

Life

Relax, Self-Reflect and Embrace New Beginnings

4-Club Golf Tournament
14 January
pg 2

Blizzard Bingo
20 January
pg 21

Polar Plunge Race
28 January
pg 21

**SATURDAY,
14 JANUARY**
8AM SHOTGUN

GATOR LAKES GOLF COURSE

4-CLUB

INDIVIDUAL STROKE PLAY
TOURNAMENT



HURLBURT FIELD
FORCE
SUPPORT SQUADRON

AIR FORCE

GOLF
Gator Lakes Golf Course

Register by Wednesday, 11 January // \$20 Plus applicable green & cart fees
(850) 881-2251 myhurlburt.com

MY HURLBURT

Life



Begin 2023 with Aderholt, Commando & Riptide Fitness Centers



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Issue No. 1

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Event 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/fsscalendar.html>

Follow us on Facebook @ Hurlburt Force Support | 3

YOUTHMUGIPHWNH
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 PRVVMQLRQTAASCN
 EEFHHA KUUKNSKL
 ULABWTNYNKWEEEA
 UAMZIEDDTGJQSNA
 GXQDQUNHOFECGSZ

Polar Plunge **Childcare** **Aderholt**
Fitness **Commando** **Kraken**
Riptide **Reset** **Renew**
Youth **Hooch** **Relax**

iSpy Crossword

Find the correct words based on the hints given!

Down:

1. Something pink on pg 6
2. Something you eat at noon on pg 22
3. Something FREE with FOCUS on pg 18
5. Something Purple on this page!
9. Something that flies on pg 7

Across:

4. Something Relaxing on pg 8
6. Something you play to win on pg 21
7. Something purple on pg 5
8. Something that has four legs on pg 21
10. Something exciting on the back cover

FUN PAGE

MAZE GAME

How many can you tag before making it to the finish?

START **FINISH**

1 SOFSS The FUN Squadron!



FOLLOW or LIKE Hurlburt Force Support and our other facility Facebook pages:

- Hurlburt Field Library
- Hurlburt Field Fitness Center
- Hurlburt Field Outdoor Recreation
- Hurlburt Field Community Center
- 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 NAF HR
- Hurlburt Field Aquatic Center
- Hurlburt Field Bulletin and Events

FIND FUN WITH US ON SOCIAL MEDIA, OUR WEBSITE, E-NEWSLETTER AND THE MONTHLY MAGAZINE.



[HURLBURT FORCE SUPPORT](#)



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Find the Missing Kraken

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 FSS gift card drawing**.

*Must be 18 or older and be a valid DoD ID cardholder.



Hint!

The hidden Kraken is much smaller than this size.

NEW YEAR, NEW BEGINNINGS: Managing Financial and Mental Well-Being

Article by M&FRC Financial Team
Layout by Daniel Stutmann



Now's a good time to take stock of what's happened in the past year in your personal life, career, and finances. Think about what you'd like to change this new year.

Many Americans put life changes on hold due to economic uncertainties. Experts are cautioning that the year ahead could bring more uncertainty. Now, the good news: although there are factors beyond your control, feeling more confident about your finances can help you navigate whatever comes your way.

Studies show that personal finances are a primary source of stress within every generation, as nearly half of Americans expressed concerns over their financial health.

Get your financial house in order. A new year can be a great opportunity to take a fresh look at your finances and make some changes.

Items to consider might be:

- Track expenses using an application (Mint, Dollarbird, Fudget)
- Build your emergency and reserve savings
- Develop a power payment plan to eliminate/reduce debt
- Reassess your financial goals (short, medium, long term)

No Federal endorsement of applications intended

"Money" Mike Rivera, a financial counselor at Military & Family Readiness Center (M&FRC) says, "Developing a spending plan helps you get a firm understanding of what you're spending money on so you can become a disciplined saver or investor. Not knowing what those numbers look like can prevent you from succeeding financially. Remember, behavior and good discipline help you develop a solid plan".

M&FRC can help guide you through various financial processes. Call (850) 884-5441 to set up a one-on-one appointment with a financial counselor.



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You've dedicated your life to service but, in retirement, it's time for us to serve you. After years of short- and long-distance moves, settle down in a place you chose for yourself. With a close proximity to military bases and a like-minded community all around, living at Air Force Enlisted Village feels just like coming home. With our neighbors at Eglin Air Force Base and Hurlburt Field, you can still start each morning with the sound of "Reveille" and end your day with the sound of "Retreat."

From independent living to assisted living and memory care, our community will have you confidently thriving at every age. Call us today to schedule a tour and learn why our residents chose us as their next home base.

SCHEDULE A TOUR TODAY!

