

July 2022

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MY HURLBURT

# Life

MAGAZINE

FIND THE  
1 SOFSS "KRAKEN"  
HIDDEN INSIDE TO  
ENTER DRAWING FOR

**\$100**

SEE PAGE 5 FOR  
DETAILS



HAPPY  
*Fourth  
of July*

HURLBURT FIELD



**FORCE**  
SUPPORT SQUADRON

SATURDAY | 2 JULY  
**RED, WHITE & BLUE TOURNAMENT**  
GATOR LAKES GOLF COURSE

SATURDAY | 23 JULY  
**BEAT THE HEAT BINGO**  
SOUNDSIDE CATERING & EVENT VENUE

FRIDAY | 19 AUGUST  
**BATTLE ON THE BEACH**  
OUTDOOR REC MARINA

# SQUADRON VS. SQUADRON SUMMER GAMES



# BATTLE ON THE BEACH

**FRIDAY, 19 AUGUST • 10am-3pm**  
**ODR / MARINA**

**PLUS**

**Hurlburt Field's 33rd Annual Cardboard Boat Regatta**  
Build your own raft & be the first to make it back!

[myhurlburt.com](http://myhurlburt.com)

*Current as of 6/13/2022. Subject to change without notice*

**SAVE  
the  
DATE**



MY HURLBURT

# Life

MAGAZINE



**Front Cover:** Med Group participants from Commando Games 2022, along with our other airmen above!



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Matthew "Shane" Stafford

**Visual Information Specialists**  
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Eva McDonough

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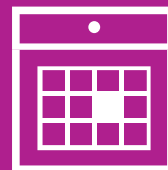
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## Events Calendar

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

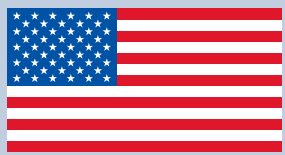
<https://www.myhurlburt.com/pages/fsscaldar.html>

# CROSSWORD

Summer

1. GLASSES 2. JUICE  
3. WATERMELON 4. HAT  
1. SWIMSUIT 2. ICECREAM  
3. SUN 4. SEASHELL

# FUN PAGE



## July 4th Word Search Puzzle

D	E	C	L	A	R	A	T	I	O	N	Y	Y	C
C	T	J	V	K	H	I	S	T	O	R	Y	Z	W
L	H	C	T	R	X	A	F	R	E	E	D	O	M
L	L	I	B	E	R	T	Y	U	O	R	N	A	X
H	Y	S	C	P	R	I	D	E	I	P	S	S	X
W	T	V	A	Y	A	E	N	O	K	N	W	U	R
S	B	M	G	N	J	U	L	Y	D	A	U	M	G
E	N	E	O	F	A	M	I	L	Y	T	G	M	F
F	I	R	E	W	O	R	K	S	W	I	L	E	C
G	R	N	I	Y	B	V	B	J	Q	O	O	R	D
H	G	A	T	M	I	M	L	N	Z	N	D	R	I
Q	T	E	P	A	T	R	I	O	T	I	S	M	E
I	N	D	E	P	E	N	D	E	N	C	E	G	M
W	Q	D	C	B	O	O	U	U	V	E	E	L	M

FIREWORKS  
HISTORY  
JULY  
PRIDE

LIBERTY  
DECLARATION  
FAMILY  
INDEPENDENCE

NATION  
SUMMER  
PATRIOTISM  
FREEDOM

# 1 SOFSS THE FUN SQUADRON!



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

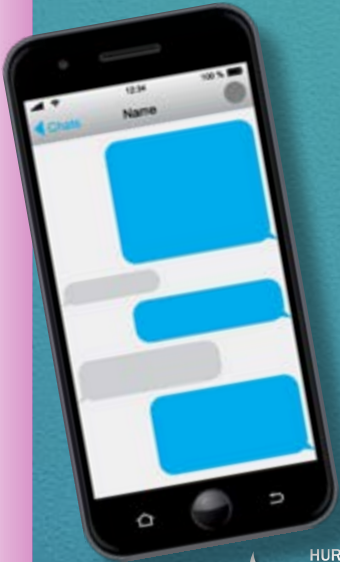
- Hurlburt Field Library
- Hurlburt Fitness Center
- Hurlburt Field Outdoor Recreation
- Hurlburt Field Community Center
- Hurlburt Field Child & Youth
- Hurlburt Field Airman and Family Readiness Center
- The Soundside on Hurlburt Field
- Hurlburt Information, Tickets & Travel
- Gator Lakes Golf Course,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



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FIND FUN WITH US ON SOCIAL MEDIA, THE WEB, E-NEWSLETTER AND THE MONTHLY MAGAZINE

# ANOTHER WAY TO WIN WITH YOUR 1 SOFSS - FIND THE MISSING 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](mailto:myhurlburtlife@gmail.com) subject "Kraken" no later than 25th of the current month and you could win a **\$100 FSS** gift card. \*Must be 18 or older and be a valid DoD cardholder.



