

June 2022

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MY HURLBURT

# Life

MAGAZINE

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1 SOFSS "KRAKEN"  
HIDDEN INSIDE TO  
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**\$100**

SEE PAGE 5 FOR  
DETAILS



HURLBURT FIELD



**PREACHER LAWSON**  
SOUNDSIDE CATERING & EVENT VENUE  
SUNDAY | 12 JUNE

**U.S. OPEN PRO-AM**  
GATOR LAKES GOLF COURSE  
SATURDAY | 18 JUNE

**MY DAD, MY HERO**  
CELEBRATE FATHER'S DAY  
SUNDAY | 19 JUNE



# Independence Day

**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

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MY HURLBURT

# Life

M A G A Z I N E



**Front Cover:**

TSGt Gregory Rojas, with son, Grayson and daughter, Madison, at the Lil' Commando Park.



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Issue No. 30

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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.



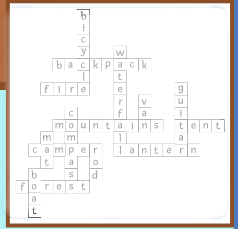
<https://www.myhurlburt.com/pages/fsscalendar.html>



# FUN PAGE



## CAMPING CROSSWORD PUZZLE




## WHERE ARE THEY GOING?



## CAMPING

— wordsearch puzzle —

C	O	M	P	A	S	F	I	R	E
G	W	R	O	D	S	T	A	N	B
U	T	E	N	L	W	A	T	E	A
I	N	M	T	A	N	T	E	R	C
T	A	R	S	F	O	R	R	F	K
M	O	U	N	C	A	E	N	A	P
V	A	N	T	N	M	S	B	L	A
B	O	V	A	P	P	T	I	L	C
O	A	R	I	R	E	A	K	E	K
A	T	P	N	S	R	L	M	A	T

Find objects in the picture and in the puzzle



- COMPASS
- FIRE
- GUITAR
- ROD
- TENT
- LANTERN
- MOUNTAINS
- VAN
- BOAT
- CAMPER
- FOREST
- BIKE
- MAT
- WATERFALL
- BACKPACK

C	O	M	P	A	S	F	I	R	E
G	W	R	O	D	S	T	A	N	B
U	T	E	N	L	W	A	T	E	A
I	N	M	T	A	N	T	E	R	C
T	A	R	S	F	O	R	R	F	K
M	O	U	N	C	A	E	N	A	P
V	A	N	T	N	M	S	B	L	A
B	O	V	A	P	P	T	I	L	C
O	A	R	I	R	E	A	K	E	K
A	T	P	N	S	R	L	M	A	T



# ADVENTURE TIME

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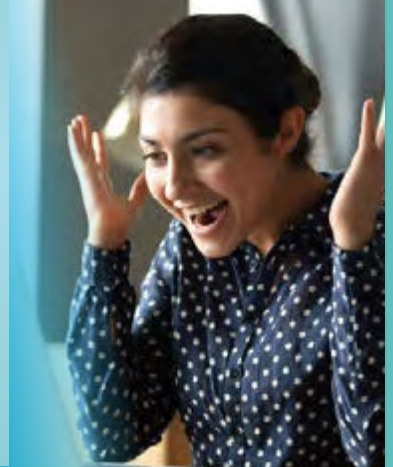
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FIND FUN WITH US ON  
SOCIAL MEDIA, THE WEB,  
E-NEWSLETTER  
AND THE MONTHLY MAGAZINE

# 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!**

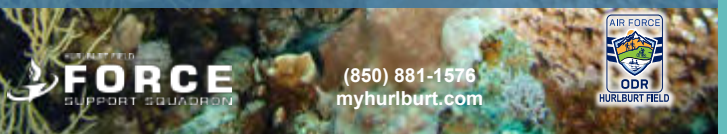
The hidden Kraken is much smaller than this size



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

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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



# PREACHER LAWSON

*Get To Know Me*



THE SOUNDSTAGE @  
HURLBURT FIELD  
12 JUNE • 6:30 PM

OPEN SEATING AT 5 PM (FIRST COME)  
OPTIONAL PRE-SHOW MEAL AVAILABLE • RESERVATIONS REQUIRED



WITH GUEST  
DENNIS GAXIOLA  
FREE SHOW

**LIVE STAGE**

AN AIR FORCE ENTERTAINMENT PRODUCTION

18+ ADULT  
SITUATIONAL  
COMEDY



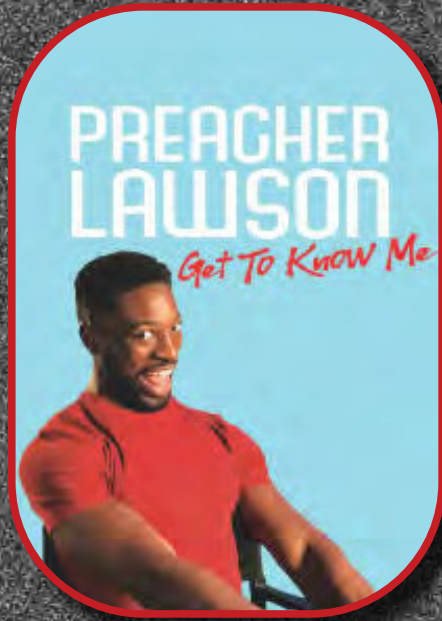
# PREACHER LAWSON

Preacher Lawson was born in Portland, Oregon, but raised most of his adolescence in Memphis, TN. He moved 20 times before the age of 10, but if you ask him what city he's from, he'd say Orlando, FL, because that's where he grew as a comedian.