BOB HOPE VILLAGE

850-612-8684
bobhopevillage.us



HAWTHORN HOUSE

850-517-4323
hawthornhouse.us



reset renew relax

with Hurlburt Fitness Center Resources

Contributed by Fitness Staff
Layout by Lydeah Sheng

Every day is a new beginning, not just the first day of the year. Whether you decide to make this year a new start, a new you, or a new beginning to a life challenge, embrace it with a positive step forward. Too often, we begin by setting big goals, adding the word diets and exercise, and making commitments we can't or will never achieve. These actions lead to failure from the beginning. This year choose a path of happiness by resetting your mind, renewing your body and relaxing your spirit. Reset, Renewal and Relax might be a new approach that finally works for you.

First, Reset your mind and thought process towards your goal.

Keep it small and add on. "I want to be healthier, strengthening my Mind, Body, and Spirit" might be the start. The most powerful tool in your body is your mind. Use it to progress toward your goals one level at a time, staying focused with positivity. Stay on track and use available resources offered at Hurlburt Fitness Centers. The best part is that they are FREE. *Group exercise classes and most Personal Trainers are available for individual or group sessions. It is beneficial to have a trainer or friend keeping you in accountable.

Second, Renew your body.

After an intense workday, the drive home, and family time, your body is exhausted. Choose to embark on a journey of spiritual renewal through your fitness regime. There is no one size renewal strategy for everyone, but it is a significant part of how we can use this time to rebuild our reserves. Get rid of the old so the new can flourish.

Third, take time to Relax.

We have been on overdrive with concerns from the holidays, quarantine, children, and the list goes on. Find your center, where you can let go and decompress. Commando Fitness Center has a great spa where you can enjoy a massage in several modalities, or facial from one of the fabulous estheticians. Spend some time outdoors to breathe the fresh air or take a hike. Remember there is no one size fits all with relaxation. Finally, be patient. You did not become what you are or how you feel about yourself overnight, so give it time.

Hurlburt Fitness Centers offer amazing equipment services, and a well dedicated qualified staff to meet your goals of reset, renew, and relax for this year.

reset
Yoga
Pilates

renew
Classes
Equipment

relax
Spa
Sauna



*Personal Trainers and some Classes have a fee





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**WE COUNT ON YOU,
SO YOU CAN COUNT ON US.**

- We'll double your military rebate on a new vehicle, or give you an additional \$500 off any pre-owned vehicle as a token of our appreciation
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Take your 2023 to the **NEXT LEVEL**

with Fitness Instructors

With Reset, Renew, Relax on the mind this month, let's get you started on your journey to improve your health on Hurlburt Field.

You know you are ready. Now is the time to get to the next level. No matter your current fitness status, there is no need for an expensive gym membership, an online subscription, or a home gym to get started. Hurlburt Field has three fitness facilities to help you strengthen, rehabilitate and improve your overall well-being. The best part is most of these resources are FREE for DoD ID cardholders and their guests to get you moving toward your goals.

Between the Aderholt, Commando, and Riptide Fitness Centers, around 45 group exercise classes are scheduled per week. Group classes are in a controlled environment to encourage and create a sense of community and create an opportunity for a consistent weekly routine. Meet workout buddies with similar goals and desired fitness accountability to jumpstart and create a sustainable fitness routine this year. Group exercise classes are a great place to begin.

You will be led through class by well-trained and qualified instructors with years of experience, commitment, and a high degree of motivation. Whether you are new to fitness, getting back from an injury, seniors improving active living mobility, soon-to-be moms, or postpartum, instructors provide a range of modifications and take on creative everyday movements to build strength, mobility, and toning. Most classes have fun music creatively choreographed to your routines to add an energetic cadence to calm your thoughts.

Along with group fitness classes, there is a fitness incentive program to track and earn prizes. You can receive your booklet at the facility to begin collecting points by attending classes and special events held throughout the year.



BJ BENTLEY

MS - Kinesiology
BS - Exercise Physiology

Certifications:

- Group Exercise - National Exercise Trainers Association, American Fitness
- Aerobics Assoc. (AFAA)
- Masters Personal Training (AFAA)
- RIPPED - Resistance, Interval, Power, Plyometrics, Endurance, Discipline
- Aquatics Exercise Association
- Pound Pro
- Yoga Fit
- Zumba
- Step
- TRX

I stay motivated through my passion for fitness.

I realize as our bodies age we need to ensure proper time is dedicated to ourselves to stay healthy. This also promotes the discipline within myself to stay knowledgeable on all the new modalities, so I can incorporate them into my daily routines, and pass these experiences on to my staff and patrons.

Exercise is a constant battle. It's hard to stay motivated, so I like to read quotes that encourage you to be better. One of my favorites is, "Every day is another chance to get STRONGER, to eat BETTER, to live HEALTHIER, and to be the BEST version of you." This applies to not only exercise, but life in general. I thrive on helping others achieve their fitness goals and feel better about themselves.



LISA PIZZO

- Fitness and Sports Operations Manager
- Red Cross adult, pediatric cpr, aed, and first aid instructor trainer
- ACSM/AAFA Personal Trainer
- ACSM/AAFA Group Fitness Instructor for 18 years

As I get older it is definitely harder, but I feel so amazing and so happy I worked out. That's the payout, the way I feel. I tell myself when I feel like I don't want to, or don't have time, "c'mon on girl, you are gonna feel so good in 45 mins!", that's my truth!