**Hint!**

The hidden Kraken is much smaller than this size

# HURLBURT DIVE SHOP CLASSES



Scan for Dive Shop Details!



**Basic Open Water SCUBA Certification**  
Ages 12 & up • Call for class times • \$335

**Advanced Open Water SCUBA Certification**  
Ages 12 & up • Every month • \$238

See Outdoor Recreation Dive Shop Calendar at [myhurlburt.com](http://myhurlburt.com) for more classes and times • Prices subject to change



**TRIATHLON**



# PEDAL, PADDLE, PANT TRIATHLON

**SATURDAY, 30 JULY • 7AM  
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Emoji

~(ツ)~

Emoji

# World Emoji Day



Contributed by Emily MacDonald & Patrice Egan | Layout by Deborah Ledbetter

**Emojis!** Everyone loves to use them. They give that extra expression you need when typing something you are passionate about, whether it be in the context of a text message to someone or on social media. Did you know according to the data on Unicode Consortium, the organization responsible for encoding universal characters for the web, has found that 92% of the online population use the laugh-cry emoji? The top 10 most used emoji's worldwide are: laugh-cry, red heart, rolling on the floor laughing, thumbs up, loudly crying, folded hands, face blowing a kiss, smiling face with hearts, smiling face with heart-eyes and smiling face with smiling eyes. Some of my personal favorites are: zany face, eyes + magnifying glass, sparkling heart, and the fox. I love living in a world where emojis exist and bring a little extra pizzazz to your online conversations. As time goes by, more updates are appearing with newer and more exciting emojis!

Let's look back on the history of these silly guys, and learn how they evolved from :-D to 😂. Did you know that the calendar emoji has an actual date on

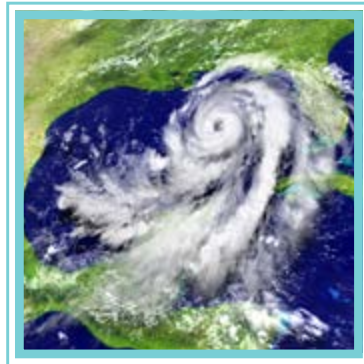
it? That date is July 17, and is known as World Emoji Day! The founder of Emojipedia, Jeremy Burge, created World Emoji Day in 2014, but emojis have actually been around much longer. On this day, we celebrate ALL emojis rather than just the calendar emoji that displays this fun date. Before emojis, many people used emoticons in online conversations. You may know them as looking like this: :-P or ;-) or even :-D. Using emoticons at the end of sentences altered the way we spoke in chat rooms, but everything changed after the first emoji was developed. The first emoji was created by Japanese artist, Shigetaka Kurita, in the late 1990's when he saw the opportunity to make pictures that would replace words and free up characters to be able to send longer messages. These pictures soon became known as "emoji" since it meant picture (e), write (mo), and character (ji) in Japanese. Kurita constructed his emojis by using a 12 by 12 pixel grid. This was a bit difficult to use when finding the center to be able to design pictures as the grid didn't have odd numbers. Today, emojis are developed a lot differently, yet made easier with the use of vector graphics which can be scaled with resolution.

Over the years, emojis have increased in popularity. They have so many genres, including facial expressions, foods and common objects, places and types of weather, even animals are included! The reason we use them in today's day and age is because they are expressive. You can express how you are feeling or reacting to text messages without having to say any words at all! Did you just see the cutest baby deer and baby bunny video online and you need to let everyone know how the cuteness is too much for your heart to handle? Use multiple heart emojis along with the crying and pleading face emojis! Emojis can help express all types of emotions you may be feeling, like happiness, anger, sadness, confusion, etc. There are other times when goofy ones are needed to add a little boost to a hilarious conversation. Join us as we appreciate the many emojis we love and use as World Emoji Day rolls around on July 17. Spread the word on social media by using #WorldEmojiDay to join in on the celebration, and why not include some of your favorite emojis as well? ■

No Federal Endorsement Intended.



# SUN, SURF, STORMS *and Safety!*



Contributed by Melanie Lerman | Layout by Deborah Ledbetter

Here we go again,  
in the heart of PCS season! Welcome to our Hurlburt Field and Florida Panhandle newcomers. This article is intended to address a few common challenges faced in this area, provide suggestions for prevention, and hopefully dispel some fears with data. It is not all-inclusive and as always do your own research with reliable sources when making your personal and family decisions. For those of you who have been around the area for awhile, still read on, as there are some great tidbits about protecting yourself and your family from Sun, Surf, and Storms!

