

MY HURLBURT

# Life

# BUILD YOUR BEST SELF



Asian American Pacific Islanders Luau

---

Commander's Cup Tournament

---

May Fitness Month

---

GI-Joe Tech Bingo

FIND THE  
1 SOFSS "KRAKEN"  
HIDDEN INSIDE TO  
ENTER DRAWING FOR  
**\$100**  
SEE PAGE 5 FOR  
DETAILS



**31 MAY, 2024**

**ASIAN AMERICAN  
PACIFIC ISLANDERS**

*Luanu*

11-4pm

**FREE FOR ALL  
MUSIC, FOOD & GAMES**

**WHILE SUPPLIES LAST**



**OUTDOOR RECREATION**

**100 CORLEW RD,  
HURLBURT FIELD, FL  
(850)884-6939**

HURLBURT FIELD

**FORCE**  
SUPPORT SQUADRON

AIR FORCE



OUTDOOR RECREATION  
HURLBURT FIELD

# MY HURLBURT Life



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📍 1 SOFSS Marketing Office 145 Letourneau Ave., Bldg 90327, Suite 123, Hurlburt Field, FL 32544.

☎ (850) 884-4252

✉ heyFSS@us.af.mil

*Subject to change without notice.*

## Event Calendar



## WHAT'S HAPPENING

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6 | Run To Honor

7 | Commander's Cup Tournament

8 | Fitness Incentive Program

9 | Parent Advisory Board | Summer Fun League

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25-26 | FSS Base Map & Facility Contact Information

28 | GI-Joe Tech Bingo

# CROSSWORD

1 Romanesco 2 Kohlrabi 3 Pies 4 Mushrooms 5 Onion 6 Potato  
7 Dikon 8 Corn 9 Peppers 10 Asparagus 11 Olive

# FIND 10 HIDDEN OBJECTS IN THE PICTURE

ANSWER

# FIND MISTAKES IN PICTURE

# FIND 12 RABBITS IN PICTURE



# 1 SOFSS The FUN Squadron!



Like or follow us on social media and our other Hurlburt Field Facebook facility pages.



HURLBURT FORCE SUPPORT



MYHURLBURT\_FSS



MYHURLBURT.COM

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

 WE'RE ON FACEBOOK

MY HURLBURT HAPPENINGS

RETIREE CORNER  
WEB & NEWSLETTER

MY HURLBURT  
**Life**

FREE  
MONTHLY  
MAGAZINE

# WIN

 A 1 SOFSS \$100 GIFT CARD!

## Find the Missing Kraken

1 SOFSS is searching for its **Kraken**. Find it inside this My Hurlburt Life magazine, email its location to [myhurlburtlife@gmail.com](mailto:myhurlburtlife@gmail.com) subject "Kraken" no later than 25th of the current month and you could win a **\$100 FSS gift card drawing**.

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



### Hint!

The hidden Kraken is much smaller than this size.

# The EXCHANGE Touches the Lives of the Military and Their Families

Your purchases at Hurlburt Exchange directly contribute to the morale, recreation and welfare programs and services enjoyed on Hurlburt Field.

*Thank you for  
your patronage!*



Hurlburt Exchange dividends received were:

January **\$27,167**  
February **\$75,553**  
Total **\$102,720**



# Mother's Day

## Tea Party with the Library

- Sipping Tea
- Snacking on Cookies
- Creating Custom Flower Crowns

50 Person Limit, Sign up now!

**Saturday, 11 May**  
**10am-12pm**  
at The Community Center

**Sign up Here**

**FSS** HURLBURT FIELD  
myhurlburt.com (850) 884-6266  
AIR FORCE LIBRARIES

MONDAY  
**MAY 13**  
11AM - 1PM

STANDARD FITNESS ASSESSMENT

# SIT UP COMPETITION

Friendly Competition for bragging rights and prizes!

SCAN FOR MORE DETAILS

ADERHOLT • COMMANDO • RIPTIDE FITNESS CENTERS

**FORCE** SUPPORT SQUADRON  
myhurlburt.com/fitness-centers/

DEPARTMENT OF THE AIR FORCE  
FITNESS & SPORTS

# RUN TO HONOR

A TRIBUTE TO OUR AFSOC FALLEN

22 May 2024  
Start Time: 0630 Aderholt Track  
Hurlburt Field

SUPPORTED BY:  
**AIR COMMANDO ASSOCIATION**

SIGN UP LINKS :

PARTICIPANTS	VOLUNTEERS

10 Hurlburt Fit POINTS

POC: COURTNEY SMITS  
COURTNEY.SMITS.CTR@US.AF.MIL  
(850)-884-1919 OR (770)-375-7011

GATOR LAKES GOLF COURSE

# COMMANDER'S CUP

TOURNAMENT

OPEN TO  
THE PUBLIC!



Scan for Affidavit  
& details



**SATURDAY 18 MAY | 8AM**

**Our annual Individual stroke play event.  
Open to both men & women.**

*Register by Wed, 15 May*

Sponsored in part by:



No federal endorsement  
of sponsors intended.

Participate for a  
chance to win a  
2-Night Staycation  
at The Island Resort

- \$25 Per Person  
Plus Green/Cart Fees
- Lunch Provided
- Handicap Accessible
- 18 Holes

*Information is subject to change*



(850) 881-2251  
403 Walkup Way, Bldg 91300  
myhurlburt.com

Follow us on Facebook @ Hurlburt Force Support | 7



# FITNESS INCENTIVE PROGRAM

The Hurlburt Fit "Passport to Fitness" is a multi-tiered incentive program designed to sustain your fitness throughout the year.

## JOIN BY ASKING THE FRONT DESK FOR A HURLBURT FIT PASSPORT

### HOW TO EARN POINTS

**2pt**

Will be awarded for a daily workout, cardio or strength. (Maximum 2 pt earned per day)

**3pts**

Will be awarded for participation in a scheduled group fitness class. (Maximum 3 pts earned per day)

**5pts**

Will be awarded for participation in any event held by Hurlburt Field Fitness Center.

### 10 points maximum per day

- Limited quantity of prizes available.
- Redeem prize as you earn!
- All entries must be validated by Fitness Center staff.