He started writing jokes when he was 16, then decided to perform for the first time a year later, on a bet with his mother. Best decision of his life.

In 2015, Preacher won the title of Funniest Comedian In Florida. In 2016 he was crowned the winner of the Seattle International Comedy Competition. He's continued the wave of momentum on into 2017 and he's on quite a roll so far - having made his television debut on NBC's "Last Call with Carson Daly", followed by an appearance on Comedy Dynamic's "Coming To The Stage" soon after. In 2017, Lawson made a big splash on NBC's "America's Got Talent", where he made it to the final ten contestants. Preacher can currently be seen on America's Got Talent: The Champions where he was a top 5 finalist on NBC's highest-rated season to date.

## Bio Bio Bio



# DENNIS GAXIOLA

Dennis Gaxiola is a 20 year veteran of the USAF, and is one of America's funniest, "clean" comedians. He has entertained audiences around the world and has been a featured performer on many television shows. This veteran funny-man continues to give back and provides quality entertainment for our men and women stationed throughout the globe.

Dennis has also appeared on: Jamie Foxx's "Laffapalooza" on Comedy Central, Gabriel Iglesias' "Stand-Up Revolution", Starz Network's presents ... Martin Lawrence's "First Amendment Stand-Up", "The Latin Kings of Comedy Tour" and "Trinity Broadcast Network's Praise The Lord (PTL) Comedy Specials". His drybar comedy special has soared to over 60 Million views on social media.

## Bio Bio Bio



## Tips to Keep *Positive* in *Adverse* Situations

Contributed by Melanie Lerman

Sometimes, it can be quite a struggle just to get out of bed. Do you ever look around and notice others who seem to never miss a step, always smile and wonder, how can that be me? While a positive mindset takes more than we can explore in this short tidbit, there are some items you can focus on and expand your understanding of in order to grow your ability to bounce back!

1. **Keep Positive.** Whether you say daily affirmations or consciously turn that frown upside-down, positive thoughts cause a chain reaction in your brain leading to more positive thoughts. What you focus on expands, read about your Reticular Activating System (RAS) to gain an understanding how this works from a physical sense. Positivity has scientific backing and exercising it regularly can help you respond better in adverse situations.
2. **Consider Your Triumphs.** Think about the things you have already overcome. Focus on what got you through. Was it faith? Was it confidence? Was it surrounding yourself with the right people? Either way, you have successes to grow from. Success that makes you more empathetic to others and able to respond better when confronted with challenging situations.
3. **Opportunities for Growth.** What are examples where you did not perform to the level you had hoped? What are the opportunities to improve? Do you need classes, or to allow more time for certain projects? Did you fail to plan for something? Look for opportunities to improve upon everyday processes and to anticipate potential situations where an alternative method may be needed. Flexing your brain in this manner improves elasticity and prepares you for solution-based thinking over reaction based. While you are at it, research solution-based thinking methods and training!
4. **Refuse to Quit.** Yes, at times this may seem impossible. With laser focus, one can see through any trauma as a means to another path. What can you learn? What can you impact? What is your new way forward?
5. **Get into Nature.** Study after study shows communing with nature reduces stress. Stress reduces one's ability to react properly in intense situations. Most studies show that spending just 10-20 minutes outside each day can help decrease your stress level, which offers a whole host of other mind, body and soul benefits!

These are just a few tips to get you started on the path to overcoming adverse situations quickly and positively. Take a few of these and expand your knowledge while creating a more peaceful mindset for yourself! ■

# JUNE DEALS FOCUS



# DIGITAL CONNECTION

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

## FREE Starter at The Hooch Bar & Grill!

Show your **FOCUS** card at **The Hooch** on **Mondays in June 2022**, and enjoy one of our signature starters **FOR FREE!**

Offer available only during advertised hours of operation on specified days, subject to unexpected closures, no rainchecks. **LIMIT** one Starter per FOCUS cardholder, per eligible day in June. Value up to \$10 per visit! No redeemable cash value.



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### Starters

**Healthier Options**

**Nachos 7**  
Fresh tortilla chips / cheddar jack fresh jalapenos / pico de gallo / sour cream  
Add grilled steak / chicken / chili 3