What motivates me to motivate others one word, people! I love people. I enjoy them coming to class and feeling great afterwards. My clients and patrons are what motivate me every day. It's such a pleasure to have them in class and makes everything I do worth it!



FRANCES
STACKPOOLE

- Advanced Bio-Mechanics Certification, Air Force Fitness Speciaist
- PT, Physical Therapist Aide Certification

I stay motivated for my personal fitness activities by making physical activity part of my daily routine.

Making it fun and varying the routine to keep it interesting. I motivate my clients by getting to know them, which allows for a personal touch to aid them in reaching their fitness goals.



KIM LEATHAM

- Fitness Instructor with over 30 years of experience
- Indoor cycling, power pump, step and functional fitness

It is easy to stay motivated when you have participants show up to your class ready to put in work. They are more than participants to me, they are my fitness family. Being a part of their journeys has been rewarding over the years. I have watched many of them achieve goals by making lifestyle changes in order to stay healthy. We keep each other accountable, and my fitness family is the reason I always show up. We show up, put in work, and motivate each other. That is what Group Fitness is all about.



CHARLES WISE

- Yoga Master through Yoga Alliance, Lyengar Yoga

Yoga is a practice you can do throughout life. Lyengar, known as one of the world's best yoga gurus, practiced up until his death at age 95. This ancient practice promotes good health, both mental and physical, and continues to be supported by the latest scientific studies.

I personally enjoy it and enjoy teaching because the yoga community comes together and motivates each other to maintain good health and independence as we age.

FITNESS EVENTS IN 2023

Beach Body is back	Jan 9
Cupid 1/2 Marathon	Feb 11
Dodgeball Tournament	Feb 21
3pt Shootout	Mar 3
St Patty 5k	Mar 11
May Fitness Month	May 1-31

PX3	Jun 24
Firecracker 5k	Jul 15
Spinathon	Aug 5
Color Run	Oct 21
Gobble & Wobble	Nov 15
Jingle All the Way	Dec 13

ADERHOLT FITNESS

884-6884 | 259 TULLY STREET

COMMANDO FITNESS

884-4412 | 452 CODY AVENUE

RIPTIDE FITNESS

881-5121 | 150 HOWIE WALTERS ROAD

Scan



Spa Brochure

Scan



Fitness schedule

DEPARTMENT OF THE AIR FORCE



FITNESS & SPORTS

Faces of the Force Support Squadron

Child Development & Youth Programs

We would like to extend a very special thank you to the team that takes care of our children and youth. The entire Child and Youth Program Flight team members play a vital role in making our service members feel confident in the care that is provided to their children, while they're taking care of the mission. We'd also like to specifically thank Joela Parker, Loretta Jackson, and Rachel Lucas for all your amazing work with the kids and your team members. You were chosen for this spotlight because your unique talent represents some of the best and most promising in your field and the Force Support Youth management team has taken note!



Rachel



Q: How long have you worked in childcare?

A: 11 Years here at Hurlburt!

Q: What are some of your future goals?

A: I want to go back to school and get my master's degree.

Q: What do you like most about your job?

A: My little one goes here so I love knowing the routines that she's in so I can keep up the consistency at home. It's really rewarding seeing her grow every day!



Loretta



Q: How long have you worked in childcare?

A: 20 years working in childcare, 18 months in the CYP, 12 months in the army.

Q: What do you like most about your job?

A: I love that I get to work with the children because they all have different points of view

and bring so much joy.

Q: What are some of your future goals?

A: Coming from being a military child in the youth program myself, it has been a great experience seeing how the staff side of things run. I am currently pursuing my master's degree and I hope to one day be the director of the youth program.



Joela



Q: How long have you worked in childcare?

A: 16 years working the AF CYP 5 years in Lakenheath, England, and 11 years at Hurlburt Field!

Q: What inspired you to choose this position?

A: When I first got here I didn't know anyone. All I had was my husband and children so I decided, since I love taking care of my child why not take care of

children and get paid for it?

Q: What do you like most about your job?

A: I love working with the children. They bring joy to me and they are fun to be around. I love watching them grow and learn, they're like sponges they soak up everything you throw at them. I like my team members because we joke around and work great as a team!

DEPARTMENT OF THE AIR FORCE



YOUTH PROGRAMS

(850) 884-6355

Join Our Team!

NOW HIRING

Child Development & Youth Programs



Scan Code

To see current Child Development & Youth Center Positions

OR

Go to [USAJOBS.gov](https://www.usajobs.gov) and select Hurlburt Field

Benefits

- Health/Dental/Life Insurance Options
- Paid Holidays
- Paid Accrual Vacation Days*
- Sick Leave*
- Tuition Assistance
- Paid Parental Leave*
- Discounted Child Care*

* Rules Apply



For more Hiring Information, Call (850) 884-6464 | Mon-Fri from 8am-4pm | 145 Letourneau Circle, Bldg 90327

 **Hurlburt Field
Child & Youth**



DEPARTMENT OF THE AIR FORCE



**CHILD DEVELOPMENT
CENTER**

(850) 884-6664

Follow us on Facebook @ Hurlburt Force Support | myhurlburt.com | 15

REJUVENATE



Contributed and Layout
by Emily MacDonald

with your

Force Support Squadron

Entering into the new year of 2023, you may have some personal goals that you would like to achieve throughout the year. This is an opportune time to clean off your slate and start anew. With the facilities located here on Hurlburt Field, you will be at ease and able to reset, renew, and relax.



