wed, 5 Jan at Hurlburt Lanes

Starting Wednesday January 12, 2022

2 Person Teams | \$10.75 per person/week for 10 weeks
Shoes Included

HURLBURT FIELD **FORCE** SUPPORT SQUADRON 884-6941 | myhurlburt.com

AIR FORCE **CHALLENGE** HURLBURT LANES BOWLING CENTER

Family COSMIC Bowling

SATURDAYS 5-10pm

Rent a Lane **\$15** per hour up to 6 people
Shoe rental **\$2** per person

HURLBURT FIELD **FORCE** SUPPORT SQUADRON (850) 884-6941 | myhurlburt.com

AIR FORCE **CHALLENGE** HURLBURT LANES BOWLING CENTER

HURLBURT LANES

HOMESCHOOL BOWLING PROGRAM

Earn Phys Ed Credit!

Kids Meal Menu Available

Program runs from September thru May

GAMES: \$2 | SHOE RENTAL: \$2
MON-FRI | 9AM-4PM

HURLBURT FIELD **FORCE** SUPPORT SQUADRON 884-6941 | myhurlburt.com

AIR FORCE **CHALLENGE** HURLBURT LANES BOWLING CENTER

Reach Your Highest

Potential in 2022

Contributed by Melanie Lerman
Layout by Deborah Ledbetter

Mindfulness:
Living with full awareness of the present moment

Read that again. Now think, are you mindful of your thoughts? When having a conversation with someone are you lost in their words or are you busy thinking about what you want to say next or wondering if your Amazon order will make it on time? Mindful conversations involve focusing on the present. The past is gone and dreaming about the future will not get you there. Right now, are you reading and digesting these words or are you thinking about what you should be doing instead of reading this article? I challenge you right now to think about and listen to your breathing for 30 seconds. Notice the pattern. Now ease back into reading this.



Let's face it. Multi-tasking has become the new norm. We do it at work, home, while driving, or while on a date. What is the benefit? Most likely, NOTHING AT ALL. If you read studies on the effectiveness of multi-tasking you will find three overarching premises:

1. Only about 2.5% of people are capable (brain's ability) of multi-tasking effectively. In fact, most people who believe they are multi-tasking are simply switching between tasks in rapid succession. According to the collective of studies, this typically leads to an inability to focus on any of the tasks and typically results in lower performance, speed and quality.
2. When our brains are in this constant state of task-switching, we are actually more likely to experience brain fatigue and make mistakes.
3. Studies have also found that when people who are wired to monotask (about 97.5% of us) are put in multi-task situations, it can actually take up to 50% longer to complete the same tasks than if they were mindful and focused on one task at a time, without interruption.

Balance

So, what does this mean? Slow down Nellie! Practicing mindfulness is a great way to improve efficiency, minimize errors, and reduce stress. Sounds good, right? If you are still with me and focused on this article, then you are doing well. If you are drifting, stop everything and listen to your breathing again for 30 seconds, then come back to this because you do not want to miss these introductory tips on mindful living!