**Rich's Chili 6**  
Chef prepared / cheddar jack cheese scallions / garlic toast

**Loaded Texas Cheese Fries 7**  
Bacon / cheddar jack / fresh jalapenos ranch / Buffalo sauce

**Loaded Tots 6**  
Tater tots / shredded cheese bacon / pico de gallo / scallions

**Pickle Chips 6**  
Breaded and deep fried / Served with Sriracha ranch dipping sauce

**Mozzarella Sticks 5.5**  
6 breaded and Italian seasoned Served with marinara

**Onion Rings 5**  
Beer battered / firecracker dipping sauce

**Queso 6**  
White American cheese / fresh tortilla chips

**Queso Fundido 6.5**  
Chopped grilled steak / Queso dip pico de gallo / fresh tortilla chips

**Spinach Dip 6.5**  
Baked cream spinach / artichoke / parmesan Served with fresh tortilla chips

**Soft Pretzel Sticks 6**  
4 Baked served with beer cheese dipping sauce

## 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 TEXT 150FSSFOCUS to 95577 and complete the registration form.



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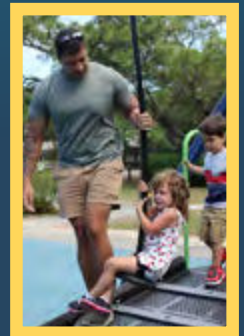
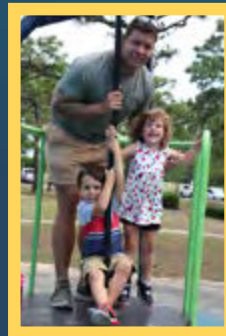
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# HAPPY HAPPY HAPPY FATHER'S FATHER'S FATHER'S

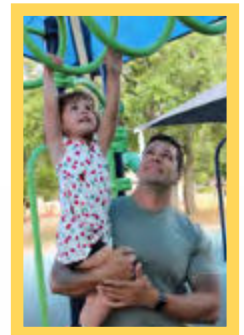
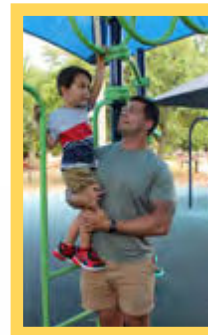
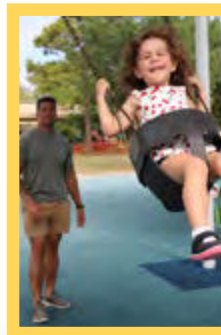
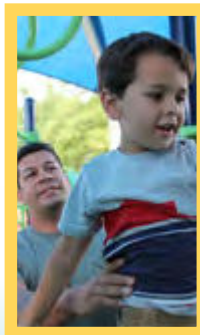
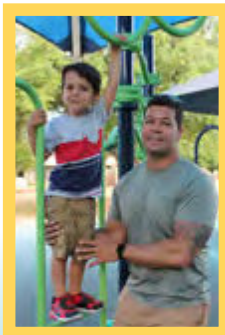
## DAY 19 JUNE

Contributed by Emily MacDonald | Layout Deborah Ledbetter



**W**e captured TSgt Gregory Rojas spending time with his children, Grayson and Madison, at Hurlburt Field Lil' Commando Park. Gregory shares these special moments encouraging, reassuring and being present for his children as they reach for everyday playground challenges and fun.

We are wishing all the dad's a Happy Father's Day, and on the following page we share 3 essay winners from our contest, My Dad, My Hero, on pages 10-13.



Continued on pg 10



# MY DAD, MY HERO MY DAD, MY HERO MY DAD, MY HERO MY DAD, MY HERO MY DAD, MY HERO



**M**y dad is amazing. His list of professional accomplishments is long- graduated from college in four years to be CPA, spent six years in Army reserves, started his own successful company, on and on. His list of personal accomplishments is long- married fifty years, held every office in his Rotary Club, big house on the lake with a nice boat, international travel, two kids and three grandkids, on and on. The list of adjectives to describe his personality is long- smart, ambitious, hardworking, generous, compassionate, on and on. As amazing, and even intimidating, as this all is, it's not why my dad is my hero.

No one is going to go through life perfectly, never having to change. The problem isn't having flaws. The problem is staying in your flaws and being too proud to change. No one is destined to stay where they are. My dad smoked cigarettes. When he quit smoking, he showed me what a real man does. Humbles himself, admits he has a short coming he can't fix himself, and seeks help. My dad showed me what the ultimate strength is in being an amazing man. It's too easy to pridefully hold on to your ego and refuse to improve. No man gets to be amazing by doing that. My flawed dad is my perfect hero. ■

My dad is my hero because of his flaws. My dad has shown me perfection isn't necessary to be an amazing man. EVERYONE has short comings.

*My Dad, My Hero - Essay Winner*  
**Daniel Smith, Army Reserve,**  
**(1970-1976)**

Essay by Shawn Smith, US Army Ret.



# MY DAD, MY HERO MY DAD, MY HERO MY DAD, MY HERO MY DAD, MY HERO MY DAD, MY HERO

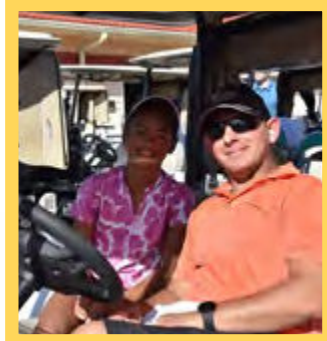
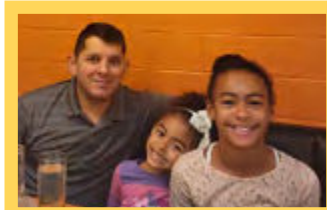
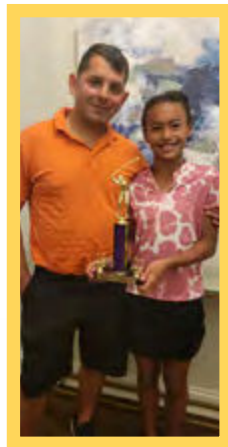


