

FORCE SUPPORT SQUADRON

TAKE

20

MAGAZINE

FEB/MAR 2020

DENIM & DIAMONDS

FATHER/DAUGHTER BALL

MARCH 14 • CAROLINA SKIES CLUB *pg. 9*



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**VALENTINE
GETAWAY**



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**SCOTCH
DOUBLES**



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**YOUTH BASEBALL
REGISTRATION**



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20TH FORCE SUPPORT SQUADRON

504 Shaw Drive

Suite 2142

Shaw AFB, SC 29152



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MAY 16 - 17, 2020

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SHAW AIR & SPACE EXPO
Coming in May!

FITNESS CENTER
Is fitness your resolution this year?

CAROLINA SKIES CLUB
Super Bowl Party, Denim & Diamonds Ball, Mike Bliss FREE Show,

NAF HUMAN RESOURCES OFFICE
Find your new career today!

WATEREE RECREATION AREA
Valentines Weekend, Leap Year Slumber Party, Dr. Seuss Celebration, and Beautify Wateree Day

INFORMATION, TICKETS, & TRAVEL
Plan your next getaway, today

CALENDAR OF EVENTS

DIRECTORY OF FSS SERVICES
Phone numbers and addresses for your FSS Facilities

CAROLINA LAKES GOLF COURSE
Have your next event at the Tee Top Cafe!

OUTDOOR RECREATION
Skeet & Trap League, Kayaking trip, Fam Camp

SHAW LANES BOWLING CENTER
Mardi Gras Celebration, St. Pat's Special, Pot O' Gold Colorama

CHILD & YOUTH PROGRAMS
Youth Baseball, Red Cross Babysitting Class

SPRING EGGSTRAVAGANZA
Egg Hunt, Laser Tag, Games, Crafts, and more!

AIRMAN & FAMILY READINESS
Upcoming 2020 February and March Classes and Seminars

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MARDI GRAS AT SHAW LANES

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SPRING EGGSTAVAGANZA

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SHAW FITNESS CENTER PRESENTS:

BIGGEST LOSER CHALLENGE



February 3 - May 11, 2020

Open to all DoD cardholders

Participants will compete in weekly events which will challenge and teach them about wellness, fitness, and nutrition.

**Register by February 3
at the Annex or Main Fitness Center**

Kick Start Meeting - Feb 3 @ 7:30 AM- Fitness Center

Fitness gear and prizes will be awarded

The overall winner will be determined by percentage of weight lost and points collected during hosted events.

MAIN FITNESS CENTER // 428 SHAW DRIVE // 895-2284

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YouTube/20THFSS

WWW.THEBESTFSS.COM



ARE YOU FIT TO FIGHT
Airmen (above left) row 1,000 meters during the beta test of the EOD Tier 2 practice fitness test at the Shaw Fitness Center. Rowing machines are available at both the main and annex Fitness Centers.

FITNESS ON REQUEST
Fitness center users (center) can use the kiosk to access on-demand classes which are projected onto a screen in the gym's aerobics room.

FIND YOUR PASSION
Fitness goals don't have to be gym time or workouts. Find a physical activity you enjoy and make time during the day to engage such as playing tennis on the base courts across from the Carolina Skies Club and Conference Center.

According to a study by Harris Interactive, about 73% of all people who make fitness-related resolutions in the New Year give up before reaching their goals. Don't let this be your fate. The following tips may help you be part of the 27% that are able to beat the odds!

1. Keep goals small and specific

Too many people set overly ambitious goals that don't allow for a single misstep. Realistic goals that can be improved upon later are more effective. For example, instead of a goal to work out 7 days a week, start at 3 days a week. Or instead of a goal to lose 25 pounds, start with 5 or even 1.

2. Put money on it

Make a bet on your goal. According to the Mayo Clinic, financial incentives prompted 62% of dieters to meet their goals as opposed to only 26% who didn't put their cash on the line.

“ Individuals who modified their workouts every two weeks over an eight-week period appeared to enjoy their workouts more and were more inclined to stick with their exercise program.