- Stop multi-tasking: Re-train your brain to singularly focus on one task at a time. Take notice of how much more efficiently you are able to reduce that to-do list.
- Mobile devices need rules: Consider scheduling times to check your device. Practice a “no phones while eating” policy. Most importantly, when interacting with loved ones, be sure phone alerts are off and phones are not accessed. Being present and experiencing those you care the most about will enrich your life beyond anything you will find beyond the dings and blue light of your device.
- Spend time in nature: Intentionally get out and experience the wonders around you. Seek adventures by visiting National and State Parks. Breathe in the fresh air and take note of the smells and sounds around you.
- Read about and consider practicing meditation. Many of us, especially those living in American culture, experience chronic inflammation due to diet, inactivity, etc., as well as poor sleep, due to many external factors. Studies point to physical and mental benefits of meditation, including: stress reduction, managing inflammation, and improved sleep.
- Don't take yourself too seriously. Remember to laugh, feel the emotions of the moment, then let them go and move on. If something is sad, embrace it, really give it a moment and FEEL all that goes with the situation. When you are done, move on and embrace what you are facing next. Avoid being stuck in a past you cannot change. This does not mean you cannot face grief or heartbreak or anger. In fact, it is quite the opposite. We often pack down our negative feelings and when we do that, they eventually come out. By then, we do not even know why we feel the way we feel. Mindfulness encourages us to experience our feelings fully, be completely aware of and give full attention to them, right when the moment comes. When done, move on.
- Know when to daydream. I bet you are thinking, you just told me to be mindful, and in the moment, and now you want me to daydream? Yes, daydream... mindfully. Daydream when you have time to be lost in creativity. When at work, focus on your work tasks. This simply means to allow some time to intentionally allow your mind to wander.
- Eating is a singular task. You have heard it from dieticians for years; don't sit in front of the television or phone or computer while eating. Be present and aware of each bite. Savor it. Listen to your brain's cues letting you know you are satisfied.
- Move. Our bodies were not made to be sedentary, yet many of our jobs feed this practice. Make it a point to gift yourself 30 minutes of each day to move. This could be as simple as walking or sitting and lifting your arms or legs in the air repeatedly. Lean your head to the sides, then forward and back to stretch the muscles there. Simple, mindful movements, no matter what your current condition, can improve your well-being.
- Show appreciation daily. Let others know you are grateful for them, for a specific reason. Dial in and express gratitude. You will make their day and yours, causing positive physiological responses along the way.

Mindfulness is simple, not easy. Start by taking one task above and incorporating it into your life until it becomes a habit. Then choose another. Before you know it, you will be on your way to a more mindful lifestyle and reaching your personal, highest potential!



Letter Writing Week

Contributed by Deborah Ledbetter

Let's acknowledge that we do not write as many letters as we have historically. Since the advent of social media and a host of other distractions in our modern life, most of our correspondence is comprised of text, emails and instant messages. Unlike letter writing, these electronic communications tend to lack a personal connection to the recipient. When time is taken to hand-write a letter and sent to someone, it can really brighten someone's day and signifies a personal touch.

With annual Letter Writing Week occurring during the second full week of January, we are encouraged to reach out to our acquaintances, friends and loved ones through thoughtful letter writing. Taking part in this fun week is easy. You will be quick to think of several people you may have lost contact with or even family members and old neighbors who live far away. A surprise letter from you is sure to bring the recipient tons of joy!



Home Loans- Get Prequalified Today

•••• WORK WITH A LOCAL VA SPECIALIST ••••



Victoria Lombard

VP/Sr. Loan Officer

NMLS#793374

(850) 206-6023

vlombard@university-lending.com



Donna K. Smith

VP/Sr. Loan Officer

NMLS#518559

(850) 221-5555

dsmith@university-lending.com



Kristin Thompson

Sr. Loan Officer

NMLS#395831

(850) 530-3848

ktompson@university-lending.com



Lisa 'TK' Tkaczyk

Loan Officer

(520) 301-6224

NMLS#2155978

ltkaczyk@university-lending.com



Brooklyn Fulford

Loan Officer Assistant

bfulford@university-lending.com



Monica Patton

Admin Assistant

mpatton@university-lending.com



A subsidiary of University Bank

The smart choice for mortgages!

GULF BREEZE

(850) 677-1523

WWW.UNIVERSITY-LENDING.COM

3690 GULF BREEZE PARKWAY

GULF BREEZE, FL 32563

Paid Ad. No federal endorsement
of advertiser(s) intended.



University Lending Group, LLC NMLS# 213179 is a
subsidiary of University Bank NMLS# 715685, Member
FDIC. All loans and pre-approvals are subject to
credit approval and/or acceptable appraisal (if applicable).
Terms and conditions apply. This is not a commitment to
lend. Programs, rates, terms and conditions are subject to
change without notice. ULG is not affiliated with any Federal
Government Agency.