**M**y dad is my hero, and this is why. When my mom married my dad, I was afraid of getting a bonus dad, but he instantly took me in and treated me like his own daughter. We have so much fun together. He shares so much wisdom with me. For example, he tells me don't doubt yourself. He also introduced me to the game of golf when I was around five years old and I have played ever since. We play together often and we have even won scramble awards together! He supports me in all my endeavors and

also, I had a baby sister who is my best friend. He tells me about all of his travels in the military and has cool souvenirs to share. There is a quote, "A hero is a man who does what he can", and that is my dad. He stepped up to a big responsibility in raising me and he never gives up, even in hard times. I couldn't imagine life without him. ■

*My Dad, My Hero - Essay Winner*  
**Captain Thomas Davis Bryant, Jr**  
**(23STS)**

Essay by Zoey Bryant



Continued on pg 13



# MY DAD, MY HERO MY DAD, MY HERO MY DAD, MY HERO MY DAD, MY HERO MY DAD, MY HERO



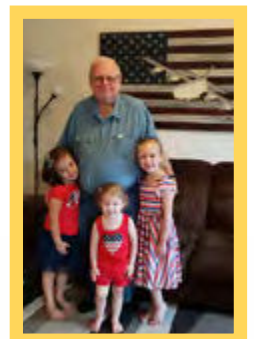
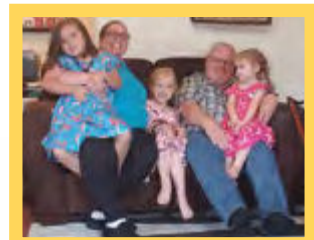
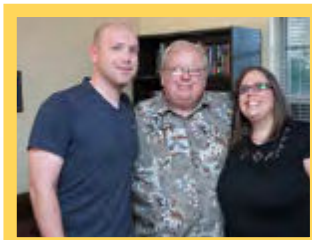
Unconditional love, generosity, dedication and patience are only a few noble qualities to describe my hero who is my dad. He didn't have the best family life, but he made sure to do things differently with his kids. Growing up, my dad worked nights, so he had to endure loud study groups, piano lessons, and arguments between siblings. He would wake up to pick us up from school early if we were sick or come to our sports games after school. Even though he should have been sleeping for his night shift, he still did these things with a smile. I remember my dad's willingness to always help other people, putting himself last no matter the cost to himself. He is the most generous person I know. He would come home from work on Christmas morning after we had opened presents, and even though he was tired, he would help us set them up. I now see one of the most

important qualities my dad has is that he has always allowed his kids to see his imperfections. He never claimed to be the perfect parent. He always did his best and gave us unconditional love on top of that.

Even now as a Papa, he does the same for my kids (well, even more because he loves to spoil them!) and I see the unconditional love in his eyes and face that he has for them as a grandparent and for myself as his daughter. Last but not least, my dad is a veteran. He served in the Vietnam War in the Navy. I am so proud of him for serving our country and for persevering through hard times. A father is always a daughter's first love, and I am proud to say that I love my dad! ■

*My Dad, My Hero - Essay Winner  
Danny Woods, Navy Veteran*

Essay by Danielle Andersen, USAF Spouse



# Gator Lakes Golf Course

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



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PER SESSION

#### Session Dates

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

#### Session Times

5-6pm

GET INTO THE SWING  
AND START ENJOYING  
GOLF TODAY!



## GATOR LAKES GOLF COURSE FATHER'S DAY

# SALE

### 15-19 June

# 10% TO 40% OFF

SELECT ITEMS



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### LEARN TO:

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



ONLY  
**\$99**  
PER SESSION

SESSION TIMES  
5-6:30PM

### SESSION DATES

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

SIGN-UP TODAY!  
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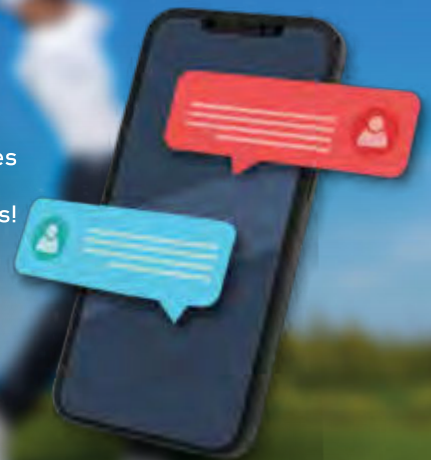
GET INTO THE SWING  
AND START ENJOYING  
GOLF TODAY!

DATES SUBJECT TO CHANGE



# SIGNUP FOR GOLF ALERTS

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



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# Future Focus

Contributed by Emily MacDonald | Layout by Deborah Ledbetter

**T**he Future. What a thought-provoking concept! So many things come to mind when you hear this word. What are you hoping to achieve in the next 5 years? What will the world look like in the year 3000? What are you having for dinner tonight? The thought of the future is intimidating, forever changing, and it keeps you on your toes looking towards something you cannot predict the outcome to.