## SUN

The Centers for Disease Control (CDC) maintain that while having fun in the sun is a great way to stay active, combat stress and build Vitamin D in your system, still most skin cancers are caused by excess exposure to ultraviolet (UV) light. It is important to remain diligent and protect yourself. Here are a few simple reminders of how to do so:

### HEAT RISKS –

Let's face it, it is HOT here! Staying hydrated and avoiding extended periods outside during the hottest time of the day, roughly noon-5p.m., are your best defenses against the summer heat wave. When you must be out in the heat, take breaks in the shade. If you cannot find some, make your own! Stay under an umbrella or find shelter under a tree or other covered area for periods of relief from the heat and sun, when outside. Our Lil' Commando Park offers covered play areas and Outdoor Recreation has several pavilions where you can seek relief from the sun when enjoying the beach area at our Marina. \*Note - the pavilions are occasionally reserved for private parties. The temperature rises to deadly levels rapidly in closed up vehicles. It should go without saying – do not leave your children or pets in your vehicle on sunny days. If you leave your phone or other electronic item in the car, attempt to insulate it by placing it in a bag out of direct sunlight or keep a small empty cooler in your vehicle just for that purpose.

### SUNSCREEN –

SPF 15 or higher is recommended daily, and definitely before going outside. Most guidance encourages reapplication every 2 hours, more often if swimming or sweating excessively. Follow FDA recommendations for infants under 6 months. If you do get burned, hydrate, take an anti-inflammatory for pain and swelling (if you have no health/medication reasons to avoid them), and apply aloe or hydrocortisone cream for relief.

**CLOTHING** – Hats with a brim all the way around will help to protect vulnerable areas, like the back of the neck, tops of ears, nose and forehead. Be cautious of straw hats as they may still allow sunlight to come through. Ball caps help with the face, but you will need to use sunscreen more often on the ears and neck. Clothing offering UV protection is ideal. When possible, choose long-sleeved shirts and long pants for extended time in the sun. Trust me – it is not unusual to see locals in shorts and long sleeved rash guards or t-shirts. Honestly, it really isn't any hotter if you choose breathable fabric.

**SUNGLASSES** – Your precious eyes are also susceptible to UV damage in the form of cataracts and creation of wrinkles in the delicate skin around the eyes. Look for sunglasses offering protection from both UVA and UVB rays for the best protection, and remember, they will not help you unless you actually wear them!



Continued on pg 10



## SURF

**BEACH WARNING FLAGS/SWIMMING** – Here’s your sign. I’m not kidding, get to know the flags. Respect the warnings even if the water looks fine. An undertow or rip current can be tough to see and even tougher to escape if you get caught in one. If you are caught in a rip current, do not try to fight it and swim to shore; instead, swim parallel to the shore until you are out of the current.

Not all beaches have lifeguards. Learn where they are and are not, and what hours they are posted to make the best decision for you and/or your family.

Any day in the water is not without some risk. General tips like learning CPR, forming a family plan for water activities, wearing flotation devices appropriate to age and size, and educating children about respecting the water without imparting an overabundance of fear are all important to follow. The World Health Organization <https://www.who.int/news-room/fact-sheets/detail/drowning> and The Centers for Disease Control <https://www.cdc.gov/drowning/facts/index.html>, each offer statistics on drowning, to include who is at most risk and preventive measures you can take.

**JELLYFISH** – We do have them, and some of them sting. If you see a large amount of them, it is best not to swim during that time. If you have never seen one, they look like a mostly clear, gelatinous, floating disc. They occasionally have blue, brown, or red, blood-like streaks in them. They come in all sizes, from as small as a nickel, to over 7 feet wide, and can have tentacles up to 100 feet long beneath their bodies, which you cannot always see. The typical ones seen in the shallows on our beaches are from tiny to about five inches wide. If you do get stung, get out of the water and check for tentacles, remove any clinging ones with something other than your hand. Try not to splash water on yourself as you may release more venom by doing so. If there are any signs of an allergic reaction, seek immediate medical attention.

**PORTUGUESE MAN-O-WAR** – While they look similar to jellyfish, they are actually not jellyfish and their sting can be much more painful and long-lasting. According to the National Ocean Service (a sub of NOAA), they are rarely fatal to humans. Please familiarize yourselves with them – they have a unique look and a “fin-like” area that shows above the water. Their tentacles can still sting when beached, even weeks after! Historically, we see them in the Gulf a few times a year. Just be aware of what they look like, avoid the water and be cautious walking the beach when they are around.