RELAX

COMMANDO SPA: If you are hoping to relax and refresh your body, the Commando Spa is a perfect choice. They offer many services, from facials and waxing, to massages and exfoliations. There is even a sauna at Riptide Fitness Center that you can enjoy. If you are interested in knowing more about the services that they provide or want to schedule an appointment, call (850) 884-4412.

GATOR LAKES GOLF COURSE: Swing into 2023 with a hole-in-one at Gator Lakes Golf Course! Here they have updated greens with a beautiful 18-Hole Golf Course and a view. There is a covered driving range, practice putting greens, and a Pro-Shop. They also hold monthly tournaments and golf lessons for all ages. They have several golf clinics throughout the warm season for both adults, as well as, up-and-coming youth golfers. For more information call, (850) 881-2251.

HURLBURT LANES: Laugh and make memories with your family in 2023 by spending time at Hurlburt Lanes Bowling Center. They offer 12 lanes for both recreation and league bowlers, with a newly renovated interior, and a kitchen that holds the Sparetime Grill. The grill is available for breakfast, lunch, and dinner. Be sure to check, the MyHurlburt.com website calendar for Hurlburt Lanes current activities. For more information, call (850) 884-6941.

OUTDOOR RECREATION (ODR): No better way to start 2023 than by digging your toes in the sand, lounging in the sun, and enjoying the sound of crashing waves at Outdoor Recreation Marina. There are gazebos available to book for small get-togethers and BBQs with friends and family. Rent boats, jet skis, pontoons, kayaks, paddle boards, and enjoy other fun water activities together. They also have the KT Kraken Tiki Bar, with refreshing drinks you can enjoy while sitting on the beach and Sunday Fun day from spring to fall. For more information, call (850) 884-6939.

THE HOOCH BAR & GRILL: Why not stop by The Hooch, located inside The Soundside, and have a tasty bite to satisfy your hunger, Mon-Fri from 3-9pm! They offer a range of food options that you can enjoy while you chat with friends or watch TV. Be sure to become a FOCUS reward member and enjoy monthly deals, that may include discount purchases or free items at The Hooch! For more information, call (850) 884-7507.

THE COMMUNITY CENTER: Relax with friends and come to the Community Center! They have a wide range of activities that you can enjoy with friends, family, and/or coworkers! They have billiard tables, a gaming room with virtual reality, movies you can watch, board games to play, and lots of additional fun things! The Single Airman Program is also housed at the Community Center, providing single airmen with reduced-rate trips to get active and have a fun time with other airmen who may be new to the base, or are looking for new friends. If you have questions about the Single Airman Program, call the Community Center, at (850) 884-2606.

INFORMATION, TICKETS AND TRAVEL (ITT): Plan ahead in 2023 with fun trips for the family! You can benefit from discounts at your favorite amusement parks, like Walt Disney World or Universal Orlando. If you're wanting to go local, you can get discounted tickets for the Gulfarium, Buccaneer Pirate Cruise, and similar Florida attractions. Tickets are also available for regional attractions in Georgia, Louisiana, and Tennessee. Visit myhurlburt.com, under Information Tickets and Travel, for more information and view the full brochure of what they have available. For more information, call (850) 884-6795.

HURLBURT LIBRARY: There are so many activities to look forward to in 2023 with the Library. Bring your children to meet new friends, participate in Biblio Babies for children 0-2 years old, the STEAM Program with the Emerald Coast Science Center available for children 7+, as well as other monthly happenings for you and your children. They will also have their annual Summer Reading Program with the theme Find Your Voice (dates TBA). Follow Hurlburt Field Library on Facebook for more fun events. For more information, call (850) 884-6266.



RESET

AUTO HOBBY: Reset your car and take some time to put some love and care into your motor vehicle. Change your oil, tires, brakes, and utilize other services they provide. Staff is available Tue-Sun to answer your questions should you need help while working on your car. Guests can receive unbelievable prices you won't find off base! For more information, call (850) 884-6674.

VELOCITY CAFÉ & KRACKEN KAFÉ: What better way to reset your new year in 2023 than by stopping at either Velocity Café or Kracken Kafé! These two food places serve the most delectable food and drinks that will be sure to bring some cheer to your morning or afternoon. Opening at 6:30am, Kracken Kafé offers a wide variety of hot and cold beverages, along with breakfast paninis, assorted muffins, and desserts! When lunchtime comes around at 10:30am, Velocity Café opens up for business with a variety of lunch items, such as a taco salad, soups and sandwiches, and pizza. For more information, call (850) 884-4045/7365.