### EARN POINTS WIN PRIZES

**50 POINTS**

EARN A HURLBURT FIT TOWEL

**250 POINTS**

EARN A HURLBURT FIT BALL CAP OR VISOR

**100 POINTS**

EARN A HURLBURT FIT SHORT SLEEVED SHIRT

**300 POINTS**

EARN A HURLBURT FIT SLEEVELESS SHIRT

**150 POINTS**

EARN A HURLBURT FIT BACKPACK

**350 POINTS**

EARN A HURLBURT FIT LONG SLEEVE T-SHIRT

**200 POINTS**

EARN A HURLBURT FIT WATER BOTTLE

**400 POINTS**

EARN A HURLBURT FIT ZIP UP SHIRT

# Parent Advisory Board

Join an organization of parents working closely with program staff and leadership to cultivate an environment of continued learning and growth.

### PAB Meeting

Thu, 16 May  
11:30am-12:30pm  
At the Youth Center

Open to parents of children in:  
CDC, FCC, YP & SAC

Refreshments Provided



myhurlburt.com  
884-6355



Emerald Coast Wildlife Refuge

# 2024 Camp CROW

## Summer Camp

June 10-14th & June 17-21st (Ages 8-13)  
& July 15-19th (Ages 8-10)  
& July 22-26th (Ages 11-13)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mammals 	Reptiles 	Birds 	Marine Mammals 	Wildlife Rehab 

Monday - Friday | 9am-3pm  
Full Week: \$300 | Single Day: \$75

Learn More & Register at  
[www.EmeraldCoastWildlifeRefuge.org/Summer-Camps](http://www.EmeraldCoastWildlifeRefuge.org/Summer-Camps)



Paid ad. No federal endorsement of advertiser intended.

# Summer FUN League

at Hurlburt Lanes



30 May-29 Aug

6pm Every Thu

Contact front desk rep for more info

Non-Sanctioned, must be at least 16 years of age. League teams have been established but substitutes are welcome!



myhurlburt.com/bowling-center  
442 Cody Ave. Bldg. 90231  
(850) 884-6941



# RIDE THE WAVES OF FUN!



At Outdoor Recreation



Scan for webpage



Scan for brochure



100 Corlew Road,  
Bldg 92473

(850) 884-6939

# MAY FIT FITNESS MONTH

**Hurlburt Field**

Contributed by Kellie Cowan and Andy Franklin  
Layout by Lydeah Sheng

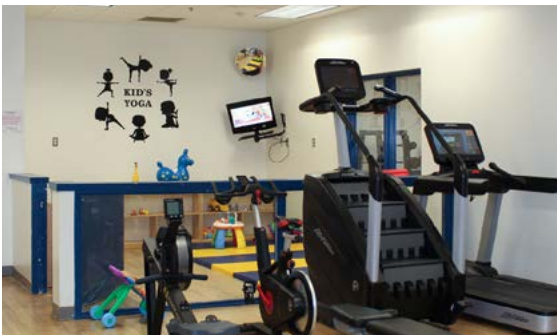
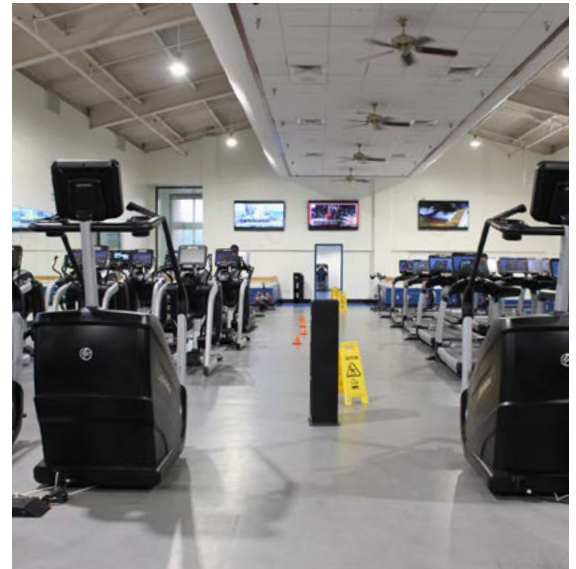


**W**elcome to May Fitness Month! This month we celebrate health and fitness, showcasing our award winning fitness program right here on Hurlburt Field. Awarded the 2022 DAF Fitness & Sports Program of the Year, East Region in 2023, the 1 SOFSS Fitness Program has just what you need to ignite your fitness journey.

### **FITNESS FOR ALL**

With three Fitness Centers, outdoor workout options, and a ton of amenities, there's something for everyone no matter your workout style. Whether you're drawn to the clang of free weights, the rhythm of cardio machines, the camaraderie of fitness classes, or a tranquil space to clear your mind, rest assured, there's a perfect 1 SOFSS Fitness Center waiting for you.

All three Fitness Centers, the Aderholt, Commando, and Riptide, offer a full line of free weights, cardio machines, and weight equipment for all levels. The program also offers free group fitness classes, access to personal trainers, special events with initiatives, and paid fitness lessons. Patrons can also enjoy daily use of men's and women's locker rooms, saunas, and many more amenities.



## ADERHOLT FITNESS CENTER

The Aderholt Fitness Center offers many of your typical gym amenities, such as free weights, cardio and weight machines, a basketball court, group fitness classes, and a spin room. What makes Aderholt unique is their one-of-a-kind Aggression Room, available only on Hurlburt Field. "We have the only Aggression Room in the Air Force for customers who want to spar or learn self-defense through both paid and free classes," says SSgt John Michael Stewart. The Aggression Room is fit with multiple punching bags, a boxing ring, and space to practice martial arts. For those interested in lessons, Aderholt offers fee based Boxing 101 Classes and Kuk Sool Won classes for children.

The Aderholt is also equipped with a Parent-Tot Room. This is perfect for parents with children ages six and below who need to get a workout in but also watch their littles. SSgt Imani Carrington told us about some updates recently done to the room. "We've added new workout equipment,

including elliptical and treadmill machines, dumbbells, and machine weights. The Parent-Tot Room is currently going through a glow-up and we will be adding murals and more fun toys for the kids to make it a more inviting, enjoyable space."

Outside, Aderholt is home to the recently resurfaced track and field, two Beaver Fit boxes, and a physical conditioning par course that offers equipment stations set up at regular intervals along the track for an added workout.