3. Make fitness a priority

Don't put your physical and mental well-being on the back burner, make fitness a priority. Schedule it into your day as you would a doctor's appointment or important meeting.

4. Don't go it alone

You've probably heard the old saying that there is "strength in numbers." Working out with friends or family can help boost your resolve to stick to a plan and can strengthen your relationship with your workout pals.

5. Mix it up

According to the American Council on Exercise, research shows that varying your workout routine can improve your odds of sticking to it. "Individuals who modified their workouts every two weeks over an

eight-week period appeared to enjoy their workouts more and were more inclined to stick with their exercise program."

6. Track your progress

With all the electronic tools available, this should be a no-brainer! Charting your progress not only boosts the likelihood of sticking to your goals, but can increase your confidence as you visually chart your progress.

New Year resolutions are a dime a dozen, but it takes effort to maintain those resolutions. By using these six tips, you can increase the chance that you will succeed in meeting your goals!

Need more motivation or help, contact fitness experts at the Fitness Center at (803) 895-2789 for personal trainers, upcoming programs, and exciting classes.



Mike Bliss
VARIETY AND FUN
COMEDY · PICK-POCKET · MAGICIAN

SUNDAY
FEB 23
FREE

CAROLINA SKIES CLUB BALLROOM
SHOW: 6PM
(DOORS OPEN 4:30PM)

LIVE STAGE
AN AIR FORCE ENTERTAINMENT PRODUCTION

PRESENTED BY THE AIR FORCE SERVICES CENTER



CAROLINA SKIES CLUB

AND CONFERENCE CENTER | 666-3651 | SARAH KELLER - MANAGER

SUPER BOWL PARTY



FEBRUARY 2 • 5:30 - 10:30 P.M.

Join your friends at Carolina Skies Club for games, prizes, fabulous food, and Super Bowl LIV! Enjoy beer specials, the FSS Cash Cube, the Hines Furniture recliner giveaway, and, of course, the finale of the Corn Hole Challenge.

DENIM & DIAMONDS BALL



MARCH 14 • 6 - 9 P.M.

Gentlemen, it's time to treat your daughter(s) to a special evening at the Denim & Diamonds Ball. Have a great time with your daughter(s) dancing, playing games, eating food, and much more! Please register online at www.thebestfss.com.

CAROLINA SKIES CLUB

LUNCH BUFFET

11 a.m. - 1 p.m. • \$9/Members • \$10/Non-members
**includes drink!*

THURSDAYS

Catfish & Baked Fish
Mac & Cheese
Cornbread Dressing
Stewed Tomatoes
Cabbage
Cornbread

FRIDAYS

Fried Chicken & Waffles
Baked Ham
Scalloped Potatoes
Sweet Potatoes
Collard Greens
Cauliflower

Let us cater your next event!

From food to space, we can make it fantastic!

Call 803-666-3651 to reserve your date.



ST. PAT'S MEMBERSHIP MEAL

MARCH 18 • 5-7PM

Membership Meal is back with a flavorful Irish meal featuring corned beef & cabbage, potato pancakes, corn bread, roasted potatoes, rice and gravy, and dessert. Members and spouse eat free! Not a member? Call the club at 803-666-3651 and join today! *Meal*

Pricing: \$7 for children 6 to 13. \$16 for ages 14 and up.



WHEN COFFEE MATTERS, THERE ARE NO EXCEPTIONS.

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- NAF Retirement
- Tuition Assistance

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Can't wait to see y'all back at the lake!

All Active duty members, get 25% off your cabin rental through February 2020!
Call 877-928-8373 or visit www.thebestfss.com to reserve!



Amwww

Valentine Weekend Romantic Getaway

Feb. 14- 16 | Pricing below

Spend Valentines weekend at the lake with your loved ones! Friday night, watch a romantic comedy. Saturday, enjoy a sumptuous dinner of chicken or beef. (Vegetarian/vegan option available!) After dinner, enjoy fun and games. Couples, \$35. Single adults, \$22.50. \$17.50 for ages 13-17. \$10 ages 6-12. 5 & under, \$5.

*Rental of cabin or RV site not included.