MILITARY & FAMILY READINESS CENTER (M&FRC): Reset your finances this year with M&FRC. They can guide you in the right direction, help track expenses, organize your budget, build emergency savings, and reassess your financial goals with their financial counselors. Call M&FRC (850) 884-5441 to set up a 1-on-1 appointment.

RENEW

UNITE PROGRAM: Your squadron can renew team work and build resiliency together. The UNITE Program provides commanders with funding to execute programs that will benefit all members in their unit, including Active Duty, Reservists, and APF/NAF civilians. For more UNITE details, call (850) 884-5080.

HURLBURT FITNESS: You can visit any fitness center and take advantage of the gyms, especially the Aderholt track, to get into a healthier mindset, both physically and mentally. The three Fitness Centers: Aderholt, Commando, and Riptide, are available for all DoD ID cardholders. Outside of their usual business hours, Aderholt and Commando Fitness Centers have sign-up for 24/7 access. Target your specific fitness goals with the personal fitness trainers for a fee. For more information, call (850) 884-6884.



The three Fitness Centers: Aderholt, Commando, and Riptide, are available for all DoD ID cardholders. Outside of their usual business hours, Aderholt and Commando Fitness Centers have sign-up for 24/7 access. Target your specific fitness goals with the personal fitness trainers for a fee.

There are so many facilities available to you on Hurlburt Field, you won't want to miss out on the many opportunities this year. Discover new activities with friends and family, delight in the delicious foods offered, and make it your goal to discover new

things that are right under your nose. The Hurlburt Force Support Squadron is more than happy to help you in any way and point you in the direction of fun and lively activities offered on base. To find out more, check out our website at myhurlburt.com or follow us on

Facebook at Hurlburt Force Support to be notified of the upcoming main events held on base, like Eggstravaganza, Freedom Fest, Commando Games, and so much more!

JANUARY DEALS

FOCUS



DIGITAL CONNECTION

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

Get a FREE Yoga Mat!

with first time participation in a Yoga or Pilates class!



FOCUS members who are first time PILATES or Yoga CLASS participants, will RECEIVE a **FREE YOGA MAT** for completing (one) Pilates or Yoga class with instructors Cherri or Charles at the **Riptide Fitness Center** on the following dates and times only:

- **January 3** | 11am, Tue
- **January 4** | 10:45am, Wed
- **January 5** | 11am, Thu
- **January 6** | 10:45am, Fri
- **January 10** | 11am, Tue
- **January 11** | 10:45am, Wed
- **January 12** | 11am, Thu
- **January 13** | 10:45am, Fri

Limited supplies, offered while they last. FOCUS member receive one per person per cardholder through the January FOCUS deal. Must present FOCUS card or image of card on phone to instructor after class to receive the free yoga mat. Not transferrable or redeemable for cash.

Riptide Fitness Center
123 Howie Walters Road, Bldg. 91007

HURLBURT'S FOCUS MONTHLY REWARDS & GIVEAWAYS



Scan QR Code to Join FOCUS

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 visit mailchi.mp/myhurlburt/focus and complete the registration form.



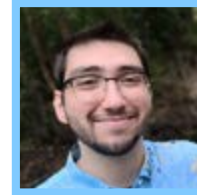
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(850) 884-4252 | Mon-Fri: 8am-4pm
Force Support Squadron Marketing

Daniel's TECH Corner



Contributed and Layout by
Daniel Stutmann

**Welcome back to Daniel's Tech Corner!
Grab a seat, a drink of your choice and your
phone, because this month, we're talking
about smart homes!**

There's a lot to consider when diving into smart home technology. You can go as simple as having some smart lights around the house to having smart locks, sensors, and cameras everywhere. Whatever you choose, this guide should help you to get started on having your very own smart home!

Two things a lot of people overlook when wanting a smart home is the ecosystem and their internet speed. After all, if you want the best smart home experience, you're going to want everything connected to one smooth and quick system so you don't have 10 different apps to go through just to utilize the different products you purchased.

Some great options are Google (Nest) and Amazon (Alexa).

As for the internet speed, each device will need to connect to your wifi, which can slow performance if you don't have enough speed. In this case, I recommend starting slow with a speaker or two and some smart light switches or a camera.

Once you've decided on which ecosystem you would like to go with, we need to get some essentials such as smart speakers, smart displays, lights/switches, and cameras.

My recommendation for brands are Govee, Wyze, and Sengled for lights and cameras. One thing you can do is replace every bulb with a smart bulb, which can be time consuming and not very cost effective, but then you get individual addressability and color changing options in most cases. The other option is to get smart light switches which hooks your switches up to the wifi so you can turn off the lights without needing a smart bulb. If you have no

need to change the color on the bulb than a smart switch may be the best option for you.

Note that if you go with the bulb, the light switch needs to be on at all times unless paired with a smart switch, then you would turn on and off the light either from your phone or by the smart speaker.