Aderholt is also one of two facilities that offers after-hours access to the facility. 24/7 access is open to all military personnel, DoD civilians, Retirees, and dependents ages 16 and older. Users simply visit the Aderholt Fitness Center front desk during manned hours and register their ID card, or receive a proxy card for access. Once registered, patrons can access the Fitness Center during unmanned hours using the scanner and their ID or proxy card to access the building.

## COMMANDO FITNESS CENTER

The Commando Fitness Center offers many of the same amenities as the Aderholt, including 24/7 access, cardio equipment, and workout machines. The Commando also houses a much larger free weight room, saunas, and the Commando Spa.

SrA Shannon Oliveira tells us about some of the amenities found at the spa. "Our certified massage therapists offer a variety of massages including deep tissue and Swedish massages. We also have an esthetician who offers facials, lash lifts, extensions, and peels." Anyone with base access can utilize and enjoy the services at the Commando Spa. To book an appointment, please call the Commando Fitness Center.

Looking for a quick, healthy meal after your workout? The Commando uniquely offers JuiceBros, your go-to destination for simple, seasonal, and healthy foods, handcrafted juices, smoothies, and acai bowls.



## HAWC

The Commando is also home to the Health and Wellness Center, or HAWC. The HAWC falls under the Med Group and is open to everyone on base, including active duty, dependents, retiree's and civilians. Brent Cowen, HAWC Coordinator, added, "You don't need a referral to see us. We are here to support the entire Hurlburt Field population." The HAWC covers three main areas: fitness, nutrition, and health promotions. Under the fitness realm, the HAWC can assist with waist-to-height ratio assessments, getting you ready for your PT test, minor joint pain, and gait analysis. They even offer an exercise physiology lab to support members from an educational role, providing detailed analysis on any issues they are having to help them move forward in their fitness journey.

For those with an interest in improved nutrition practices and guidance, the HAWC has a registered dietician on staff providing weight

management classes, body comp intervention, healthy heart class, and one-on-one support for more detailed nutrition analysis, as needed. Their specialized In-Body Assessment gives patrons a deeper look into details like muscle mass, visceral fat, and skeletal weight to help gauge fitness goals.

Through Health Promotion, the HAWC offers programs for tobacco cessation, Military and Family Life Counselors (MFLCs), and civilian health promotions for civilian employees on Hurlburt Field. Brent adds, "We have over 25 programs that we run out of the HAWC. If we don't have the program, come and talk to us and we can point you in the right direction."

The HAWC is open Monday – Friday from 8–11am and 12–3pm. Call (850) 884-4292 for more information or follow them on Facebook at [facebook.com/MYHURLBURTHAWC](https://facebook.com/MYHURLBURTHAWC).



## RIPTIDE FITNESS CENTER

The Riptide Fitness Center is unique in that it combines the fitness center and the dining facility (DFAC) in one location. Basically, patrons can work out and then eat or eat and then work out! Riptide Fitness Center is also the main facility for all free group fitness classes and offers a co-ed sauna, which helps increase circulation, promotes relaxation, and reduces stress.

## HURLBURT FIT

Engage in our Hurlburt Fit Incentive Program where every workout earns you points towards exciting rewards. SrA Joyner tells us more. “The more you sweat throughout the year, the higher tiers you climb to gain more points and prizes. To help keep track of your progress, we provide a handy booklet, where each facility will stamp to help keep track of your progress.” Log a solo workout, attend a class, or join us for our special runs and events to score different points for each event! Rack up to 3 points each day and watch your tally grow to reach specific milestones and unlock coveted prizes like water bottles, plush towels, trendy t-shirts, stylish long sleeves, or a sleek quarter-zip pullover. The incentive program is open to anyone with access to the Fitness Center.

To start May Fitness Month, the Commando will be launching the 1,000 LB Club! This self-paced challenge combines your max weight on each circuit of bench, deadlift, and squat into one score, putting participants into a designated club, 500 LB, 750 LB, 1,000 LB, and 1,500 LB. Members of the 1,000 LB Club and above get bragging rights, earn swag, and will have their photos at each milestone posted on the wall.

## THE FUTURE OF FITNESS ON HURLBURT FIELD



All three facilities are constantly looking at ways to help elevate your fitness experience. “I am hoping to add more fitness classes like Barre and Pilates,” said SrA Joyner. In addition to the Parent and Tot Room revamp, the Fitness Program is looking at updating the Alpha Warrior pad, and the hockey and skating rink very soon. SSgt Stewart gave us a sneak peek at something big coming to the Riptide. “We are looking to get Pickleball. It is coming very soon.”

As you continue your fitness journey here on Hurlburt Field, remember that each of our three Fitness Centers are eager to hear your suggestions and bring them to life. Whether you crave new fitness events, specialized classes, or enhanced amenities, our dedicated staff is here to turn your ideas into reality. Your input fuels our evolution, making every step of your fitness experience uniquely tailored to your desires. Join us as we shape the future of fitness together!

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For more information about Hurlburt Field Fitness Centers and the services they offer, they can be reached at:

### Aderholt Fitness Center

 (850) 884-6884  
 259 Tully St, Bldg 90517

### Commando Fitness Center

 (850) 884-4412  
 452 Cody Ave, Bldg 90232

### Riptide Fitness Center

 (850) 881-5121  
 123 Howie Walters Rd, Bldg 91007

**Scan to view  
schedule**



Available to all DoD  
ID cardholders!

# WEEKLY CHALLENGES

## WEEK 1:

- May 1 – Yoga on the Beach**  
6am, Soundside Outdoor Rec Area. Bring mat & towel
- May 3 – Commando Games Kick Off**  
7am-3pm, Aderholt Fitness Center 5K Route

## WEEK 2:

- May 6 – 1000 LB Club Starts**  
10am-1pm, Commando Fitness Center
- May 8-10 – HIIT workouts w/SrA Joyner**  
11am-4pm, Aderholt Fitness Center

## WEEK 3:

- May 13 – Standard Fitness Assessment Sit Up Competition**  
11am-1pm, All Three Fitness Facilities
- May 18 – Armed Forces Kids Color Run with Youth**  
7am-9am, Track by 98, behind CDC West/A

## WEEK 4:

- May 22 – Run to Honor 5k Run/Ruck**  
6:30am, Aderholt Fitness 5K Route
- May 23 – Beach Workout**  
6am, Soundside Outdoor Rec Area

## WEEK 5:

- May 29 – Murph Challenge**  
10am until it's over, Aderholt Fitness Center Track

### In the Month of May

Incentive points are as awarded:

- 5+ Points a class
- 10+ Points an event

Get your incentive book at any fitness desk

Celebrate May Fitness Month with the Hurlburt Fitness Centers all month long, with themed weeks & challenges to help you stay Hurlburt Fit! Follow Hurlburt Fitness Centers on Facebook for event details.