Sleepovers

Leap Year Kid's Slumber Party

Feb. 28- 29 | \$25/child

Celebrate the leap year all night long! Kids ages 5-12 are invited to spend the night watching movies, playing games, and doing crafts in the rec hall starting at 7 p.m. Parents, please feed your child dinner before arrival and pack anything your kid will need to be comfortable (i.e. sleeping bag, pillow, teddy, etc). Parents must remain on the grounds during the event.



Celebrating Seuss!

Dr. Seuss Birthday

Mar. 6-8 | \$20/child \$5/adult

Come celebrate one of the most beloved children's author's birthday with us. All weekend long will be a variety of crafts, games, movies and more for the kids. Friday night will feature "The Lorax" on the big screen. Saturday morning have our famous Green Eggs and Ham breakfast. After lunch on Saturday, join us for crafts, storytelling, and another movie on Saturday night! Call to register no later than February 28.



That's a lot of leaves!

11th Annual Beautify Waterree Day

Mar. 21 | 8:30 a.m. - 1 p.m.

Help us make sure YOUR top rated facility stays #1 by volunteering to help get ready for the amazing 2020 summer! Safety briefing will begin at 8:30. At noon, enjoy a FREE lunch for all volunteers. Individuals, families, groups, as well as Girl and Boy Scout groups, are welcome! Bring your lawn and gardening tools. Sign up by calling 877-928-8373 before March 13.

WATEREE REC. AREA

877-928-8373 | CURT MARSHALL - MANAGER



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*For Eligible Patrons

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www.americanforcetravel.com

FEBRUARY

1 SUPER BOWL TAILGATE 5K

Sports Complex Trail • 11 a.m. - 1 p.m.

THUNDER ALLEY

Shaw Lanes • 9 p.m. - 12 a.m. • Every Sat.

2 SUPER BOWL SUNDAY

Skies Club • 5:30-10:30 p.m.

BOWLING & A MOVIE

Shaw Lanes • 2:30- 4:30 p.m. • Every Sun.

3-28 YOUTH BASEBALL REGISTRATION

Youth Programs • 9 a.m.-5 p.m. • pg. 24

STRAWBERRIES & CREME FEAT. FRAPPE

Rickenbacker's • 7 a.m. - 2 p.m.

3-7 10% OFF FRAME ORDERS \$125+

Arts & Crafts • 8 a.m. - 5 p.m. • pg. 18

3 BIGGEST LOSER CHALLENGE KICK OFF

Main Fitness Center • 7:30 a.m. • pg. 6

PLAY-ALL-DAY MONDAYS

Carolina Lakes Golf • Every Mon.

4 STORY TIME

McElveen Library • 11 a.m. • Every Tues.

YARN CLUB

McElveen Library • 1 p.m. • Every Tues.

PROGRESSIVE BINGO

Skies Club • 5-10 p.m. • Every Tues.

5 RETIRED MILITARY APPRECIATION

Carolina Lakes Golf • 7 a.m. • Every Wed.

HOMEWORK HELP

McElveen Library • 4 p.m. • Every Wed.

5 WEDNESDAYS WITH THE PROS

Carolina Lakes Golf • 5- 6 p.m. • Every Wed.

6 BUILD A BIRDHOUSE

Arts & Crafts • 5- 7 p.m. • pg. 18

CHESS CLUB

McElveen Library • 5 p.m. • Every Thurs.

7 FRIDAY PARTIES

McElveen Library • 4 p.m. • Every Fri.

GET A \$7 PIZZA!

Skies Club • 4:30- 8 p.m. • Every Fri.

FRIDAY FLIX

Shaw Lanes • 8:30- 10:30 p.m. • Every Fri.

8 RED CROSS BABYSITTING CLASS

Teen Center • 8 a.m. - 2 p.m. • pg. 24

SCOTCH DOUBLES TOURNAMENT

Shaw Lanes • 6- 10:30 p.m. • pg. 23

10 KIDS NIGHT OUT/GPAB

Youth Programs • 6:30- 10:30 p.m. • pg. 24

14-16 VALENTINE'S GETAWAY WEEKEND

Wateree • Check-in 7 p.m. • pg. 12

15 THUNDER ALLEY

Shaw Lanes • 9 p.m. - 12 a.m. • Every Sat.