**STINGRAYS** – Found any time of the year here, stingrays are most abundant May through October, especially in shallow waters close to shore, near wading anglers. While generally passive fish, they do possess a barbed, venomous tail, that when stepped on, can become dangerous. If you are hit by a tail, be sure to seek prompt medical attention.

**SHARKS** – It is natural to be concerned, yet, shark attacks are considered extremely rare. Here are a few tips if you want to further lessen your chances of attack:

- Avoid murky water
- Avoid swimming dusk to dawn
- Avoid deep water areas, such as near or in a channel
- Avoid swimming in close proximity to fishing piers where they may lurk for easy prey
- Pay attention if swimming in a strong current, like an inlet or pass

## STORMS

**LIGHTNING** – During the hot summer months, we experience brief afternoon showers, typically accompanied by lightning. If you hear a lightning warning or see lightning, seek cover immediately and wait it out. Most pop-up showers last only 15-45 minutes and aren’t worth the risk of being struck. According to [www.accuweather.com](http://www.accuweather.com), Florida ranks 4th in the nation for lightning flashes, yet leads the U.S. in the number of people who are struck and killed by lightning. The higher lightning strikes in Florida are believed to be due to the abundant outdoor living we practice. Bottom line, while lightning strikes are rare, they are fairly simple to avoid and manage your risk.

**HURRICANES** – Our best advice here is to be prepared! We could never cover all that needs to be addressed on this topic in the context of this article. There is a wonderful preparedness pack here: <https://www.weather.gov/media/mob/pdf/GulfCoastHurricanePrep.pdf>. We encourage you to download this or another info packet from a site you trust. The packet at this link includes several checklists and explains the full process from start to finish, as well as, a list of other useful websites which will likely address all of your questions. From experience – safety first, of course, but also have something on the ready, like a plastic tub, to grab important papers, documents and any photos or memorabilia you do not want to lose. Make those decisions now so you do not encounter added stress while dealing with an evacuation situation.

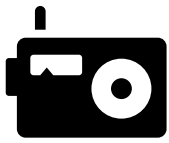
Thank you for the opportunity to welcome you to Hurlburt Field and the Florida Panhandle. We hope these tidbits of information are helpful and aid to make your time here less fearful and more enjoyable! As always, reach out to your unit/base safety/medical personnel and others as necessary, to round out your knowledge and gain insight into any new requirements/recommendations as they arise.

Download this informative Hurricane Prep Pack: <https://www.weather.gov/media/mob/pdf/GulfCoastHurricanePrep.pdf>

For information on Florida beaches and bays water quality, bacteria, and other helpful tips let’s leave that to the pros: <https://protectingfloridatogether.gov/> and/or <https://myfwc.com/research/redtide/statewide/?redirect=redtidestatus>

Some information derived from [www.panhandletraveler.com](http://www.panhandletraveler.com), you may find additional helpful information here. ■

No federal endorsement of referenced materials intended.



## EMERGENCY SUPPLY KIT

- Water** — at least 1 gallon daily per person for 3 to 7 days
- Food** — enough for at least 3 to 7 days
- Non-perishable packaged or canned food and juices**
  - Food for infants or the elderly
  - Snack foods
  - Cooking tools, fuel, non-electric can opener
  - Paper plates, plastic utensils
- Blankets, Pillows & Bedding, etc.**
- Clothing**
  - Seasonal
  - Rain gear
  - Sturdy shoes
- First Aid Kit, Medicines and Prescriptions**
- Special Items** - for babies and the elderly
- Toiletries and Hygiene items**
- Moist towelettes, garbage bags and plastic ties for personal sanitation**
- Items for Children**
  - Toys
  - Books
  - Games
- Tools** - keep a set with you during the storm
- Pet Care Items**
  - Proper identification, immunization records, medications
  - Ample supply of food and water
  - Carrier or cage
  - Muzzle and leash
- NOAA Weather Radio** — Battery operated
- Flashlight & Batteries**
- Keys**
- Vehicle fuel tanks filled**
- Cell phone** — Fully charged cell phone with extra battery, non-cordless telephone set
- Cash** (some small bills) — Banks and ATMs may not be available for extended periods
- Credit Cards**
- Important Documents** - waterproof container or watertight re-sealable plastic bag
  - Insurance information
  - Medical records
  - Bank account numbers
  - Social Security card