# DO YOU EVEN LIFT?



**Highest weight of each category combined:**

- Deadlift
- Bench
- Squat

**6 MAY 10AM-1PM**  
Only at Commando Fitness

**HEAVY LIFTING WEIGHT CLUB**

**5** Hurlburt Fit POINTS

**SCAN**



For more details





(850) 884-4412  
452 Cody Ave, Bldg 90232  
myhurlburt.com

## Commando Spa

### MASSAGE THERAPY & FACIAL TREATMENTS

Our spa specializes in providing various lash care, massage, and skin care services. Our goal is to make sure that our clients leave feeling refreshed, relaxed, and looking their best.



**Scan for brochure**



APPOINTMENTS AVAILABLE MON-FRI

### BOOK APPOINTMENT NOW



LASH CARE



MASSAGES



SKIN CARE



Commando Fitness Center  
(850) 884-4412 | 452 Cody Ave, Bldg 90232  
myhurlburt.com

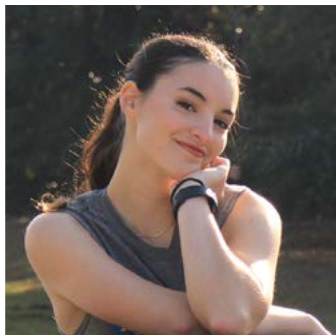


# FACES OF THE FORCE SUPPORT SQUADRON



## **SSgt Imani Carrington, Night Shift Lead and Supervisor at the Aderholt Fitness Center**

Imani grew up as an Army/Air Force military child and now has a child of her own, 5-year-old Ja'Nelle, and their fish Baby Adrian. When asked what her favorite part about working at the Fitness Center was she tells us, "I enjoy the opportunity to immerse myself in all aspects of fitness. I enjoy attending fitness classes and interacting with a diverse group of individuals which has helped me improve my communication skills." While at Hurlburt, Imani has worked at all three Fitness Centers. She is currently the POC for the Commando Games and preparing for the 5K Run for Honor event. She is also in the process of becoming a certified spin instructor. Imani was previously stationed at Malmstrom Air Force Base in Montana.



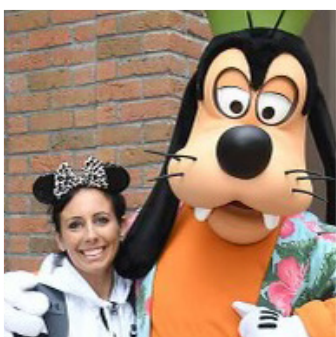
## **SrA Shannon Oliveria, Fitness Technician at the Commando Fitness Center**

Shannon is from New Jersey and the first in her family to join the military. She loves music, PC gaming with friends, and vinyl-collecting. Shannon has been at Hurlburt Field for two years and has worked at the Commando, Aderholt, and Riptide Fitness Centers. Shannon was able to put on the first-ever E-Sports event last year for Commando Games, learned to keep score for basketball during the Southeastern Military Athletic Conference (SEMAC) Tournaments, and helped bring the long-anticipated 1,000 Pound Club to life at the Commando Fitness Center. Joining the military allowed her to work in fitness, something she didn't know about before enlisting. She attributes her recent achievements to the culmination of bright-eyed first tries, aided by a supportive team and a wonderful supervisor.



## **SSgt John Stewart, Assistant Non-Commissioned Officer In Charge (NCOIC), Aderholt Fitness Center**

John has been stationed at Hurlburt Field since November 2018, and fitness was the first section he was assigned when he moved here from Ramstein, Germany. He spent some time at the dining facility and is now back at Aderholt Fitness as the NCOIC. When asked about his favorite part of working at Aderholt he said, "In every location I have worked in, the people are the ones worth showing up for. This extends beyond my team; my family becomes every one who walks through that door because, for each "welcome" or "good morning," my family continues to grow. Being in the 1st Special Operations Force Support Squadron has been one of those journeys that contributed to this contentment. The airmanship, connectedness, support, and development that the sustainment services provide for my family is invaluable." John is married to his wife Kris and has a 3-year-old daughter, Raelin.



## **SrA Brittany Joyner, Fitness Journeyman at the Commando Fitness Center**

Brittany has been at Hurlburt Field since September 2019, and assists with almost everything at the fitness center. "I have been a Cardiopulmonary Resuscitation (CPR) instructor, Physical Training Lead (PTL)." Before joining the military, Brittany was working on a Cardiovascular Intensive Care Unit. Brittany says she loves living in Florida and wants to call this place home. Brittany is originally from North Carolina and has a 10-year-old son, Layton, and two Boston terrier puppies named Zoe and Zane.



# RECON PROGRAMS

## MAY 2024

### ELIGIBILITY

Recharge for Resiliency open to Active-Duty members stationed at Hurlburt Field and their immediate dependents.



#### HELICOPTER TOUR

4 MAY



#### DEEP SEA FISHING

11 MAY



#### PARASAILING

18 MAY



#### INSHORE FISHING

18 MAY



#### SHARK FISHING

25 MAY

### \$25 TO SIGN UP

- Registration opens 2 weeks prior to the program date.
- \*\*In-person registration only at the Outdoor Recreation\*\*



(850) 884-6939  
100 Corlew Rd, Bldg 92473  
[myhurlburt.com](http://myhurlburt.com)

# SWIM LESSONS

## SESSION 1: \$65

Parent and Child (6 months to 3 years)

- MAY
- 21-23, 28-30
- 8-8:30am

## SESSION 2: \$75

Preschool Level 1 (4 to 5 years)

- JUNE
- 3-6, 10-13
- 8-8:30am

## SESSION 3: \$75

Preschool Level 2 (4 to 5 years)

- JUNE
- 17-18, 20-21, 24-25, 27-28
- 8-8:30am

## SESSION 4: \$75

Preschool Level 3 (4 to 5 years)

- JULY
- 15-18, 22-25
- 8-8:30am

## SWIM LEVEL 1: \$75

(6 to 15 years)

- JUNE
- 3-6, 10-13
- 9-9:45am

## SWIM LEVEL 2: \$75

(6 to 15 years)

- JUNE
- 17-18, 20-21
- 24-25, 27-28
- 9-9:45am

## SWIM LEVEL 3: \$75

(6 to 15 years)

- JULY
- 15-18, 22-25
- 9-9:45am



**Registration begins 6 May**

**Register and pay in person at the Aquatic Center.**

Office hours: 6-7 May from 9am-4pm  
After 7 May from 8am-1pm



Hurlburt Field Aquatic Center  
207 Cody Ave, bldg 90300  
(850) 884-6866 | myhurlburt.com  
hurlburtpool@gmail.com



HURLBURT FIELD LIBRARY

# WRITE AWAY! Creative Writing Club

Every 2nd & 4th Friday of the month.