22 MARDI GRAS THUNDER ALLEY

Shaw Lanes • 9 - 11:30 p.m. • pg. 23

28-29 KIDS LEAP YEAR SLUMBER PARTY

Wateree • Check-in 7 p.m. • pg. 12



Red Cross Babysitting Class



Mardi Gras at Shaw Lanes

MARCH

1 BOWLING & A MOVIE
Shaw Lanes • 2:30- 4:30 p.m. • Every Sun.

2-31 SHAMROCK FEATURED FRAPPE
Rickenbacker's • 7 a.m. - 2 p.m.

2 PLAY-ALL-DAY MONDAYS
Carolina Lakes Golf • Every Mon.

3 STORY TIME
McElveen Library • 11 a.m. • Every Tues.

YARN CLUB
McElveen Library • 1 p.m. • Every Tues.

PROGRESSIVE BINGO
Skies Club • 5-10 p.m. • Every Tues.

4 RETIRED MILITARY APPRECIATION
Carolina Lakes Golf • 7 a.m. • Every Wed.

HOMEWORK HELP
McElveen Library • 4 p.m. • Every Wed.

WEDNESDAYS WITH THE PROS
Carolina Lakes Golf • 5- 6 p.m. • Every Wed.

4, 11, & 25 1/2 PRICE SKEET & TRAP ROUNDS
Skeet & Trap • 5- 7 p.m. • pg. 20

5 TABLE SAW TECHNIQUES
Arts & Crafts • 5- 7 p.m. • pg. 18

5, 12, 19&28 AMATEUR TRAP ASSOC. SHOOTS
Skeet & Trap • 5- 7 p.m. • pg. 20

6-8 DR. SEUSS CELEBRATION
Wateree • pg. 12

6 FRIDAY PARTIES
McElveen Library • 4 p.m. • Every Friday

6 GET A \$7 PIZZA!
Skies Club • 4:30- 8 p.m. • Every Fri.

6 FRIDAY FLIX
Shaw Lanes • 8:30- 10:30 p.m. • Every Fri.

7 THUNDER ALLEY
Shaw Lanes • 9 p.m. - 12 a.m. • Every Sat.

9-13 ST. PAT'S SPECIAL @ COSMIC GRILL
Cosmic Grill • 11 a.m. - 6 p.m.

11 INTRO TO KAYAKING
Outdoor Recreation • 1:30- 2:30 p.m. • pg. 20

INTRO TO BOATING
Outdoor Recreation • 3:30- 5 p.m. • pg. 20

12 SKEET LEAGUE CAPTAIN'S MEETING
Skeet & Trap • 5:30 p.m. • pg. 20

14 POT O' GOLD COLORAMA
Shaw Lanes • 6- 8:30 p.m. • pg. 23

DENIM & DIAMONDS BALL
Carolina Skies Club • 6- 9 p.m. • pg. 9

ICE CREAM SOCIAL
Wateree • 7 - 9 p.m.

16-20 15% OFF CANVAS PHOTO PRINTING
Arts & Crafts • 8 a.m. - 5 p.m. • pg. 18

18 ST. PAT'S DAY MEMBERSHIP MEAL
Carolina Skies Club • 5- 7 p.m. • pg. 9

21 BLACK RIVER KAYAKING TRIP
Outdoor Recreation • 730 a.m.- 5 p.m. • pg. 20

11TH ANNUAL BEAUTIFY WATREEE
Wateree • 8:30 a.m. - 1 p.m. • pg. 12

SUPERHERO DASH
Fitness Trail • 9 a.m.



Club Membership Meal



Beautify Wateree

FSS DIRECTORY

Operating hours are subject to change. Check online or with the facility prior to making plans.

Afterburner Grill

(803) 895-4349
5802 Killian Avenue Breakfast: 6-8 a.m.
Lunch: 11 a.m.- 1 p.m. - Dinner: 4:30- 7 p.m.