Follow us on Facebook @hurlburt force support | myhurlburt.com | 17

Fitness Centers

Aderholt | 884-6884 259 Tully Street, Bldg 90517 | Commando | 884-4412 452 Cody Avenue, Bldg 90232 | Riptide | 881-5121 123 Howie Walters Road, Bldg 91007

 @hurlburtfitnesscenter



JOIN THE FUN

FREE GROUP FITNESS CLASSES



Scan to view schedule

GET IN SHAPE

PERSONAL TRAINERS AVAILABLE

Contact any Fitness Center to learn how we can help you reach your fitness goals!

Aderholt: 884-6884

Commando: 884-4412 · Riptide: 881-5121



National Hugging Day

21 January

By Melanie Lerman | Layout Deborah Ledbetter

Hug it Out!

With fears of Covid-19 now upon us nearly two years, a sense of wonder about how this pandemic has impacted human interactions in the long run is apparent. No, this is not an article about Covid-19. Rather it is a reminder of the importance of physical human interaction, touch, and more specifically, hugs. National Hugging Day is observed annually on January 21st. Started in 1986, by Reverend Kevin Zaborney, in order to spread affection and goodwill at a time of year when many seem to be down, this day is now observed in multiple countries.

We wanted to highlight the observance this year to remind us all to hug loved ones regularly. While hugging strangers may not be commonplace now or even considered safe anymore, perhaps it is intrinsically more important we hug those we are close to even more often to ensure our "hug quotas" are met. Hugs benefit humans in many ways, some of those are still up for debate, yet the overall benefits for both parties are arguably there. Consider this list of potential benefits and get out there and make the world a happier, healthier place – one hug at a time! (Huggers, not everyone likes to receive hugs, so ask first if you are not certain)

Potential Benefits of Hugs:

- Increases Oxytocin
- Slows Heart Rate
- Releases Endorphins
- Encourages Brain Cell Connections
- Helps Regulate Cortisol
- Reduces Reactivity to Stress
- Decreases Anxiety
- Increases Well-Being
- Helps Immune Response
- Decreases Social Isolation



HURLBURT FIELD RETIREE ACTIVITIES OFFICE

850-884-5443

REPORTING THE DEATH of an AIR FORCE RETIREE

Reporting the death of an Air Force retiree can be accomplished by telephoning your Casualty Assistance Office. Hurlburt’s Casualty Services Officer, Inez Reyes, may be reached at 850-884-2686.

USAF Casualty Services Office may be reached at 1-800-558-1404.

INFO NEEDED UPON DEATH of a RETIREE or SPOUSE

Retiree’s Name: _____ Social Security #: _____

Spouse’s Name: _____ Social Security #: _____

City, State, Zip Code: _____

Date and Place of Birth: _____

NECESSARY DOCUMENTS for FILING DEATH BENEFIT CLAIMS

- () Original or certified copy of DD 214 form (Report of Separation from Active Duty)
- () Copy of Retirement Order
- () Copy of Death Certificate with Cause (Purchased from the Funeral Home)
- () Marriage Certificate and or Divorce Decree (if applicable)
- () Insurance Policy(ies), government and commercial

OTHER IMPORTANT DOCUMENTS or INFORMATION

- () Birth Certificate and/or Adoption Papers (if there are minor children in the household)
- () Banking Information (account/routing numbers and address)
- () Will
- () Vehicle Titles or information on outstanding auto loan
- () VA Letter of Award of Disability Rating/Compensation. This can be helpful if there is an indication of service connection for filing Dependent’s Indemnity Compensation Claim (DIC).
- () Most recent retiree DFAS pay statement

Subscribe to our Retiree Corner emails and stay in the know about relevant information by filling out the subscriber information at:

www.myhurlburt.com/pages/retiree-Corner.html



Scan for more retiree resources

Gator Lakes Golf Course

403 Walkup Way, Bldg 91300 | (850) 881-2251 @GatorLakes



Scan for Gator Lakes Golf Course hours, tournament schedule, Oasis Café

SIGNUP FOR GOLF ALERTS

Text GATORLAKES to 95577 to receive updates about golf course closures & tournaments!