## FINAL CHECKLIST

### ACTIONS TO TAKE WHEN A STORM IS IN THE GULF OF MEXICO

- Listen to radio, TV and/or NOAA Weather Radio for forecasts of the storms progress
- Double check items in your emergency supply kit
- Fuel and service your vehicles
- Inspect and secure mobile home tie-downs
- Make sure you have supplies to survive for at least 72 hours, but preferably for up to one week
- Board up windows (if shutters do not exist). Do not use tape, it provides no protection
- Secure and/or store lawn furniture and loose, lightweight objects (garbage cans, patio plants, garden tools)
- Get plenty of extra cash in case power goes out and ATM's do not work
- Store vehicles that are not being used
- Follow instructions issued by local officials. **EVACUATE IMMEDIATELY IF ORDERED!**

### FINAL ACTIONS TO TAKE (IF LEAVING)

- Turn off propane tanks
- Unplug small appliances. Turn refrigerator and freezer to coldest setting
- Turn off utilities (if ordered)
- Notify family members of your evacuation plans
- Lower water level in swimming pool by one foot
- Lock home securely
- Board doors and brace garage door
- Take pets with you

### FINAL ACTIONS TO TAKE (IF STAYING)

- Close storm shutters
- Turn refrigerator and freezer to coldest setting and open only if necessary. (Note: 25 pounds of dry ice will keep a 10-cubic foot freezer below freezing for 3-4 days)
- Follow instructions from emergency managers and be prepared to turn off utilities if ordered
- Board doors (leave an emergency exit), brace garage door and remain inside. Stay away from boarded windows
- Take refuge in a predetermined safe room, such as an interior closet, bathroom or hallway
- Beware of calm wind in the eye of the storm. Do not venture outside as the strongest winds may occur shortly after the eye passes.

Cut or tear out for easy reference



# SUMMER Charcuterie Boards

Contributed by Emily MacDonald | Layout by Deborah Ledbetter

Nothing puts a bigger smile on my face than when I arrive at a social gathering, and spot a charcuterie board sitting to the side, filled with flavorful hors d'oeuvres, just begging to be eaten. You may have noticed the rise in popularity of charcuterie boards over the past 2 years or so, especially with people sharing their own spin on their finger-food creations on social media. You wonder, what exactly is a charcuterie board? Where does one begin when creating one? Better yet, how is it pronounced? Before we get into the fun stuff of making your own charcuterie board, let's look back on its history, and how it became a timeless and mesmerizing food creation made for everyone to enjoy.

Charcuterie [shar-KOO-ter-ee] is derived from the French words for flesh (chair) and cooked (cuit). The term was used to describe a branch of cooking devoted to prepared meat products, such as bacon, ham, and sausage. Did you know that the practice of salting and smoking meats to preserve them dates back to about 6,000 years ago in ancient Rome? It was believed that nothing from the animal should be wasted. Charcuterie boards are an appetizer typically served on a wooden board or stone slab that features a selection of preserved foods, especially cured meats, as well as cheese and crackers, or bread. They may also include fresh or dried fruits, olives and olive oil, nuts, vinegars, and assorted spreads like mustards, honey and fruit preserves. Many charcuterie boards include capicola (cold cut and dry-cured pork), salami and prosciutto (uncooked, unsmoked and dry-cured ham), along with smoked or aged cheese. Since the 19th and 20th Century in America, they continue to find popularity due to the ease of preparing them.

With the overwhelming growth of charcuterie boards spreading all throughout the world, many types of unique themes and ideas are being created for boards. If you are wanting to bring your a-game to your next social gathering, try thinking about these other types of charcuterie boards that are sure to win the hearts of any foodie you will encounter.





**Summer:** Summer is now upon us, and it is the perfect time to make something yummy that everyone will run to after a day at the beach.

Start shopping and look for these ingredients: watermelon, pineapple, blueberries and blackberries, nectarines, bell peppers, snow peas, cherry or grape tomatoes, your preferred nuts, basil pesto, cream cheese, and Gouda and/or pepper jack cheese, salami, sesame crackers, water crackers, and toasted or grilled bread. Next, find a board to put all your treats on.

Place the dips and loose ingredients (berries or veggie slices, etc), into bowls and place them on the board first. Arrange the larger slices like watermelon, pineapple, crackers and cheese surrounding the bowls.

Look at the empty spaces that are left and add in any leftover items, making sure the entire board is filled. There is no wrong way for placement of the snacks you have!

Spread similar foods out! If you are using lots of crackers place them in two different sections of the board, so it is balanced. For additional summer inspiration, look up fun color palettes on Pinterest and search for foods similar in that palette, to make your charcuterie board bright, fresh and colorful!