+ Bring in current works in progress or start something new!

Writing prompts and guidance will be available.

Opportunities to share work for constructive feedback.

Personal laptops or notebooks are welcome.

+ Paper will also be available for use.

## 2 Groups AT DIFFERENT TIMES

Kids & Teens (9-15) | 5-6pm  
Adults (16+) | 6:30-7:30pm

(850) 884-6266

The Kraken Kafé  
443 Cody Ave, Bldg 90337



# TACO TUESDAY TRIVIA NIGHT

EVERY TUESDAY | 5-9PM @ THE HOOCH



Trivia begins at 6pm

FSS Gift Card for First Place!



\$3  
Beef or  
Chicken Tacos



\$4  
Chef's Taco  
Special



\$3  
House  
Margaritas

884-7507 | 107 Kissam St.  
Located inside The Soundside



5 Hurlburt Fit POINTS

# HIIT WORKOUTS

Aderholt Fitness Center

Effective way to improve cardiovascular fitness, burn calories, and build strength.



SCAN  
For more details

8 & 10  
MAY

11AM & 4PM



(850) 884-6884  
259 Tully St, Bldg 90517  
myhurlburt.com

## DISCOVER YOUR NEXT

# Adventure



(850) 884-6795  
424 Cody Ave.  
Tue-Fri: 9am-3pm  
hurlburtfielditt@gmail.com



Scan for more  
ITT Information



GENERAL AND MRS. CURTIS E.

**LEMAY**  
FOUNDATION

### “TAKING CARE OF OUR OWN”

“There are no words to express our family’s appreciation for all the years of assistance you were able to help our mother. The funds that you provided were life-changing for her in so many ways. Her bare bones income could never have come close to meeting even her basic needs. The generosity of this foundation was life altering for her. Thank you from the bottom of our hearts.”

**Mary, Daughter of Mrs. Arvilla Homosassa, FL Assisted monthly since 1992**



- Depending on the need, supplemental grants can vary from \$200 to \$625 monthly.
- One-time support is provided for unplanned expenses. Last year, \$25,608 in grants provided for minor home and plumbing repairs, dental needs, and auto maintenance repairs. Emergency aid with past due mortgages & utilities, and relocation expenses. The Foundation also includes holiday and birthday grants.
- We also partnered with AFAS and assisted a widow with the cost of an air conditioning unit installation. In 2023 we received over \$468,052 from our AFAS funds and provided \$345,600 in grants to our recipients.
- More than \$28,800 was given directly to our widows and widowers every month.
- Currently active in 23 states, most recipients are in California, North & South Carolina, Texas, and Florida.
- The ages of those who receive grants range from 59 to 98.



#### MISSION

Since 1987, the foundation was founded by General and Mrs. LeMay with the purpose to help promote financial stability to surviving spouses of USAF and now USSF members, so they can stay in their homes. We remain passionate in continuing to provide our spouses with a supplemental income.



#### WORKING TOGETHER

AFAS Charities work together as a team, as part of the big Air & Space Force Family! Air Force Aid Society refers spouses our way if they are no longer able to provide the assistance needed. We are then able to further assist.



#### YOUR SUPPORT

Remember when you give to The Air Force Assistance Fund (AFAS) Campaign, you provide a better future for these spouses!

We couldn't do any of this without YOU. THANK YOU for making everyday living a little easier for them.

### CONTACT US

- @lemay\_foundation
- @thelemayfoundation
- www.lemay-foundation.org

(951) 653-3820

(800) 554-5510

21824 Cactus Avenue, Suite 102  
Riverside, CA 92518



Scan for more retiree resources

For more information call: (850)-884-5443

# FOCUS

## FREE TO SIGN-UP FOR HURLBURT'S MONTHLY BENEFITS

WIN  
**\$250**

### DETAILS AND HOW TO JOIN

Must be a FOCUS member 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 and complete the registration form.

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No federal endorsement of sponsors intended.



SCAN  
to Join  
FOCUS

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

## MAY'S DEAL

Colors available



## GRAB A \$10 DISCOUNT On Hurlburt Fit apparel exclusively for the first 45 FOCUS cardholders.

Act quickly—this offer ends on 5/31/24. Don't miss out on enhancing your health and style today!

| **Commando Fitness - 452 Cody Ave, Bldg 90232**

Show your **FOCUS card** and redeem your deal during the month of May 2024.

One deal package, per FOCUS cardholder in the month of May 2024. Not to be combined with other offers. Must present FOCUS card or image of card on phone to receive discount. **Not redeemable for cash value.**

OPEN TO ALL AGES

Dress up ✓

Decorate Strollers & Wagons ✓

Have Fun ✓

**FIELD 5/TRACK AREA BEHIND CDC WEST**  
BEHIND LIL' COMMANDO PARK

Sat **18** May

**7am** Run Starts  
1/2 Mile, 1 Mile & 2 Mile Options

**250** Free Shirts  
First come first serve while supplies last  
MUST SIGN UP TO RECEIVE

**16-17** May  
PACKET PICK UP DAYS  
PICK UP PACKET AT YOUTH CENTER

**10** Hurlburt Fit POINTS

117 MCMILLAN ST, HURLBURT FIELD, FL 32544

Sign up here

myhurlburt.com

**29 MAY 10AM**

*murph*

**CHALLENGE**

in honor of Navy Lt Michael Murphy

**10** Hurlburt Fit POINTS

Optional 2016 Vest - Teams Encouraged

**1 MILE RUN X2**

**100 PULL UPS**

**200 PUSH UPS**

**300 SQUATS**

SCAN HERE FOR MORE DETAILS

Aderholt Fitness Center  
(850) 884-6884 | 259 Tully St, Bldg 90517  
myhurlburt.com