(850) 881-2251
myhurlburt.com



Gator Lakes Golf Course

Night GLOW GOLF TOURNAMENT

GATOR LAKES GOLF COURSE

WED, 5 JAN • 5PM SHOTGUN

9-HOLES • PAR 3s
\$20 ANNUAL PASS HOLDERS • \$30 ALL OTHERS



(850) 881-2251
myhurlburt.com



Gator Lakes Golf Course

Golf Tournament Schedule

Gator Lakes Golf Course

DATE	FORMAT	DATE	FORMAT
Sat, 22 Jan	4-Club Golf Tournament	Sat, 2 Jul	Independence Day Golf Tournament
Sat, 12 Feb	1-Person Scramble Tournament	Sat, 13 Aug	Gator Lakes Open Tournament
Sat, 19 Mar	St. Paddy's Irish Blind Luck Scramble Tournament	Sat, 17 Sep	2-Person Shamble Best Ball Event
9-10 Apr	Home & Home Golf Tournament w/Eglin GC	22-23 Oct	Oktoberfest Club Championship Golf Tournament
21-22 May	Commander's Cup Base Championship	Sat, 19 Nov	Turkey Shoot Golf Tournament
Sat, 18 Jun	U.S. Open Pro-Am Tournament	Sat, 17 Dec	Fight to the Finish Golf Tournament



(850) 881-2251
myhurlburt.com



Gator Lakes Golf Course

LUNCH



specials




HOURS OF OPERATION

Mon: 6:30am-4pm
Tue-Fri: 6:30am-8pm
Sat: Noon-9pm
Sun & Holidays: Closed

Located inside Hurlburt Lanes



JANUARY SPECIALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Soup and Grilled Cheese & Drink - \$6.00	4 Country Fried Steak Mashed Potatoes, Green Beans & Drink - \$7.50	5 Reuben on Rye Fries & Drink \$8.25	6 BBQ Sandwich Meal Coleslaw, Fries & Drink - \$9.00 Sandwich & Drink Only - \$6.00	7 Bratwurst Fries & Drink \$7.50
10 Soup and Grilled Cheese & Drink - \$6.00	11 Country Fried Steak Mashed Potatoes, Green Beans & Drink - \$7.50	12 Reuben on Rye Fries & Drink \$8.25	13 BBQ Sandwich Meal Coleslaw, Fries & Drink - \$9.00 Sandwich & Drink Only - \$6.00	14 Closed
17 Closed	18 Country Fried Steak Mashed Potatoes, Green Beans & Drink - \$7.50	19 Reuben on Rye Fries & Drink \$8.25	20 BBQ Sandwich Meal Coleslaw, Fries & Drink - \$9.00 Sandwich & Drink Only - \$6.00	21 Bratwurst Fries & Drink \$7.50
24 Soup and Grilled Cheese & Drink - \$6.00	25 Country Fried Steak Mashed Potatoes, Green Beans & Drink - \$7.50	26 Reuben on Rye Fries & Drink \$8.25	27 BBQ Sandwich Meal Coleslaw, Fries & Drink - \$9.00 Sandwich & Drink Only - \$6.00	28 Bratwurst Fries & Drink \$7.50
31 Soup and Grilled Cheese & Drink - \$6.00	 Full Menu			



Located Inside Gator Lakes



Full Menu

SAVE TIME, ORDER AHEAD!