Now if you're looking for home security, Wyze has everything from smart cameras and locks, to smart thermostats and door entry sensors. One thing that I use my Wyze Cam for is a baby monitor. For \$20 it sends me notifications about motion, sounds, and live feed to watch him as he plays or sleeps without a subscription.

The Wyze motion sensor is useful if you get up in the middle of the night and don't want to bump into things. Just run a smart LED strip around the bottom of your bed and pair it with the motion sensor, then once you get out of bed it will turn the LED strip on, illuminating the entire room with the color of your choice.

Another feature I personally enjoy is having a smart speaker in each room so I can play music throughout the house on cleaning days. It's also a great feature for hosting!

These recommendations are my own and there is no federal endorsement of any of the products or the companies intended.

YOUR 1099R TAX DOCUMENT



If your mailing address on file with DFAS is current, retirees and annuitants can get a copy of their 1099R through the telephone self-service option.

To use the self-service:

- Call 1-800-321-1080
- Select option "1" for self-service
- Select option "1" for retiree
- Select option "1"
- Enter your Social Security number when prompted.

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

It's not too early to start thinking about your 2022 1099R so you will have it ready to do your income tax return. Here is a reminder of the convenient options DFAS offers for getting the 1099R tax statement for military retirees and annuitants.

The fastest, and most secure way, to obtain a copy of your 1099R is through myPay. Retirees and annuitants can log into their myPay account and print a 1099R. If you're not using myPay, now is a great time to get started by visiting <https://myPay.dfas.mil> and creating an account.

Your 1099R should be in the mail within 7-10 business days to the address they have on record.

If you prefer traditional mail or fax, you can send DFAS a written request, but make sure you leave time for processing. It can take up to 30 days to process request received by fax or mail. Make sure you include all necessary information in your request. Find instructions at <https://myPay.dfas.mil>.



Scan for more retiree resources

DFAS Retired & Annuitant Pay | www.dfas.mil AND search 1099R

EVERY DAY IS ANOTHER CHANCE TO GET STRONGER TO EAT BETTER TO LIVE HEALTHIER AND TO BE THE BEST VERSION OF YOU

DEPARTMENT OF THE AIR FORCE

FITNESS & SPORTS

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BLIZZARD BINGO

18+

\$10 Extra Books
\$2 Daubers

DOORS OPEN 5PM | BINGO STARTS 6PM

FRI, JAN 20 | **SOUNDSIDE CLUB**

\$20 for pre-registration entry and \$25 after 11 January

Entry fee includes admission for 1 person, 2 books (3 for club members).
Food and Drinks available for purchases. Limited seating. Reservations highly recommended.

Register Here



HURLBURT FIELD **FORCE** SUPPORT SQUADRON
MYHURLBURT.COM (850)884-7507
The Soundside CATERING & EVENTS



POLAR PLUNGE RACE

SAT, JAN 28
11:00AM - 2:00PM

All ages are welcome.
Register at the ODR Marina to join the race!

Bring family and friends to cheer you on!

\$5 Entry fee to race
Race participants check in at 11:00am
Race begins at 12:00pm

FREE
Games
Bouncy House
Dunk Tank

Run, Swim or Both! | 100 Yard Race | Top 3 Win a Prize

Food Trucks - Kraken Kafé - Kraken Tiki Bar
Available for Purchase.

HURLBURT FIELD **FORCE** SUPPORT SQUADRON
(850) 884-6939
Hurlburt Field Outdoor Recreation, 100 Corlew Rd, Bldg 92473
ODR

QUESTIONS ABOUT ADVERTISING & SPONSORSHIP IN 2023?

- MARKETING PLATFORMS
- RATE CARD
- COMMUNITY EVENTS
- EVENT SPONSORSHIP OPPORTUNITIES



• Reach out to Hurlburt Field •
Contact Shane Stafford
Office: (850) 884-3821
Cell: (850) 598-4345
hurlburtsponsorship@us.af.mil

Target your audience Build your brand!



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LUNCH

specials



INSIDE HURLBURT LANES
BOWLING CENTER
442 Cody Avenue

HOURS OF OPERATION

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



Full Menu

JANUARY LUNCH SPECIALS from 10:30am - 1pm

Monday - Soup and Grilled Cheese with Drink \$7.00

Tuesday - Country Fried Steak with Mashed Potatoes, Green Beans, and Drink \$8.50

Wednesday - Reuben with Fries and Drink \$9.25

Thursday - BBQ Meal with Coleslaw, Fries and Drink \$9.00, with Drink Only \$6.00

Friday - Asian Cuisine - Prices vary



(850) 884-6470



INSIDE COMMUNITY
COMMONS
Velocity Café Co-located
443 Cody Ave



(850) 884-7365

10:30am-1:30pm

\$9.50 - Drink & Chips
Included

MONDAY

Soup and Half Sandwich

TUESDAY

Two Barbeque Sandwiches

WEDNESDAY

Meatball Sub

THURSDAY

BLT Croissant

FRIDAY

Chicken Caesar Salad Wrap

**\$7.50 - 2 Slices of
Pizza with drink
offered daily**



Full Menu



Check for updates regularly regarding all Dining Facilities availability for Dine-In or Take Out on myhurlburt.com
Prices subject to change

January

MYHURLBURT.COM

LUNCH SPECIALS

MONDAY-FRIDAY | 10:30AM-1:30PM
Located inside Gator Lakes Golf Course

MONDAY

SOUP AND SANDWICH

Choice of soup of the day and a BLT or turkey sandwich.