Airman & Family Readiness Center

(803) 895-1252
524 Stuart Avenue
Monday- Friday: 7:30 a.m. - 4:30 p.m.

Airman Leadership School

(803) 895-2671
398 Shaw Drive
Monday- Thursday: 8 a.m. - 4 p.m.

Arts & Crafts

(803) 895-2727
520 Marco Ave.
Monday- Friday: 8 a.m. - 5 p.m.

Barber Shop

(803) 895-2400
413 Recreation St.
Monday- Friday: 8 a.m. - 5 p.m.

Carolina Lakes Golf Course & Pro Shop

(803) 895-1399
400 Stuart Street
Monday- Sunday: 7 a.m.- Dusk

Carolina Pines Inn

(803) 895-3803 or 1-888-AFLODGE
464 Meyers St.
24/7

Career Assistance Advisor/FTAC

(803) 895-4728
400 Shaw Drive
Monday- Friday: 7:30 a.m. - 4:30 p.m.

Carolina Skies Club & Conference Center

(803) 666-3651
487 Myers Street
Please call for current hours of operation.

Child Development Center

(803) 895-2247
320 Laurel Court
Monday- Friday: 6 a.m. - 6 p.m.

Civilian Personnel Office

(803) 895-1617
504 Shaw Drive
Monday- Friday: 8 a.m. - 4 p.m.

Cosmic Grill @ Shaw Lanes

(803) 895-2732
416 Recreation Street
Please call for current hours of operation.

Emerson E. Williams Dining Facility

(803) 895-9791
417 Polifka Drive
Monday- Friday: 6.- 8 a.m., 11 a.m. - 1 p.m.,
4:30- 7 p.m., 10:30 p.m.- 12 a.m.
Saturday- Sunday : 7:30 a.m.- 12:30 p.m.,
4:30- 6 p.m., 10 p.m.- 12 a.m.

Falcon Car Wash

(803) 895-2727
427 Chapin Street
Open 24 Hours!

Family Child Care

(803) 895-1212
150 Palmetto Drive
Monday- Friday: 8 a.m. - 4:30 p.m.

Fitness Center

(803) 895-2789
428 Shaw Dr.
Please call for current hours of operation.
24 hour access available.

Fitness Center Annex

(803) 895-0947
5 Lasano Rd.
Please call for current hours of operation.
24 hour access available.

FSS Command Section

(803) 895-1577

Honor Guard

(803) 895-6004
Monday- Friday: 7:30 a.m.- 4:30 p.m.

Information, Tickets, And Travel

(803) 895-4774
370 Rhodes Ave.
Monday- Friday: 10 a.m. - 6 p.m.

McElveen Library

(803) 895-4518
400 Shaw Dr.
Monday- Friday: 9 a.m. - 7 p.m.
Saturday: 10 a.m. - 3 p.m.

Military Personnel Customer Service

(803) 895-1596
504 Shaw Drive
Please call for current hours of operation.

Military Personnel One Stop

(803) 895-1597

NAF Human Resources

(803) 895-1574
504 Shaw Drive
Monday- Friday: 8 a.m.- 4 p.m.

Outdoor Rec/Falcons Nest FamCamp

(803) 895-0450
1 FamCamp Drive
Monday- Friday: 8 a.m.- 5 p.m.
Saturday: 10 a.m.- 2 p.m.

Rickenbacker's (1118)

(803) 895-2701
504 Shaw Drive
Monday- Sunday: 7 a.m.- 2 p.m.

Rickenbacker's (ARCENT)

(803) 885-8581
1 Gabreski Drive
Monday- Friday: 7 a.m.- 2 p.m.

Rickenbacker's (Med Clinic)

(803) 895-6401
431 Meadowlark Street
Monday- Sunday: 7 a.m.- 2 p.m.

School Liaison Office

(803) 895-1315
524 Stuart Avenue
Monday- Friday: 8 a.m. - 4:30 p.m.

Shaw Lanes Bowling Center

(803) 895-2732
416 Recreation Street
Please call for current hours of operation.

Skeet & Trap

(803) 895-0331
375 Condor Country Rd.
Please call for current hours of operation.