**4th of July:** Thinking of making a 4th of July themed charcuterie board?

Shop for fruits and treats in shades of red, white and blue! Here is a sample ingredients list for red: cherry tomatoes, prosciutto, dried salami, salsa, strawberries, raspberries, red bell peppers, watermelon, cherries, red grapes, radishes, dried cranberries, and beet chips.

Find the following for white: tortilla chips, cool whip, popcorn, any types of white cheese (goat cheese, mozzarella, swiss, etc.), yogurt dip, bread slices, and yogurt covered pretzels, and white queso. Find the following for blue: blackberries, blueberries, blue corn tortilla chips and black grapes.

Decide on your board display, and place any of the larger items down first, like bowls of the queso and salsa. When placing your smaller items like the cherry tomatoes and fruits, you will want to vary the colors of food that you place next to one another, and think of the contrasting textures, like grapes next to tortilla chips. You will also want to make sure the items you want to eat together are close in proximity, or will pair together nicely taste-wise.

Finally, you will want to fill any empty spaces with the leftover snacks for your board. The great thing about charcuterie boards is they have no rules! You can place food however you like, and remember with stacking and snacking, the more the merrier!



No Federal Endorsement Intended.

Continued on pg 14

**S'mores:** Another type of board that would be fun for the summer is a s'mores board! Nothing is wrong with classic chocolate bars, marshmallows and graham crackers, but try considering some fruit and other items too!

You will want to choose your display board, and gather the following ingredients: graham crackers, peanut butter, Nutella, strawberries, blueberries and raspberries, marshmallows, white chocolate bars, peanut butter cups, peppermint patties, cookies and cream bars, and milk chocolate bars. Fill small bowls and with peanut butter and Nutella, and place them on the board. Around those bowls stack your graham crackers, and add in the chocolate bars scattered around. You can first begin with full chocolate bars, then put individual squares on top of those. Add in smaller items to the charcuterie board, like the Reese's cups, peppermint patties, strawberries, blueberries and raspberries.

Finally, look at your board for empty spots and fill them in with marshmallows and smaller pieces of chocolate. Always remember that stacking is a charcuterie boards' best friend! Once everything is done, your pretty display of s'mores ingredients is ready to be shared!



**Dessert:** Dessert boards are a fun twist that will make any person with a sweet tooth smile. Consider a dessert board where it has a wide range of color, texture, and ingredients! Think about adding sweet and sour, or hard and gummy candies together. If you are wanting to add dips to your charcuterie, try honey, Nutella or jam. You can also consider adding fruits, like berries to your dessert charcuterie board as well. Nothing is sweeter than a board full of yummy desserts after a meal!





## Charcuterie boards

come in all different shapes and colors, and it is so fun to look at the combinations people have created when it comes to themes.

Consider having a charcuterie party with your friends, where each of you bring specific types of charcuterie boards like only cheese, or only specific colored foods, or just desserts? The options are limitless; start your charcuterie board journey today and enjoy the process of making a beautiful board, and reward yourself by snacking on the delicious results! ■

No Federal Endorsement Intended.

# NATIONAL FRIES DAY

Contributed by Melanie Lerman | Layout by Deborah Ledbetter

You might as well grease me up and slap those potatoes right on my hips! This is the thought that races through my head seconds after the salivating begins. Let me just say, I LOVE FRIES. Waffle fries, tater tots, standard cut, curly fries (ok, not these), smiley fries (or there), shoestring, Crinkle-cut (faves!), Steak fries, Sweet potato fries, the list goes on and on.

Whether fries are actually French or were derived from Belgium is up for debate and not going to be settled here by any means, we are more interested in discussing the delectable goodness, and the many ways to serve fries. Traditionally, they are fried in a vat of oil, typically a neutral tasting, high temperature tolerant oil like peanut, canola, vegetable or safflower. These days, with more health conscious practices evolving, fries may be oven-baked, air-fried, or even grilled.

Once prepared, comes the choice to dip or top. No matter what I choose, salt comes first, be it regular iodized salt, sea salt or when I am feeling fancy, salt flakes. Sauces may take on a myriad of flavor profiles and since potatoes are

particularly neutral in flavor, one is limited only by their imagination. Toppings can transform a simple delicacy into an international event! Choose a country, select several staple condiments, and perhaps a popular meat, and transfer your mound into an ode to Mexico, or Italy, or Greece, or ... you get what I mean!

Health reasons aside, I cannot recall meeting anyone who truly dislikes French fries. If you are out there, email me, I want to hear how that is possible! For the rest of you, even if you only indulge once a year, take a moment on July 13th to pay homage to the versatility and staying power of this transformed potato. Minus the fatty fry-oil and toppings, potatoes contain antioxidants, are nutrient dense, contain 'resistant starch' (known to reduce insulin resistance) and are naturally gluten free (for those who are sensitive). Consider whipping up an air-fried batch topped with your choice of healthy chopped veggies and/or lean meat, or just a simple malt vinegar dip and celebrate along with the rest of us on National French Fry Day! ■

No Federal Endorsement Intended.