**W**hen I think of the future, I imagine The Jetsons flying in their car and living with robot maids, or Back to the Future, where Marty and Doc have a car that will send them to any point of time in life, and then there are the many, many space odysseys in Sci-Fi films and TV. I constantly wonder about the day when I get to have my own flying hover board and zip around the sky feeling the wind in my hair. I see a future where everything is chromatic, with robots running restaurants and my food being made from out of nowhere in the microwave like the Spy Kids franchise. Do you have a film or TV show that best represents what you would like to see in the next 20, 50, or 100 years? What type of invention would you like to see during your time on Earth, or what would you like to invent that could be beneficial for you and/or the planet?

**W**e have all the time in the world to think about the future, and what it will bring not only to our personal lives, but also to the world in which we live. Although it is fun to think about the kooky possibilities that we may face in the future, like flying cars, the things to focus on now for the future are how we take care of one another and how we treat the world. Taking small steps improving and helping the growth of humanity is the best thing we can do. It gives us the opportunity to shape the future for ourselves and those we leave behind.

**What are your thoughts?**

- What do you think humanity will be like in a 100 years?
- What plans do you have in store for yourself in order to succeed in the future?
- During your time here on Earth, what lessons have you learned that you didn't anticipate when you were younger? What advice would you give your younger self?
- How can we help our communities to make a better future for the generations to come?

**Read Beyond The Beaten Path**

**SIGN-UP! WIN PRIZES FOR READING!**

**HURLBURT FIELD LIBRARY**  
**2022 SUMMER READING PROGRAM**  
 443 Cody Ave. Building 90337  
 myhurlburt.com | 884-6266

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LOG MINUTES  
**JUNE 1<sup>ST</sup> - AUGUST 1<sup>ST</sup>**  
 PROGRAMS FOR ALL AGES

MINUTES READ = PRIZES

PRIZES FOR KIDS, TEENS & ADULTS

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SCHOOL AGE CARE | AGES 5-12

**SUMMER CAMP**

**31 May-5 August**

**New Registration Begins Monday, 4 April**  
 Register Online at [MILITARYCHILDCARE.COM](http://MILITARYCHILDCARE.COM)

**Parent Orientations**  
 19-23 May, 4:30pm

**Summer Camp Held**  
 Monday-Friday, 6am-6pm  
*(Meals & Weekly Field Trips Included)*

**Fee Based on Household Income • Contact Youth Programs for Complete Details**

Children must have completed kindergarten or must be enrolled and attending school to participate in summer camp

**HURLBURT FIELD FORCE SUPPORT SQUADRON** (850) 884-6355 myhurlburt.com

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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



## ADERHOLT FITNESS CENTER

# STROLLER Derby

**5** Hurlburt Fit POINTS

**7:30am**  
**21 JUNE**  
**TUESDAY**

SCAN QR CODE TO REGISTER

(850) 884-6884  
 MYHURLBURT.COM

# NEED TO GET AWAY?

SCAN CODE FOR MORE ITT INFORMATION

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

INFORMATION TICKETS & TRAVEL  
 HURLBURT FIELD, FL

# Resiliency...

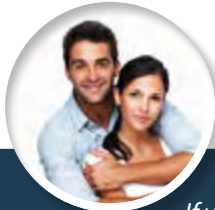


Resiliency has become a common buzzword within the military community. What is resilience, why is it so important, and how do you attain it? Resilience is the capacity to recover from and grow through difficult life events. Being resilient does not mean that people don't experience stress, emotional upheaval, and suffering; it's more simply, an ability to withstand, bounce back, and grow despite life's challenges. The military provides great opportunities to serve, protect our country, travel the world, and provide for family. The military life also comes with additional challenges which can be overwhelming, frustrating, and in some cases traumatic. Building resiliency is key to successfully navigating through military life and moving from surviving to thriving.

Why is resilience so important? It is what gives people the emotional strength to cope with trauma, adversity, and hardship. People who lack resilience are more likely to feel overwhelmed or helpless and rely on unhealthy coping strategies. Resilience empowers them to accept and adapt to a situation and move forward.

How does one develop or attain resilience? Resilience isn't something people tap into only during overwhelming moments of adversity. It builds as people encounter all kinds of stressors, coupled with utilizing effective resources and skills. Developing these coping skills is both complex and personal. It involves a combination of inner strengths and outer resources. Hurlburt Airman and Family Readiness Center (A&FRC) provides educational and personal development coursework and services to equip Airmen, their families, and units across the installation with the tools to develop and maintain resilience. Programs like Emotional Intelligence, 7 Habits of Highly Effective People, and Life Coaching services, to include individual coaching, couple's coaching, and financial coaching, are resources provided to promote resilient members through education, goal setting and action plan development. The 4 Lenses/True Colors, LEGO series play, and other experiential activities are new cutting-edge methods of promoting team building, bonding, and development to assist Hurlburt units.

Hurlburt A&FRC provides education and services to equip the installation with tools to develop resiliency through social support, realistic planning, emotional regulation education, effective communication, and coping skills. Knowing what resilience is, is not enough. Gaining the skills and tools to develop and nurture resiliency will help you transition from just surviving to thriving as a military family. Contact the Hurlburt Field A&FRC. We are happy to assess your needs and determine how we can best assist with your resiliency development.