Oasis Café
(850) 881-5731
MYHURLBURT.COM



FORCE SUPPORT SQUADRON
SPECIALS 10:30am-1pm (850) 884-6470

INSIDE HURLBURT LANES BOWLING CENTER
442 Cody Avenue

INSIDE GATOR LAKES CLUB HOUSE
403 Walkup Way

Check for updates regularly regarding all Dining Facilities availability for Dine-In or Take Out only on myhurlburt.com



Full Menu

(850) 884-7365

10:30am-2pm

**\$7.50 - Drink & Chips
Included**

MONDAY

Soup and Half Sandwich

TUESDAY

Two Barbeque Sandwiches

WEDNESDAY

Meatball Sub

THURSDAY

BLT Croissant

FRIDAY

Chicken Caesar Salad Wrap

*Taco Salad with drink or
2 Slices of Pizza with drink
offered daily*

**INSIDE COMMUNITY COMMONS
443 Cody Ave**

ENJOY Velocity Café

in the Community Commons



BLT Croissant *Thursday Special* \$7.50



French Dip \$6.00



Caesar's Salad
w/added Grilled Chicken \$7.00



Daily
Lunch
Specials
\$7.50

Community Center

443 Cody Ave, Bldg 90337 (Community Commons) | 884-2606 & 884-2607 @landingzone



Scan for the Community Center hours and more activity details

D.I.Y. CRAFT NIGHT

SIGN-UP HOURS
Tue-Sat 11am-8pm

**JOIN US @ THE
COMMUNITY CENTER**

\$5 FEE

**OPEN TO ALL
18+**

SIGN-UP REQUIRED IN PERSON PRIOR TO EVENT
SUPPLIES, WINE AND SNACKS PROVIDED TO REGISTERED PARTICIPANTS

JANUARY:		
THURSDAY 6 JANUARY	5-8PM	PAINT YOUR OWN MUG
THURSDAY 17 FEBRUARY	5-8PM	PAINT YOUR OWN WINE GLASS
THURSDAY 3 MARCH	5-8PM	REVERSE TIE DYE

HURLBURT FIELD
FORCE
 SUPPORT SQUADRON

443 Cody Avenue, Bldg 90337
 myhurlburt.com | (850) 884-2606

 NO FEDERAL ENDORSEMENT INTENDED

AIR FORCE
 COMMUNITY CENTER
 HURLBURT FIELD

RETURN TO HOGWARTS

Each Month the Hurlburt Field Library will feature a Harry Potter Book. The Community Center will offer a unique and fun activity monthly for all ages and play the movie.

Through April 2022

JANUARY:

Library Monthly Book Selection:
Book 5: Harry Potter & the Order of the Phoenix

Jan 14 @ 5pm, Community Center:
Activity: Wizard Dueling
Movie: Harry Potter & the Order of the Phoenix

VISIT THE LIBRARY TO DIGITALLY ACCESS OR CHECK-OUT THE SELECTED BOOK OF THE MONTH
SIGN-UP FOR ACTIVITIES AND/OR MOVIES AT THE COMMUNITY CENTER DURING NORMAL BUSINESS HOURS

NO FEDERAL ENDORSEMENT INTENDED

AIR FORCE
 COMMUNITY CENTER
 HURLBURT FIELD

(850) 884-2606
 443 Cody Ave
 Bldg. 90337
 myhurlburt.com

Outdoor Recreation

100 Corlew Road, Bldg 92473 | (850) 884-6939 @hurlburtfieldodr

HURLBURT FIELD OUTDOOR RECREATION

(850) 884-6939 | MYHURLBURT.COM

ODR/MARINA | AQUATIC CENTER
RIFLE & PISTOL | FAMCAMP
DIVE SHOP | SKET & TRAP RANGE

Scan for the
Outdoor Rec hours
and activity details

KT'S KRAKEN TIKI
BAR NOW OPEN AT
THE ODR MARINA!