Nutritional Information Source: <https://www.fda.gov/>  
(Note, this is for a raw, unpeeled, 5.3 oz potato)

Vegetables Serving Size 'gram weight' ounce weight)	Calories	Calories from Fat	Total Fat		Sodium		Potassium		Total Carbo- hydrate		Dietary Fiber		Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
			(g)	(%DVI)	(mg)	(%DVI)	(mg)	(%DVI)	(g)	(%DVI)	(g)	(%DVI)						
Potato 1 medium (148 g/5.3 oz)	0	0	0	0	0	0	670	3	76	0	7	3	1	0	41	7	6	



Hurlburt Field

## Outdoor Recreation & Marina Rentals



### Pontoon Boat

\$210 / 1/2 DAY

\$350 / FULL DAY

\*1 Apr - 30 Sept\*

\$160 / 1/2 day

\$280 / Full day

\*1 Oct - 31 Mar\*



### Kayak, Single/Double

\$6 / 1 HOUR

\$25 / FULL DAY



### Volleyball Set

\$6 / DAY

### Cornhole Set

\$6 / DAY



(850) 884-6939

myhurlburt.com



# SUNDAY FUNDAY



**BAR HOURS**  
11am-8pm Fri & Sat  
10am-6pm Sun

At KT's Kraken Tiki Bar!  
Sunday • 10AM-2PM

- Mimosas
- Bloody Marys
- Food Truck
- Games



Must have 4 legal adults present to order a bottle of champagne & 2 legal adults present to order 1/2 bottle

Drink responsibly. Bartenders reserve the right to exercise dram shop rules.

Current as of 5/19/2022  
Subject to change



(850) 884-6939



# 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 • Riplide: (850) 881-5121

# Read Beyond The Beaten Path

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**Kristin Thompson**

*Sr. Loan Officer*

NMLS#395831

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[kthompson@university-lending.com](mailto:kthompson@university-lending.com)



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*Loan Officer*

(520) 301-6224

NMLS#2155978

[ltkaczyk@university-lending.com](mailto:ltkaczyk@university-lending.com)



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# RETIREEES GETTING MARRIED



It is important to know what is required at the DEERS/ID Card Section in order for the sponsor to get their new spouse a dependent ID card whether you (the sponsor) or your new spouse have been previously married.

1. Of course bring your spouse since a photo is required for the new ID card.
2. The spouse will need to have 2 up to date forms of ID with them. The most common forms of ID are a Drivers License, Social Security Card, Passport, Certified Birth Certificate. One of these forms of ID must contain a photo.
3. Don't forget to bring the Certified Marriage Certificate.
4. If the sponsor and/or the new spouse were previously married and subsequently divorced, bring those divorce decrees also to ensure that in fact, those divorces have been loaded into the DEERS system. Divorce updates are NOT automatic into the DEERS system; they need to be manually loaded by a DEERS/ID Card Office.

You can contact the DEERS/ID Card Section at (850) 884-5321 or (850) 884-5322 if there are any questions.

## 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](http://www.myhurlburt.com/pages/retiree-Corner.html)



Scan for more retiree resources



# 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



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## Hurlburt Exchange dividends received were

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May  
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# LUNCH



# Specials



**(850) 884-7365**

10:30am-1:30pm

\$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



Full Menu

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

INSIDE COMMUNITY COMMONS  
Co-Located with Kraken Kafé  
443 Cody Ave



## Kraken Kafé

BEANS & BITES

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

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



Full Menu





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

Located inside Hurlburt Lanes

# SPARE TIME GRILL



## JULY SPECIALS

myhurlburt.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Asian Day Surprise to be determined day of & Drink
4 Closed	5 Closed	6 Reuben on Rye Fries & Drink \$8.25	7 BBQ Sandwich Meal Coleslaw, Fries & Drink - \$9.00 Sandwich & Drink Only - \$6.00	8 Asian Day Surprise to be determined day of & Drink
11 Country Fried Steak Mashed Potatoes, Green Beans & Drink - \$7.50	12 Frito Pie & Drink \$5.00	13 Reuben on Rye Fries & Drink \$8.25	14 BBQ Sandwich Meal Coleslaw, Fries & Drink - \$9.00 Sandwich & Drink Only - \$6.00	15 Asian Day Surprise to be determined day of & Drink
18 Country Fried Steak Mashed Potatoes, Green Beans & Drink - \$7.50	19 Frito Pie & Drink \$5.00	20 Reuben on Rye Fries & Drink \$8.25	21 BBQ Sandwich Meal Coleslaw, Fries & Drink - \$9.00 Sandwich & Drink Only - \$6.00	22 Asian Day Surprise to be determined day of & Drink
25 Country Fried Steak Mashed Potatoes, Green Beans & Drink - \$7.50	26 Frito Pie & Drink \$5.00	27 Reuben on Rye Fries & Drink \$8.25	28 BBQ Sandwich Meal Coleslaw, Fries & Drink - \$9.00 Sandwich & Drink Only - \$6.00	29 Asian Day Surprise to be determined day of & Drink