Spratt Education Center

(803) 895-1838
398 Shaw Dr.
Monday- Friday: 8 a.m. - 4 p.m.

Tee Top Cafe

(803) 895-1399
400 Stuart Street
Monday- Friday: 7 a.m. - 1 p.m.
Saturday- Sunday: 7 - 11 a.m.

Tween and Teen Center

(803) 895-3969
5232 Sycamore St.
Monday- Friday: 12:30 - 6 p.m.

Waterree Recreation Area

877-928-8373- Reservations - (803) 432-7976- Office
2030 Baron Dekalb Road
Camden, SC 29020
Monday- Sunday
8 a.m. - 5 p.m.

Weasel Wagon

(803) 895-0220
375 Condor Country Rd.
Monday- Friday: 6:30 a.m. - 1 p.m.

Woodland Pool

(803) 895-3446
401 Mitchell Street
Seasonal - Please call for current hours of operation.

Youth Center

(803) 895-1779
322 Laurel St.
Monday- Friday: 6 a.m. - 6 p.m.



**Spring Extravaganza - April 4
Carolina Skies Club Parking Lot**



HEARTY BREAKFASTS TASTY LUNCHES GLORIOUS GOLF

Catering

Looking to host a party, wedding, or squadron function? We can accommodate your group. Our spacious recently renovated dining room and deck are a perfect place for a formal or informal gathering. We can work with you to create a delectable menu for your event.



Dining

Enjoy our freshly prepared soups, salads, sandwiches and burgers every day. We choose our ingredients with your health and tastes in mind. Bask in the South Carolina beauty as you dine overlooking the 18th hole. Al fresco dining available. Open Mon-Fri 7am - 1pm, Weekends 7 - 11 am.

Golf

Take advantage of year round golf with Annual Greens Fee Member Rates.

- | | | | |
|--------------------------|--------|--------------|--|
| • E1/E2 | \$225 | • E3 | \$325 |
| • E4 | \$425 | • E5 & UP | \$625 |
| • Non-DoD Guest | *\$700 | • Dependents | \$50/*\$100 |
| • Juniors (6-17 yrs old) | | | \$50 (FREE w/paid adult annual member) |

Annual membership payments may be made in lump sum or monthly installments
*Only Applies to Non-DoD Membership Rates

Contact Us

400 Stuart St., Shaw AFB, SC, 29152, USA
Tel: (803) 895-1399
Web: www.thebestfss.com/golf

Golf Pro Shop and Course Open 7am to Dusk.



DEALS AND WORKSHOPS

10% OFF ALL FRAME ORDERS

February 3- 7 | 8 a.m. - 5 p.m.

Bring your memories and art in a fantastic custom frame from Arts & Crafts. And from February 3- 7, you can get 10% off your framing order with a minimum purchase of \$125! See Arts & Crafts for details or call 895-2727.



BUILD A BIRDHOUSE

February 6 | 5- 7 p.m. | \$15/person

Ppractice your woodworking skills and build confidence with the various tools available including a table saw, miter saw, and jointer. All participants receive safety and operation instruction on tools used in building a usable bird house. Register by calling 895-2727.

15% OFF PHOTO PRINTING ON CANVAS

March 16- 20 | 8 a.m. - 5 p.m.

Preserve your most precious memories by having them printed on canvas with a 15% discount! Canvas prints give your photos a museum quality feel and offers numerous aesthetically creative mounting options! Order your canvas print between March 16- 20 at the Arts and Crafts Center. Discount limited to one item.



TABLE SAW TECHNIQUES

March 5 | 5- 7 p.m. | \$12/person

Become confident and safe with operating a table saw for small projects and/or furniture construction. Learn basic safety, operations, and how to square a board before cutting. Once mastering the basics, the class will move on to more advanced skills such as: through saw ripping and cross cutting, cutting dados, rabbets and tenons, and miter joints. Call 895-2729 to register by February 21.

UP TO 50% OFF AWARDS!

April 6- 10 | 8 a.m. - 5 p.m.