*We look forward to continuing to serve you and your families throughout your military journey here at Hurlburt Field.*

*If you are interested in hearing more about what we offer or to register for a class, please call us at (850) 884-5441. Hours of operation are M-F at 7:30am-4:30pm. Our Discovery room is also open for computer use to ID card holders.*

## Embedded with-in A&FRC are core programs which supports resiliency:

1. **The Exceptional Family Member Program (EFMP)** family support coordinators assist families with special needs through quality of life services
2. **Relocation Readiness** provides education and support during PCS moves
3. **Personal Financial Readiness** provides education and coaching towards accomplishing financial goals
4. **Spouse Employment** provides crucial educational support, resume review, and interview preparation to assist spouses with their employment goals
5. **Personal Work/Life** provides courses, activities, and services to promote work/life balance
6. **The Volunteer Program** provides opportunities to impact community resilience through filling gaps and enhancing support to the installation
7. **Transition Readiness** provides members and families with courses, connections, tools, and services to help ensure a successful transition from military to civilian life



SCAN QR CODE FOR A&FRC INFORMATION AND ADDITIONAL CLASS SCHEDULES

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you're not going that way...**





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# National BEST FRIENDS Day

- 8 June

Contributed by Emily MacDonald | Layout by Deborah Ledbetter



*"A friend is one of the nicest things you can have, and one of the best things you can be."*



"A friend is one of the nicest things you can have, and one of the best things you can be," said by the lovable and cuddly Winnie-the-Pooh. I truly believe "best" friendships are among the most important and healthy relationships you can have in your life.

In 1935, the U.S. Congress gathered to devote a day each year in tribute to close friends. Friendship can look like all sorts of things! It can be with a person you have known for years, with your parents or your partner, your best friend could even be your pet! No matter who it is, friendship is all about the loyalty, trust and strong bond you have with one another. Within a friendship is an opportunity to cherish, to inspire, to open up and build a strong connection with one another.

Positive friendships help ground you and encourage you to pursue your dreams. Friends push you to take risks beyond your comfort zone, advocate fun adventures together, and are along for the ride when you embrace your wild side. True friends offer unwavering support and deliver tough love with kindness. Within a friendship, it is important to encourage one another to be authentic, and to create a safe space to let loose and laugh a little. The people who are able to accept you for who you are, and everything that comes with it, are the most important relationships in life.

From life changing days to the small, nameless moments, friendships with that type of connection creates a bond that is not easily broken. When someone is a genuine, true friend, they leave a mark on your heart that will never go away, not with time and not with distance. They secure a true part in your life in hopes that you will be able to grow together, to share with each other the victories and successes, and the everlasting fun memories together. ■



**MON-FRI 3-9PM**

**KITCHEN OPENS AT 4PM**

Sat-Sun Special Functions Only

**(850) 884-7507**

**myhurlburt.com**



# Do You Need All 4 Parts of Medicare for TRICARE For Life?

By **TRICARE Communications**

Partial reprint with permission from [www.tricare.mil](http://www.tricare.mil)

FALLS CHURCH, Va. – Do you have Medicare, or will you soon be eligible to enroll? Medicare has four parts: A, B, C, and D. It's important that you understand how each part differs and which parts you'll need for TRICARE For Life (TFL).

TFL provides secondary coverage to Medicare, which is known as Medicare-wraparound coverage. TFL is an individual entitlement. This means it's only available to military retirees and their eligible family members who qualify for Medicare. TRICARE enrollments for family members who aren't eligible for Medicare remain the same. Here's what you need to know about the four parts of Medicare.

## Medicare Part A: Hospital Insurance :

You need Medicare Part A to have TFL coverage. Medicare Part A is hospital insurance funded through payroll taxes. It helps provide coverage for inpatient care in hospitals, skilled nursing facility care, some home health care, hospice care. Most people become eligible for premium-free Medicare Part A at age 65, if they worked and paid Social Security taxes for at least 10 years. If you aren't eligible for Medicare Part A based on your own work history, you may be eligible based on your spouse's work history. What if you aren't eligible for premium-free Medicare Part A based on your own or your spouse's work history? Check out the TRICARE and Medicare: Turning Age 65 Brochure for instructions on how to remain TRICARE eligible after you turn age 65. Some people become eligible for Medicare before age 65 based on a disability or a health condition. Some qualifying conditions include end-stage renal disease or Lou Gehrig's Disease. Check out the TRICARE and Medicare Under Age 65 Brochure for instructions on how to remain TRICARE eligible when you become eligible for Medicare before age 65.

## Medicare Part B: Medical Insurance

You also need Medicare Part B to have TFL coverage. Medicare Part B is medical insurance funded through monthly premiums. It helps cover services from doctors and other health care providers, outpatient care, home health care, durable medical equipment (wheelchairs, walkers, and hospital beds), and preventive services (screening, vaccines, and yearly wellness visits). As outlined in the TRICARE and Medicare: Turning Age 65 Brochure, the Medicare Part B premium is based on your income and is taken from your monthly Social Security retirement or disability payment. If you aren't receiving either of these payments, you'll receive a bill every three months for your premiums. Both Medicare Parts A and B make up Original Medicare. If you're eligible for Medicare Part A, you must have Part B to have TFL coverage. This requirement doesn't apply to active duty family members or to individuals who've been enrolled in the US Family Health Plan continuously since Oct. 1, 2012.