\$9.50

WEDNESDAY

BULGOGI

Korean beef with fried rice, cucumber kimchi, spicy soy sauce and egg roll.

\$11.25

HOT FOOD

THURSDAY

COUNTRY FRIED STEAK

With mashed potatoes, gravy, chef's choice vegetables and biscuit.

\$9.50

TUESDAY

CHICKEN OR BEEF FAJITAS

Includes pepper, onions, and cheddar cheese. Includes refried beans, salsa and sour cream upon request.

\$9.50

FRIDAY

REUBEN OR RACHEL SANDWICH

Your choice of corned beef or turkey, with swiss cheese, sauerkraut, and thousand island dressing on rye bread. Includes potato salad or choice of side.

\$9.50



Full Menu



INSIDE GATOR LAKES CLUB HOUSE
403 Walkup Way



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

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

Kraken Kafé
BEANS & BITES



Full Menu



INSIDE COMMUNITY COMMONS
Kraken Kafé Co-located
443 Cody Ave



(850) 884-4045

Prices subject to change



Commando Spa

Offering the following services:

- Lashes
- Sport massages
- Trigger point massages
- Relaxing massages
- Facials
- Derma plane facials
- Acne treatments
- Anti-aging treatments
- Chemical Peels
- Waxing

and much more.

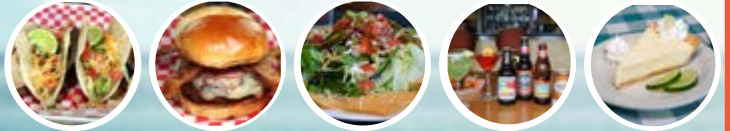
Call now for an appointment,
availability is limited.



Scan QR code for
pricing brochure



Commando Fitness Center
452 Cody Avenue, Bldg. 90232
(850) 884-4412



MON-FRI 3-9PM
KITCHEN OPENS AT 4PM
Sat-Sun Special Functions Only

(850) 884-7507
myhurlburt.com



Inside The Soundside
at 107 Kissam St.



JOIN THE FUN

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: (850) 884-4412 • Riptide: (850) 881-5121



NEED TO GET AWAY?



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



SCAN CODE
FOR MORE ITT
INFORMATION



Hurlburt Field Map



Map created by 1st SOFSS Marketing and intended for personal use. Commercial use must have written approval from 1st SOFSS Marketing. Current as of: January 2023. Subject to change without notice. Not built to scale.



STAY CONNECTED!

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

DIRECTORY

- Hurlburt Field West Side —**
- Outdoor Recreation Marina (ODR) & Kraken Tiki Bar
 - Dog Park (Bark Park), Fishing Pier
 - The Soundside Event Venue; The Hood Bar & Grill || Soundside Lodging (Open to all DoD Cardholders)
 - Picnic Area
 - Visitor Control Center
 - Footbridge
 - Child Development Center (CDC) West
 - Child Development Center (CDC) Main
 - Lil' Commando Community Park
 - Splash Pad, Skateboard Park, Ball Fields
 - Memorial Air Park
 - Housing Office
 - Youth Programs
 - Base Pool (Aquatic Center)
 - 1st SOFSS Headquarters; Readiness; NAF HRD
 - NAF Accounting; Marketing; Print Shop
 - Airmen's Attic; Thrift Store
 - Military & Family Readiness Center (M&FRC)
 - Finance; IDs; CACs; Passports; Assignments; Promotions; Awards & Decs; Evaluations; Career Development; Legal; Retirement/Separation; Retiree Activities Office (RAO)
 - Base Chapel
 - Hurlburt Express ||; Gas Station; ATM
 - Reef Military Dining Facility (DFAC) ||
 - King Auditorium
 - Airman Leadership School (ALS)
 - Education Center
 - Welcome Center
 - Information, Tickets & Travel (ITT)
 - Community Commons Building - Library; Community Center; RAR Single Airmen Program; Velocity Café; Kraken Café ||
 - Official Mail Center
 - Burger King ||
 - Hurlburt Lanes; Sparetime Grill ||
 - Commando Fitness Center; HAWC
 - Pet Friendly Temporary Lodging Facility
 - Pet Friendly Distinguished Visitors Quarters (DVQ)
 - Pet Friendly Temporary Lodging Facility
 - Commando Inn (Lodging); Family Child Care Office
 - Aderholt Fitness Center, Alpha Warrior Rig, Softball Fields
 - Auto Hobby; Plaque & Trophy Shop
 - Rifle & Pistol Club
 - May Road Office Housing
 - Eglin Federal Credit Union (EFCU)
 - First National Bank
 - Tennis & Roller Hockey Courts, Commando-Fit Pad East
 - The Exchange (BX) Charleys; Popeyes; Starbucks; Subway ||
 - Commissary ||
 - Resale Lot
 - Riptide Military Dining Facility (DFAC) || Fitness Center
 - Child Development Center (CDC) East
 - Medical Clinic & Pharmacy (MDG)
 - Recycling Center
 - Gator Lakes Golf Course; Oasis Café ||
 - FAMCamp - Off MLK Jr. Blvd.