Specials  
10:30am-1pm

(850) 884-6470



Located Inside Gator Lakes



Full Menu

SAVE TIME,  
ORDER AHEAD!

Oasis Café  
(850) 881-5731  
MYHURLBURT.COM



\* Prices current at time of print, subject to change due to market fluctuations

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

# Gator Lakes Golf Course

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



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### LEARN TO:

- PUTT
- DRIVE
- SWING
- LAUGH
- HIGH-FIVE
- & HAVE FUN

(850) 881-2251  
myhurlburt.com

\$69

PER SESSION

**Session Dates**  
13-17 June, 2022  
11-15 July, 2022  
8-12 August, 2022

**Session Times**  
5-6pm








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- DRIVE
- SWING
- LAUGH
- HIGH-FIVE
- & HAVE FUN

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PER SESSION

**SESSION TIMES**  
5-6:30PM

**SESSION DATES**  
MAY 16-20  
JUNE 20-24  
JULY 18-22  
AUGUST 22-26  
SEPTEMBER 12-16

DATES SUBJECT TO CHANGE









RED, WHITE, & BLUE

TOURNAMENT

**SATURDAY, 2 JULY**  
**8AM SHOTGUN START**  
Gator Lakes Golf Course

**4-PERSON SCRAMBLE**  
PARTICIPANTS WILL TEE OFF ON DIFFERENT TEE BOXES THROUGH THE ROUND

**\$20 PLUS APPLICABLE GREEN & CART FEES, LUNCH, PRIZES AND AWARDS PROVIDED**  
REGISTER BY WEDNESDAY, 29 JUNE



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# 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 2022. Subject to change without notice. Not built to scale.



Scan QR Code for Digital FSS Map



Scan QR Code for FSS Activity Calendar

## STAY CONNECTED!

WEBSITE  
myhurlburt.com

SMS TEXT  
text "ISOFSSFOCUS" 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 Hooch Bar & Grill || Soundside Lodging (Open to all DoD Cardholders)
- Picnic Area
- Visitor Control Center
- Footbridge (temporarily closed)
- 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 HRO  
NAF Accounting; Marketing; Print Shop
- Okaloosa County Tax Office (temporarily closed);  
Airmen's Attic; Thrift Store
- Airman & Family Readiness Center (A&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; R4R Single Airmen  
Program, Velocity Café; Kraken Café ||
- Official Mail Center
- Burger King ||
- Hurlburt Lanes; Sparetime Grill ||
- Commando Fitness Center; Smoothie Bar ||; 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

### -- Hurlburt Field East Side --

- 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

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Cut or tear out for easy reference throughout the month

# (850) DIRECTORY

## A&FRC

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

## CHILDREN & YOUTH

Child Development Centers (CDC)

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

CDC East | 881-1261  
133 Leilmanis Drive, 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 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) | 884-4970  
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

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

## 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-SAIP)  
& Special Events | 884-2606 & 884-2607  
Community Commons, 443 Cody Ave, Bldg 90337

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

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

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

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

Unite 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 | 884-5330/5908  
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 91316

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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	Julyroad (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 (15OW) .....	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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Beat the

HEAT

Adults Only 18+

Bingo

Sat, 23 Jul • The Soundside  
Doors Open 5pm • Bingo Starts 6pm

**Entry Fee Per Person:**

\$25 Preregister by 17 Jul | \$30 after 17 Jul | \$10/extra book

**FEE INCLUDES:**

Admission for one person, 2 Books (Club Members receive 3)  
& Complimentary light hors d'oeuvres

*Bar open for purchases • Limited Seating, reservations highly recommended*

Register Here



HURLBURT FIELD  
**FORCE**  
SUPPORT SQUADRON

CURRENT AS OF 6/28/2022  
SUBJECT TO CHANGE WITHOUT NOTICE  
(850) 581-3111 / 884-7507

The Soundside  
CATERING & EVENTS