KT's
 KRAKEN TIKI
 BAR

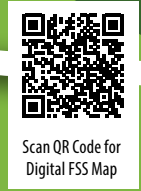
HURLBURT FIELD
FORCE
 SUPPORT SQUADRON

Hurlburt Field Map

Cut or tear out for easy reference throughout the month



Map created by 1st SOFSS Marketing and intended for personal use. Commercial use must have written approval from 1st SOFSS Marketing. Current as of: March 2021. Subject to change without notice. Not built to scale.



STAY CONNECTED!

- WEBSITE
myhurlburt.com
- SMS TEXT
text "1SOFSSFOCUS" to 95577
- FACEBOOK
Hurlburt Force Support or facebook.com/myhurlburt
- NEWSLETTER
myhurlburt.com

DIRECTORY

- Hurlburt Field West Side --
1. Outdoor Recreation Marina & Kraken Tiki Bar ||
 2. Dog Park (Bark Park), Fishing Pier
 3. The Soundside; The Hooch Bar & Grill || Soundside Lodging
 4. Picnic Area
 5. Visitor Control Center
 6. Footbridge
 7. Child Development Center (CDC) West
 8. Child Development Center (CDC) Main
 9. Lil' Commando Community Park
Splash Pad, Skateboard Park, Ball Fields
 10. Memorial Air Park

11. Corvias Housing Office
12. Youth Programs
13. Base Pool (Aquatic Center) (temporarily closed)
14. 1st SOFSS Headquarters; Readiness; NAF HRO
NAF Accounting; Marketing; Print Shop
15. Okaloosa County Tax Office; Airmen's Attic; Thrift Store
16. Airman & Family Readiness Center (A&FRC)
Finance; IDs; CACs; Passports; Assignments; Promotions;
Awards & Decs; Evaluations; Career Development; Legal;
Retirement/Separation; Retiree Activities Office (RAO)
18. Base Chapel
19. Hurlburt Express ||; Gas Station
20. Reef Military Dining Facility ||
21. King Auditorium
22. Airman Leadership School (ALS)
23. Education Center
24. Welcome Center

25. Information, Tickets & Travel (ITT)
26. Community Commons -
Library; Community Center; R4R Single Airmen
Program, Velocity Café; Kraken Café ||
27. Official Mail Center
28. Burger King ||
29. Hurlburt Lanes; Spacetime Grill ||
30. Commando Fitness Center; Smoothie Bar ||; HAWC
31. Pet Friendly Temporary Lodging Facility
32. Pet Friendly Distinguished Visitors Quarters (DVQ)
33. Pet Friendly Temporary Lodging Facility
34. Commando Inn (Lodging); Family Child Care Office
35. Aderholt Fitness Center, Commando Fit Pad West
36. Auto Hobby; Plaque & Trophy Shop
37. Rifle & Pistol Club

- Hurlburt Field East Side --
38. Eglin Federal Credit Union (EFCU)
 39. First National Bank
 40. Tennis & Roller Hockey Courts, Commando Fit Pad East
 41. The Exchange (BX)
Charley's; Popeye's; Starbucks; Subway ||
 42. Commissary ||
 43. Resale Lot
 44. Riptide Military Dining Facility ||
Fitness Center
 45. Child Development Center (CDC) East
 46. Medical Clinic & Pharmacy (MDG)
 47. Recycling Center
 49. Gator Lakes Golf Course; Oasis Café ||
 50. FAMCamp - Off MLK Jr. Blvd.