Map also available digitally at myhurlburt.com

Cut or tear out for easy reference throughout the month

(850) DIRECTORY

M&FRC

Military & Family Readiness Center & (DAP) | 884-5441
220 Lukasik Ave, Bldg 90213

CHILDREN & YOUTH

Child Development Centers (CDC)

CDC Main | 884-6664
108 McMillan St, Bldg 90353

CDC East | 881-1261
133 Leilmanis Dr, Bldg 91168

CDC West | 884-5154
26 Weaver St, Bldg 90306

Family Child Care (FCC) | 884-4300
301 Tully St, Bldg 90509

Youth Center & School Age Program (YP & SAC) | 884-6355
117 McMillan St, Bldg 90304

School Liaison | 280-5766
117 McMillan St, Bldg 90304

DINING/RESTAURANTS/BARS

Kraken Kafé | 884-4045/7365
Inside Community Commons,
443 Cody Ave, Bldg 90337

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

Oasis Café | 881-5731
Inside Gator Lakes Golf Course, 403 Walkup Way

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

The Hooch Bar & Grill | 884-7507
Inside The Soundside, 107 Kissam St

The Soundside | 884-7507/581-3111
Catering & Events, 107 Kissam St

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

The Reef (Military Dining) | 884-4970
313 Cody Ave, Bldg 90326

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

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

EDUCATION & LEARNING

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

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

Professional Development Center (PDC) | 884-3912
424 Cody Ave, Bldg 90229

EMPLOYMENT

Civilian Personnel | 884-5212
212 Lukasik Ave, Bldg 90210

NAF Human Resource | 884-6464
145 Letourneau Cir, 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 Ave, 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 St, Bldg 90517
24/7 Access Available - Register at Facility

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

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

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

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

MILITARY PERSONNEL

Military Personnel Flight (MPF)
212 Lukasik Ave, 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

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 Cir

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

Tickets & Tours | 884-6795
424 Cody Ave, Bldg 90229

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

Community Center & Special Events | 884-2606 & 884-2607

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

Outdoor Recreation/Marina & R4R-RECON | 884-6939
100 Corlew Rd, Bldg 92473

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

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

Unite C3 | 884-5080
145 Letourneau Cir, Bldg 90327

MISCELLANEOUS

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

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

Honor Guard | 884-5330/5908
139 Letourneau Cir, Bldg 90359

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

Mortuary Affairs | 884-4495 or cell (850) 420-3241
145 Letourneau Cir, Bldg 90327

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

Post Office | 884-7699
437 Tully St, 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	Dormitory Housing	884-3188	Legal Office	884-7821	Security Forces	884-6423
Back Gate	881-2259	Finance Accounting	884-4119	Main Gate	884-7803	Sexual Assault Prevention/Response	884-7272
Barber Shop (Main Exchange)	581-8893	Dental Clinic	884-7881	Mayroad (Base Housing)	344-0220	Space "A" Travel	884-1086
Base Exchange (AAFES BX)	581-0030	Emergency Management	884-4304	Mental Health	881-4237	Thrift Shop	884-3098
Casualty Assistance	884-2686	Emergency Room (Eglin)	883-8228	Pass & Registration	884-5233	TRICARE	881-5177/3912
Chapel Center	884-7795	Express (Shoppette)	581-0488	Pharmacy	881-2133	Veterans Affairs	(800) 827-1000
Clinic Appointments	881-1020	Family Advocacy	881-5061	Public Affairs (1 SOW)	884-7196	Visitor Control Center	884-2310
Commissary (DECA)	881-2139	Firestone	243-6820	Red Cross	432-7601		
Credit Union (Eglin Federal)	862-0111	Health and Wellness Center	884-4292	Retiree Activities Office	884-5443		
DEERS	884-5322	Inspector General	884-6322	Safety Office	884-5243		

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7.9% APR



No Annual Fee

No Cash Advance Fee

No International Transaction Fee



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eglinfcu.org/mastercard

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UPCOMING COMMUNITY EVENTS

FREE

2023

Hurlburt Field



APR 8
Saturday

EGGSTRAVAGANZA



MAY 12
Friday

COMMANDO GAMES
ROCK FEST



JUN 23
Friday

FREEDOM FEST



AUG 11
Friday

BATTLE ON
THE BEACH



OCT 27
Friday

FALL FEST



DEC 1
Friday

WINTER WONDERLAND
TREE LIGHTING