# LUNCH specials



Mon – Fri • 6:30am – 1:30pm  
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Full Menu

INSIDE COMMUNITY COMMONS  
Kraken Kafé Co-located  
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Mon – Fri • 10:30am – 1:30pm  
(850) 881-5731



Specials



Full Menu

INSIDE GATOR LAKES  
CLUB HOUSE  
403 Walkup Way



Mon • 6:30am – 4pm  
Tue – Thu • 6:30am – 8pm  
Fri • 6:30am – 9pm  
Sat • Noon – 9pm  
Sun • Noon – 5pm  
Lunch Specials from 10:30am – 1pm  
(850) 884-6470



Specials



Full Menu

INSIDE HURLBURT LANES  
BOWLING CENTER  
442 Cody Avenue



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

*Prices subject to change*

# Start Living the Retirement Life You've Always Dreamed of Living



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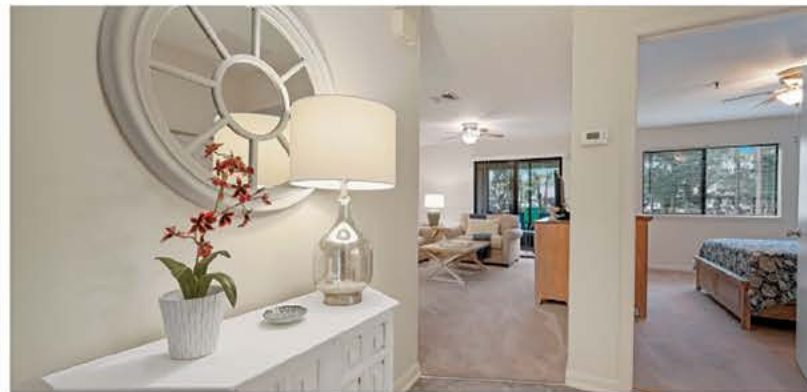
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**Call 850-612-8684**

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**SCAN**  
  
**FOR MORE DETAILS**

**5** Hurlburt Fit POINTS

# BEACH Workout

**23 MAY 6AM**

**With BJ**  
 Early strength and cardio workout with some water involved

**Soundside Harbor/Outdoor Rec**  
 100 Corlew Rd, Bldg 92473


**FORCE**  
 HURLBURT FIELD  
 SLIPDRIFT BELLAIRE

**DEPARTMENT OF THE AIR FORCE**  
 FITNESS & SPORTS

(850) 884-6884  
 myhurlburt.com

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**FORCE**  
 SUPPORT SQUADRON

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 (Arts & Crafts Bldg)  
 myhurlburt.com




**Repairs Done Right!**




Hurlburt Field

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**NAF EMPLOYEES** Non-Appropriated Funds (NAF) Federal Employment