Map also available digitally at myhurlburt.com

Follow us on Facebook @hurlburt force support | myhurlburt.com | 25

(850) DIRECTORY

A&FRC

Airman & Family Readiness Center | 884-5441
220 Lukasik Avenue, Bldg 90213

CHILDREN & YOUTH

Child Development Centers

CDC Main | 884-6664
108 McMillan St., Bldg 90353
CDC East | 881-1260
133 Leilmanis Drive, Bldg 91168
CDC West | 884-5154
26 Weaver St., Bldg 90306

Family Child Care | 884-4300
301 Tully St., Bldg 90509

Youth Center & School Age Program | 884-6355
117 McMillan St., Bldg 90304

School Liaison | 280-5766

DINING/RESTAURANTS/BARS

Better Bodies | 581-0074/0081
Inside The Commando Fitness

Kraken Kafé | 884-4045
Inside Community Commons,
443 Cody Ave, Bldg 90337

KT's Kraken Tiki Bar | 884-6939
Outdoor Rec Marina Tiki, 100 Corlew Road,

Oasis Café | 881-5731
Inside Gator Lakes Golf Course

Spare Time Grill | 884-6470
Inside Hurlburt Lanes (Bowling)
442 Cody Avenue, Bldg 90231

The Hooch Bar & Grill | 884-7507
Delivery to Soundside Lodging only
Inside The Soundside, 107 Kissam St.

The Soundside | 884-7507/581-3111
Catering & Events

Velocity Café | 884-7365
Community Commons, 443 Cody Ave, Bldg 90337

The Reef (Military Dining) | 884-7725
313 Cody Avenue, Bldg 90326

The Riptide (Military Dining) | 881-5127/5128
123 Howie Walters Road, Bldg 91007

Flight Kitchen (Military Dining) | (850) 240-3861

EDUCATION & LEARNING

Education & Training | 884-6724
221 Lukasik Avenue, Bldg 90220

Library | 884-6266
Community Commons, 443 Cody Ave, Bldg 90337

EMPLOYMENT

Civilian Personnel | 884-5212
212 Lukasik Avenue, Bldg 90210
NAF Human Resource | 884-6464
145 Letourneau Circle, Bldg 90327

FITNESS CENTERS/ OUTDOOR FIT AREAS & SPORTS

SOFTBALL FIELDS, TENNIS COURTS, ROLLER HOCKEY RINK
(temp closure), TRACK & FIELD, COMBAT FIT EAST, BEAVER BOXES
OPEN to anyone with base access Aquatic Center
(Swimming Pool) | 884-6866

207 Cody Avenue, Bldg 90300
Open to all DoD ID cardholders, lap swim
only, no appointments, first come basis:
884-6866 or email HurlburtPool@gmail.com

Fitness Center - Aderholt | 884-6884
259 Tully Street, Bldg 90517
24/7 Access Available - Register at Facility

Fitness Center - Commando | 884-4412
452 Cody Avenue, Bldg 90232
24/7 Access Available - Register at Facility

Fitness Center - Riptide | 881-5121
123 Howie Walters Road, Bldg 91007

Gator Lakes Golf Course | 881-2251
403 Walkup Way, Bldg 91300

Hurlburt Lanes (Bowling) | 884-6941
442 Cody Avenue, Bldg 90231

MILITARY PERSONNEL

Military Personnel Flight (MPF)
212 Lukasik Avenue, Bldg 90210

CAC/ID | 884-4110, opt 1

Career Development | 884-4110, opt 2

Retirements/Separations

Assignments

Promotions

Reenlistments

Extensions

Force Management | 884-4110, opt 3

Adverse Actions

Awards & Decorations

Evaluations

Duty/TDY History

884-4110, opt 3 | 884-5663 | 884-2537 | 884-2694

Installation Personnel Readiness (IPR)
884-4110, opt 4

Passports | 884-2017
(AD and GS employees' non-personal use)
(Appt only)

RECREATION & HOBBIES

Auto Hobby Shop | 884-6674
552 Hamby Pl., (Arts & Crafts Building)
Dive Shop | 881-1576
Community Commons, 443 Cody Ave, Bldg 90337

FAMCamp | 797-0103
210 Downs Circle

Information Tickets and Travel (ITT)
Leisure Travel | 884-5699
Tickets & Tours | 884-6795

424 Cody Avenue, Bldg 90229

Lil' Commando Community Park | 884-6939
Located next to CDC Main
Pavilion Rental Available

Landing Zone Community Center, R4R
& Special Events | 884-2606 & 884-2607
Community Commons, 443 Cody Ave, Bldg 90337

Outdoor Recreation/Marina | 884-6939
100 Corlew Road, Bldg 92473

Rifle & Pistol Club | 884-7629
Located off Red Horse Rd.