"You should sign up for Medicare Part A and Part B when you're first eligible, to avoid a break in your TRICARE coverage, or having to pay a penalty," said Anne Breslin, TRICARE For Life program manager at the Defense Health Agency. "If you sign up for Medicare Part B after your Initial Enrollment Period, you

may have to pay a late enrollment premium penalty for as long as you have Part B." The only way you won't have to pay the late enrollment penalty when you delay your enrollment in Medicare Part B is if you qualify for a Special Enrollment Period. The other two Medicare Parts (C, D) are optional. You don't need them to have TFL.

## Medicare Part C: Medicare Advantage:

Medicare Part C refers to Medicare Advantage plans. This is optional coverage offered by private companies that contract with Medicare. A Medicare Advantage plan must cover Medicare Part A and Part B services. These plans may offer you additional benefits not covered by Medicare or TRICARE. And about half of the Medicare Advantage plans include Medicare Part D drug coverage. Considering enrolling in a Medicare Advantage plan? You should be aware of the following: You may pay a monthly plan premium, plus your Medicare Part B premium. You'll also have to pay copayments at the time of service. This means you'll have to file a claim with TFL to be reimbursed for any copayments. TRICARE can reimburse you for copayments for TRICARE covered services. You must also get health care services from the Medicare Advantage plan's network of providers, with the exception of emergency services.

## Medicare Part D: Prescription Drug Coverage:

Medicare Part D helps cover the cost of prescription drugs. However, you don't need Medicare Part D. TFL beneficiaries remain eligible for the TRICARE Pharmacy Program. This means you still have the same pharmacy options to fill your covered prescriptions. If you sign up for Medicare Part D, it's important to remember that Part D has a monthly premium which varies depending on which plan you choose. Medicare Part D coverage and costs can change each year, so it's important to review your options annually. If you get Medicare Part D, it would be the primary payer for your prescription medication. And the TRICARE Pharmacy Program would be the last payer for all TRICARE covered prescription drugs.

You have different options for your Medicare coverage. But remember, you only need Medicare Part A and Part B to have TFL coverage. You can learn more about TFL eligibility and the four parts of Medicare by checking out *Becoming Medicare-Eligible* on the TRICARE website.



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



Scan for more retiree resources

GATOR LAKES GOLF COURSE

# U.S. OPEN

## PRO-AM TOURNAMENT



**SAT, 18 JUN**

8am shotgun start

### FORMAT

Individual Stroke Play  
with Handicap

**\$20 plus applicable  
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provided*

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Their Friday score will be combined with your tournament score for a team score.



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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



## JUNE SPECIALS

myhurlburt.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>Reuben on Rye</b> Fries & Drink \$8.25	<b>BBQ Sandwich Meal</b> Coleslaw, Fries & Drink - \$9.00 Sandwich & Drink Only - \$6.00	<b>Asian Day Surprise</b> to be determined day of & Drink
<b>Country Fried Steak Mashed</b> Potatoes, Green Beans & Drink - \$7.50	<b>Frito Pie &amp; Drink</b> \$5.00	<b>Reuben on Rye</b> Fries & Drink \$8.25	<b>BBQ Sandwich Meal</b> Coleslaw, Fries & Drink - \$9.00 Sandwich & Drink Only - \$6.00	<b>Asian Day Surprise</b> to be determined day of & Drink
<b>Country Fried Steak Mashed</b> Potatoes, Green Beans & Drink - \$7.50	<b>Frito Pie &amp; Drink</b> \$5.00	<b>Reuben on Rye</b> Fries & Drink \$8.25	<b>BBQ Sandwich Meal</b> Coleslaw, Fries & Drink - \$9.00 Sandwich & Drink Only - \$6.00	<b>Closed</b>
<b>Closed</b>	<b>Frito Pie &amp; Drink</b> \$5.00	<b>Reuben on Rye</b> Fries & Drink \$8.25	<b>BBQ Sandwich Meal</b> Coleslaw, Fries & Drink - \$9.00 Sandwich & Drink Only - \$6.00	<b>Asian Day Surprise</b> to be determined day of & Drink
<b>Country Fried Steak Mashed</b> Potatoes, Green Beans & Drink - \$7.50	<b>Frito Pie &amp; Drink</b> \$5.00	<b>Reuben on Rye</b> Fries & Drink \$8.25	<b>BBQ Sandwich Meal</b> Coleslaw, Fries & Drink - \$9.00 Sandwich & Drink Only - \$6.00	



Specials  
10:30am-1pm

(850) 884-6470

\* 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



Located Inside Gator Lakes



Full Menu

SAVE TIME,  
ORDER AHEAD!