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*Your Future Starts Today.*

**FORCE**  
 HURLBURT FIELD  
 SLIPDRIFT BELLAIRE

Gator Lakes Golf Course  
 is powered by  
 Toptracer Range technology

**Available 24/7**  
 Free  
 with a purchase of a bucket of golf balls

# PRACTICE MADE PERFECT

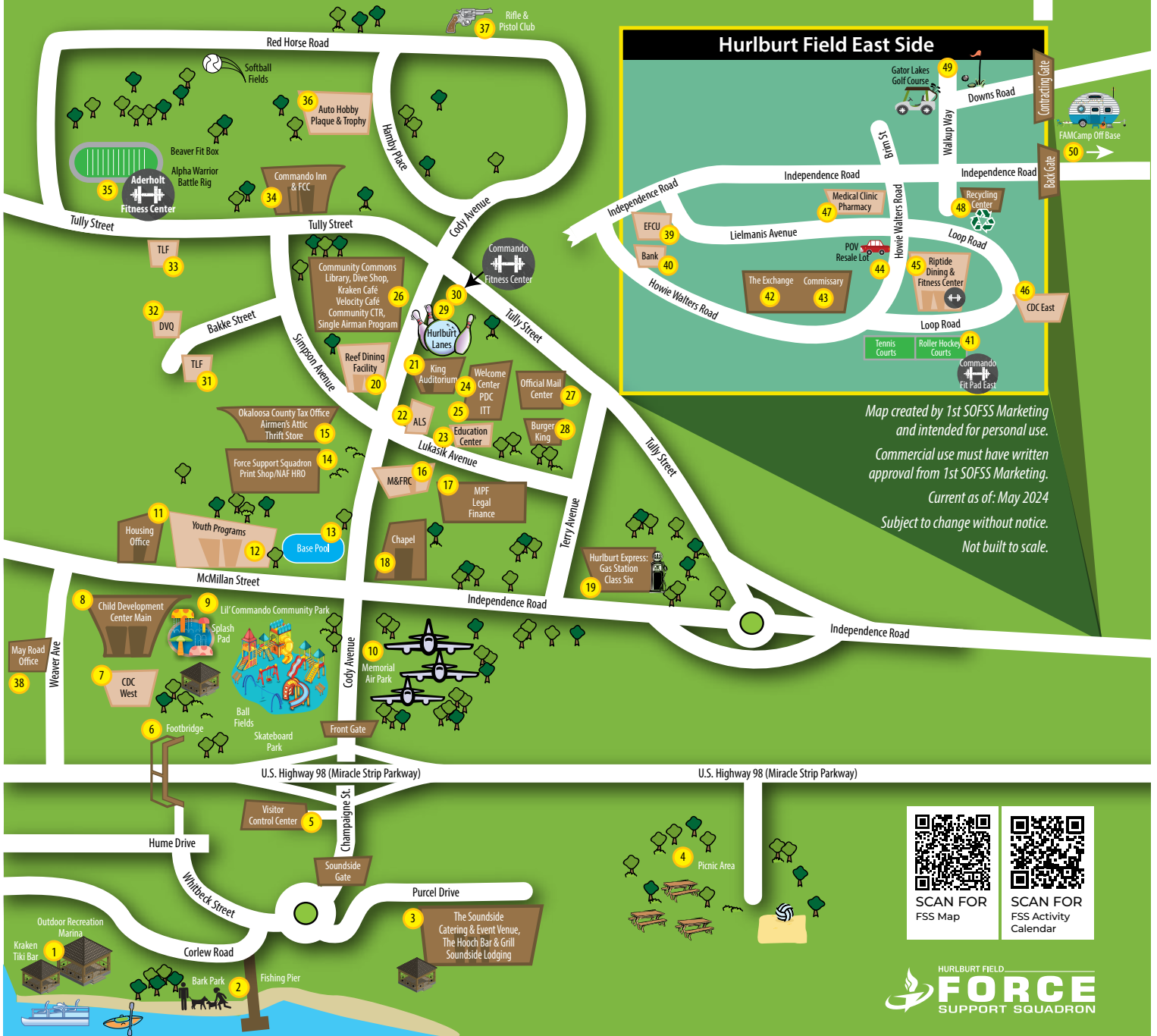


**FORCE**  
 SUPPORT SQUADRON

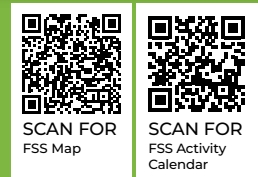
(850) 881-2251  
 403 Walkup Way,  
 Bldg 91300

**TOPTRACER RANGE**

# 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: May 2024. Subject to change without notice. Not built to scale.



## DIRECTORY

### -- Hurlburt Field West Side --

- |   |  |   |   |
|---|--|---|---|
| <ol style="list-style-type: none"> <li>1. Outdoor Recreation Marina (ODR) &amp; Kraken Tiki Bar   </li> <li>2. Dog Park (Bark Park), Fishing Pier</li> <li>3. The Soundside Event Venue; The Hooch Bar &amp; Grill    Soundside Lodging (Open to all DoD Cardholders)</li> <li>4. Picnic Area</li> <li>5. Visitor Control Center</li> <li>6. Footbridge</li> <li>7. Child Development Center (CDC) West</li> <li>8. Child Development Center (CDC) Main</li> <li>9. Lil' Commando Community Park Splash Pad, Skateboard Park, Ball Fields</li> <li>10. Memorial Air Park</li> </ol> | <ol style="list-style-type: none"> <li>11. Housing Office</li> <li>12. Youth Programs</li> <li>13. Base Pool (Aquatic Center)</li> <li>14. 1st SOFSS Headquarters; NAF HRO NAF Accounting; Marketing; Print Shop</li> <li>15. Airmen's Attic; Thrift Store</li> <li>16. Military &amp; Family Readiness Center (M&amp;FRC) Finance; IDs; CACs; Passports; Assignments; Promotions; Awards &amp; Decs; Evaluations; Career Development; Legal; Retirement/Separation; Retiree Activities Office (RAO)</li> <li>18. Base Chapel</li> <li>19. Hurlburt Express   ; Gas Station; ATM</li> <li>20. Reef (DFAC)    Temporarily Closed</li> <li>21. King Auditorium</li> <li>22. Airman Leadership School (ALS)</li> <li>23. Education Center</li> <li>24. Welcome Center; Professional Development Center</li> </ol> | <ol style="list-style-type: none"> <li>25. Information, Tickets &amp; Travel (ITT)</li> <li>26. Community Commons Building - Library; Community Center; R4R Single Airmen Program; Kraken Kafé   </li> <li>27. Official Mail Center</li> <li>28. Burger King   </li> <li>29. Hurlburt Lanes; Spacetime Grill   </li> <li>30. Commando Fitness Center; HAWC; Juicebros   </li> <li>31. Pet Friendly Temporary Lodging Facility</li> <li>32. Pet Friendly Distinguished Visitors Quarters (DVQ)</li> <li>33. Pet Friendly Temporary Lodging Facility</li> <li>34. Commando Inn (Lodging); Family Child Care Office</li> <li>35. Aderholt Fitness Center, Alpha Warrior Rig, Softball Fields</li> <li>36. Auto Hobby; Plaque - Trophy, Engraving Shop</li> <li>37. Rifle &amp; Pistol Club</li> <li>38. May Road Office Housing</li> </ol> | <ol style="list-style-type: none"> <li>39. Eglin Federal Credit Union (EFCU)</li> <li>40. First National Bank (Temp Closed)</li> <li>41. Tennis &amp; Roller Hockey Courts, Commando Fit Pad East</li> <li>42. The Exchange (BX) Charleys; Popeyes; Starbucks; Subway   </li> <li>43. Commissary   </li> <li>44. Resale Lot</li> <li>45. Riptide (DFAC)    Fitness Center</li> <li>46. Child Development Center (CDC) East</li> <li>47. Medical Clinic &amp; Pharmacy (MDG)</li> <li>48. Recycling Center</li> <li>49. Gator Lakes Golf Course; Oasis Café   </li> <li>50. FAMCamp - Off MLK Jr. Blvd.</li> </ol> |
|---|--|---|---|

# DIRECTORY

## M&FRC

Military & Family Readiness Center & | 884-5441  
220 Lukasuk Ave, Bldg 90213

## CHILDREN & YOUTH

Child Development Centers (CDC)  
 CDC Main | 884-6664  
108 McMillan St, Bldg 90353  
 CDC East | 881-1261  
133 Leilmanis Dr, Bldg 91168  
 CDC West | 884-5154  
26 Weaver St, Bldg 90306  
 Family Child Care (FCC) | 884-4300  
301 Tully St, Bldg 90509  
 Youth Center & School Age Program (YP & SAC) | 884-6355  
117 McMillan St, Bldg 90304  
 School Liaison | (850) 884-6938  
117 McMillan St, Bldg 90304

## DINING/RESTAURANTS/BARS

Kraken Kafé | 884-4045/7365  
Inside Community Commons,  
443 Cody Ave, Bldg 90337  
 KT's Kraken Tiki Bar | 884-6939/  
Outdoor Rec Marina Tiki, 100 Corlew Rd  
 Oasis Café | 881-5731  
Inside Gator Lakes Golf Course, 403 Walkup Way  
 Spare Time Grill | 884-6470  
Inside Hurlburt Lanes (Bowling)  
442 Cody Ave, Bldg 90231  
 The Hooch Bar & Grill | 884-7507  
Inside The Soundside, 107 Kissam St  
 The Soundside | 884-7507/581-3111  
Catering & Events, 107 Kissam St  
 The Reef (DFAC) | 884-4970 (Temp Closed)  
313 Cody Ave, Bldg 90326  
 The Riptide (DFAC) | 881-5127/5128  
123 Howie Walters Rd, Bldg 91007  
 Flight Kitchen (DFAC) | (850) 240-3861