Single Airman Program (R4R) | 884-4597
Community Commons, 443 Cody Ave, Bldg 90337

Skeet & Trap Range | 797-9435
6th Ranger Road

Unit C3 | 884-5080
145 Letourneau Circle, Bldg 90327

MISCELLANEOUS

Casualty Affairs | 884-2686
145 Letourneau Circle, Bldg 90327

Lodging Facilities/Commando Inn | 884-7115
301 Tully St., (Main)
107 Kissam St., (The Soundside)

Honor Guard | 884-5330/4797
139 Letourneau Circle, Bldg 90359

Marketing Office/Print Shop | 884-4252
or 884-3820/3821
145 Letourneau Circle, Bldg 90327

Mortuary Affairs | 884-2957 or cell (850) 420-6647
145 Letourneau Circle, Bldg 90327

Plaque & Trophy Shop | 884-5294
552 Hamby Place, (Arts & Crafts Building)

Post Office | 884-7699
437 Tully Street, Bldg 90228

Recycling | 884-7577
202 Walkup Way, Bldg 9136

Scan QR Code for
the latest facility
hours of operation



QUICK REFERENCE

Airman's Attic 884-7769
Back Gate 881-2259
Barber Shop (Main Exchange) 581-8893
Base Exchange (AAFES BX) 581-0030
Casualty Assistance 884-2686
Chapel Center 884-7795
Clinic Appointments 881-1020
Commissary (DECA) 881-2139
Corvias (Base Housing) 344-0220
Credit Union (Eglin Federal) 862-0111

DEERS 884-5322
Dormitory Housing 884-3188
Finance Accounting 884-4119
Dental Clinic 884-7881
Emergency Management 884-4304
Emergency Room (Eglin) 883-8228
Express (Shoppette) 581-0488
Family Advocacy 881-5061
Firestone 243-6820
Health and Wellness Center 884-4292

Inspector General 884-6322
Legal Office 884-7821
Main Gate 884-7803
Mental Health 881-4237
Pass & Registration 884-5233
Pharmacy 881-2133
Public Affairs (150W) 884-7196
Red Cross 432-7601
Retiree Activities Office 884-5443
Safety Office 884-5243

Security Forces 884-6423
Sexual Assault Prevention/Response 884-7272
Space "A" Travel 884-1086
Thrift Shop 884-3098
TRICARE 881-5177/3912
Veterans Affairs (800) 827-1000
Visitor Control Center 884-2310



Some things you can't get out of. And some things you can.

Transfer your high-interest
balances to an EFCU
Mastercard with no
balance transfer fee!

Apply online at eglinfcu.org/mastercard

AS LOW AS

7.9%
APR



Where Members Matter Most



Paid ad. No federal endorsement of advertiser intended.

Airmen on ESM – utilize nearly **\$900** of additional monthly entitlement on applicable purchases at these facilities! For more information ask your 1st Sergeant about **Campus Dining**.



Look for the leaf icon

FORCE SUPPORT SQUADRON HEALTHIER FOOD OPTIONS

*Fresh Salads, Fruit,
Sandwiches & More!*

Look for the leaf icon available at the following FSS facilities



<https://www.myhurlburt.com/pdf/Menus/hooch.pdf>



<https://www.myhurlburt.com/pdf/Menus/krackenkafe.pdf>



<https://www.myhurlburt.com/pdf/Menus/oasis.pdf>



<https://www.myhurlburt.com/pdf/Menus/sparetime.pdf>



<https://www.myhurlburt.com/pdf/Menus/velocity.pdf>