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

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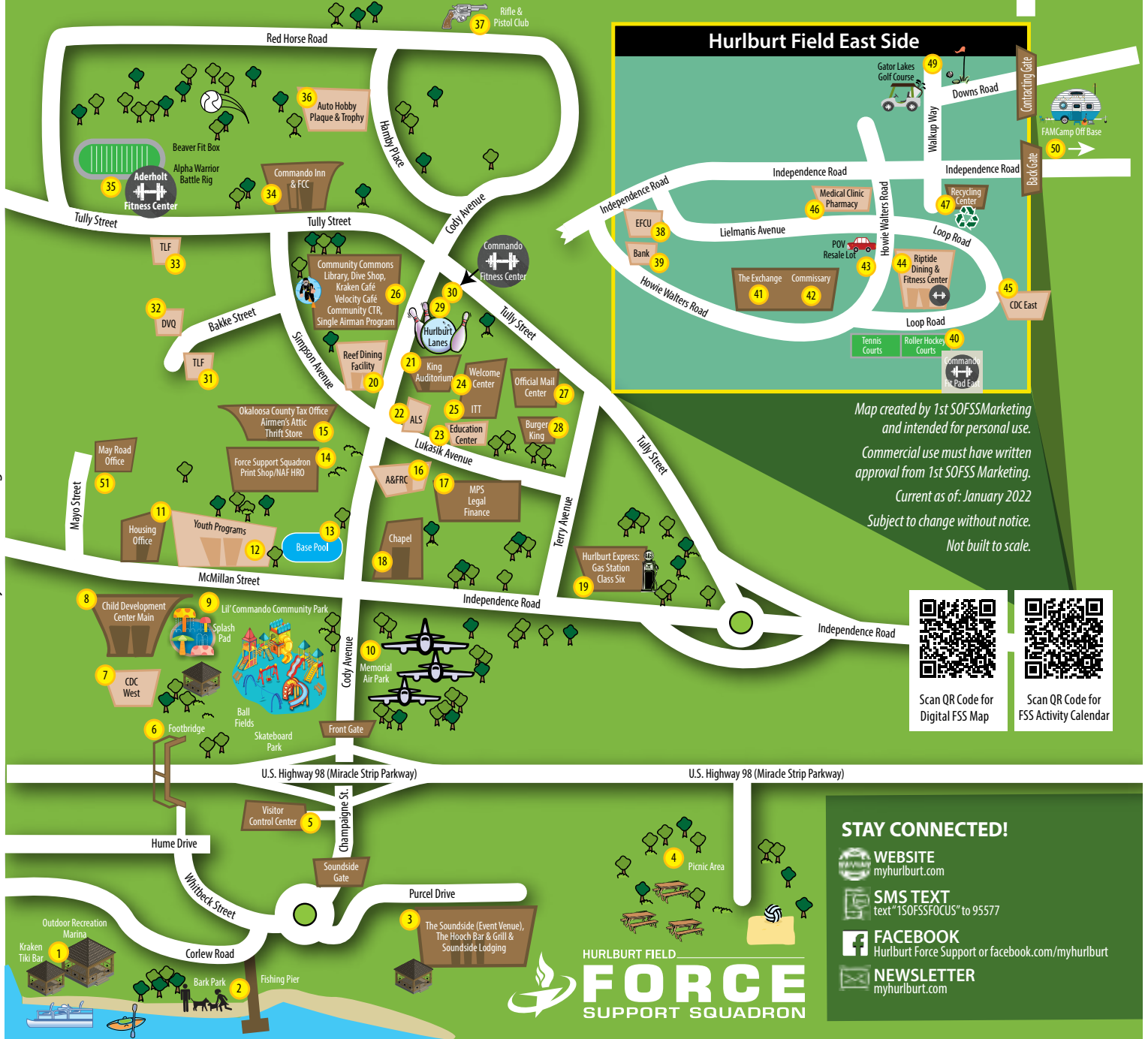
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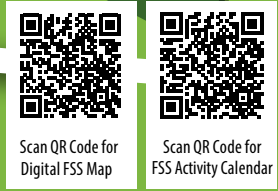
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# Hurlburt Field Map



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: January 2022. Subject to change without notice. Not built to scale.



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- NEWSLETTER**  
myhurlburt.com

## DIRECTORY

- Hurlburt Field West Side --**
- Outdoor Recreation Marina (ODR) & Kraken Tiki Bar
  - Dog Park (Bark Park), Fishing Pier
  - The Soundside; The Hooch Bar & Grill; Soundside Lodging (Open to DoD Cardholders)
  - Picnic Area
  - Visitor Control Center
  - Footbridge (temporarily closed)
  - Child Development Center (CDC) West
  - Child Development Center (CDC) Main
  - Lil' Commando Community Park
  - Memorial Air Park

- Housing Office
- Youth Programs
- Base Pool (Aquatic Center) (temporarily closed)
- 1st SOFSS Headquarters; Readiness; NAF HRO
- 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 - Library; Community Center; R4R Single Airmen Program; Velocity Café; Kraken Café
- Official Mail Center
- Burger King
- Hurlburt Lanes; Spacetime Grill
- Commando Fitness Center; Smoothie Bar; HAWC
- Pet Friendly Temporary Lodging Facility
- Pet Friendly Distinguished Visitors Quarters (DVO)
- Pet Friendly Temporary Lodging Facility
- Commando Inn (Lodging); Family Child Care Office
- Aderholt Fitness Center; Commando Fit Pad West
- Auto Hobby; Plaque & Trophy Shop
- Rifle & Pistol Club
- May Road Office

## -- 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

# (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,  
& 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 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  
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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	Juneroad (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 (150W) .....	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		
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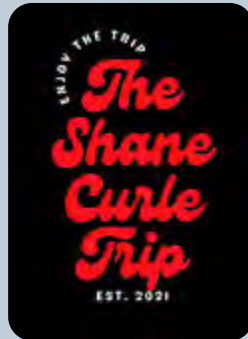
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