## EDUCATION & LEARNING

Education & Training | 884-6724  
221 Lukasuk Ave, Bldg 90220  
 Library | 884-6266  
Community Commons, 443 Cody Ave, Bldg 90337  
 Professional Development Center (PDC) | 884-3912  
424 Cody Ave, Bldg 90229

## EMPLOYMENT

Civilian Personnel | 884-5212  
212 Lukasuk Ave, Bldg 90210  
 NAF Human Resource | 884-6464  
145 Letourneau Cir, Bldg 90327

## FITNESS CENTERS/ OUTDOOR FIT AREAS & SPORTS

SOFTBALL FIELDS, TENNIS COURTS, ROLLER HOCKEY RINK  
(temp closure), TRACK & FIELD, COMBAT FIT EAST,  
BEAVER BOXES OPEN to anyone with base access  
 Aquatic Center (Swimming Pool) | 884-6866  
207 Cody Ave, Bldg 90300  
Open to all DoD ID cardholders, lap swim  
only, no appointments, first come basis:  
884-6866 or email HurlburtPool@gmail.com  
 Fitness Center - Aderholt | 884-6884  
259 Tully St, Bldg 90517  
**24/7 Access Available - Register at Facility**  
 Fitness Center - Commando | 884-4412  
452 Cody Ave, Bldg 90232  
**24/7 Access Available - Register at Facility**  
 Fitness Center - Riptide | 881-5121  
123 Howie Walters Rd, Bldg 91007  
 Gator Lakes Golf Course | 881-2251  
403 Walkup Way, Bldg 91300  
 Hurlburt Lanes (Bowling) | 884-6941  
442 Cody Ave, Bldg 90231

## MILITARY PERSONNEL

Military Personnel Flight (MPF)  
212 Lukasuk Ave, Bldg 90210  
**CAC/ID | 884-4110**, opt 1  
**Career Development | 884-4110**, opt 2  
**Retirements/Separations**  
**Assignments**  
**Promotions**  
**Reenlistments**  
**Extensions**  
**Force Management | 884-4110**, opt 3  
**Adverse Actions**  
**Awards & Decorations**  
**Evaluations**  
**Duty/TDY History**  
 884-5663 | 884-2537 | 884-2694  
**Passports | 884-2017**  
(AD and GS employees' non-personal use)  
(Appt only)

## RECREATION & HOBBIES

Auto Hobby Shop | 884-6674  
552 Hamby Pl, (Arts & Crafts Building)  
 Dive Shop | 881-1576  
Community Commons, 443 Cody Ave, Bldg 90337  
 FAMCamp | 797-0103  
210 Downs Cir  
 Information Tickets and Travel (ITT)  
Leisure Travel | 884-5699  
 Tickets & Tours | 884-6795  
424 Cody Ave, Bldg 90229  
 Lil' Commando Community Park | 884-6939  
Located next to CDC Main  
Pavilion Rental Available  
 Community Center & Special Events | 884-2606 & 884-2607  
Community Commons, 443 Cody Ave, Bldg 90337  
 Single Airman Initiative Program (R4R-SAIP) | 884-4597  
Community Commons, 443 Cody Ave, Bldg 90337  
 Outdoor Recreation/Marina & R4R-RECON | 884-6939  
100 Corlew Rd, Bldg 92473  
 Rifle & Pistol Club | 884-7629  
Located off Red Horse Rd  
 Skeet & Trap Range | 797-9435  
6th Ranger Rd  
 Unite C3 | 884-5080  
145 Letourneau Cir, Bldg 90327

## MISCELLANEOUS

Casualty Affairs | 884-2686  
145 Letourneau Cir, Bldg 90327  
 Lodging Facilities/Commando Inn | 884-7115  
301 Tully St, (Main)  
107 Kissam St, (The Soundside)  
 Honor Guard | 884-5330/5908  
139 Letourneau Cir, Bldg 90359  
 Marketing Office/Print Shop | 884-4252  
or 884-3820/3821  
145 Letourneau Cir, Bldg 90327  
 Mortuary Affairs | 884-4495 or cell (850) 420-3241  
145 Letourneau Cir, Bldg 90327  
 Plaque & Trophy Shop | 884-5294  
552 Hamby Pl, (Arts & Crafts Building)  
 Post Office | 884-7699  
437 Tully St, Bldg 90228  
 Recycling | 884-7577  
202 Walkup Way, Bldg 9136

Scan QR Code for  
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hours of operation



## QUICK REFERENCE

Airman's Attic ..... 884-7769	Dormitory Housing ..... 884-3188	Inspector General ..... 884-6322	Retiree Activities Office ..... 884-5443
Back Gate ..... 881-2259	Finance Accounting ..... 884-4119	Legal Office ..... 884-7821	Safety Office ..... 884-5243
Barber Shop (Main Exchange) ..... 581-8893	Dental Clinic ..... 884-7881	Main Gate ..... 884-7803	Security Forces ..... 884-6423
Base Exchange (AAFES BX) ..... 581-0030	Emergency Management ..... 884-4304	Mayroad (Base Housing) ..... 344-0220	Sexual Assault Prevention/Response ..... 884-7272
Chapel Center ..... 884-7795	Emergency Room (Eglin) ..... 883-8228	Mental Health ..... 881-4237	Space "A" Travel ..... 884-1086
Clinic Appointments ..... 881-1020	Express (Shoppette) ..... 581-0488	Pass & Registration ..... 884-5233	Thrift Shop ..... 884-3098
Commissary (DECA) ..... 881-2139	Family Advocacy ..... 881-5061	Pharmacy ..... 881-2133	TRICARE ..... 881-5177/3912
Credit Union (Eglin Federal) ..... 862-0111	Firestone ..... 243-6820	Public Affairs (1 SOW) ..... 884-7196	Veterans Affairs ..... (800) 827-1000
DEERS ..... 884-5322	Health and Wellness Center ..... 884-4292	Red Cross ..... 432-7601	Visitor Control Center ..... 884-2310

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**FRI, 31 MAY**

**SOUNDSIDE**  
107 KISSAM ST.



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Entry fee includes admission for 1 person, light snacks, and 2 books

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