Get up to 50% during the week of April 6- 10 during the Grab Bag Discount Event for awards items at Arts & Crafts! Reach in and pull out the discount you'll receive! Call 895-2726 for more details.



ARTS & CRAFTS CENTER

(803) 895-2727 | PAULA RUPP - MANAGER

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Central Carolina Technical College is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award the associate degree. Central Carolina Technical College participates in the Statewide Articulation Agreement of 86 courses approved by the South Carolina Commission on Higher Education. These courses are eligible for transfer from two-year to four-year public and many private institutions. Central Carolina Technical College does not discriminate in employment or admissions on the basis of race, color, national origin, sex, gender identity, sexual orientation, genetic information, age, religion, pregnancy, childbirth, or related medical conditions, including but not limited to, lactation, disability, or any other protected class.

Start your ADVENTURE WITH ODR



Skeet Team League

League play begins in March

Team captains, gather your team of 3- 6 shooters for the 2020 Skeet Team League! Captains will meet on March 12 at 5:30 p.m. to discuss rules, dates of match-ups and submit team rosters. If you don't have a team and want to participate, be at the captain's meeting and we can find you a team! Cost is \$30 per team. Weekly round is \$13 for nonmembers, \$10 for members.

Introduction to Kayaking 101

Wednesday, March 11 • 1:30 - 2:30 p.m.

Instructional class that will present safety, technique, and guides to local paddles. Learn to safely operate a kayak and South Carolina rules and regulations to make sure that your trip is a great success! This class is required for rental of a kayak from Outdoor Recreation or Wateree Recreation Area. All participants will receive a 10% discount on their first kayak or canoe rental. Please contact ODR to register before March 11.

Introduction to Boating 101

Wednesday, March 11 • 3:30 - 5 p.m.

Learn South Carolina rules and regulations to make sure that your next boating trip a safe and fun one! Class will watch a safety video, discuss rules and regulations, and complete a certification test. This class is required for rental of a boat from Outdoor Recreation or Wateree Recreation Area. All participants will receive a 10% discount on their first boat rental. Please contact ODR to register before March 11.

Kayaking on the Black River

Tuesday, March 21 • 7:30 a.m. - 5 p.m.

We'll drive, park, and even provide you with the kayak and gear! All you have to do is paddle leisurely down the river and enjoy the natural wonders! Please make sure you wear suitable water attire, bring bug spray, drinks, and additional clothes to change into. Register by March 18.

SKEET & TRAP SPECIALS

1/2 PRICE ROUNDS

MARCH 4, 11, & 25

BOGO ROUNDS

MARCH 14

TOURNAMENT

- PRE-REGISTRATION \$17, DAY OF \$20
- COST INCLUDES CLAYS & RENTAL

MARCH 8 (REGISTER BY FEB. 28)

AMATEUR TRAP ASSOCIATION REGISTERED SHOOTS

MARCH 5, 12, 19, 28

Space is limited on trips and classes. Register in person or by calling.

For ODR events, call 895-0450. For Skeet & Trap, call 895-0331.

For more great travel options, visit ITT in the Base Exchange!

OUTDOOR RECREATION

895-0450 | JIM VAUSE - MANAGER

FALCON'S NEST FAMCAMP: Your RV Home Away From Home



- Complete RV water, sewer, & electrical hookups
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Make your travel a little easier while you enjoy all the amenities at the Falcon's Nest FamCamp and the 20th Force Support Squadron Facilities. Reservations can be made 60 days in advance for active duty and 30 days in advance for all other authorized users although no reservations are required.

Tel: 803-895-0450
www.thebestfss.com/ODR

1 FamCamp Dr., Shaw Air Force Base 29152



To find out more go to:
www.thebestfss.com/ODR

GET INTO THE VALENTINE'S DAY SPIRIT WITH THIS FUN DOUBLES TOURNAMENT!



SCOTCH DOUBLES

February 8 | 6 - 8:30 p.m. | \$20/team

Join other teams of two for a friendly tournament with special rules at Shaw Lanes Bowling Center on February 8! Each game is a different type of bowling from "9-pin No-Tap" to "3-6-9" to "8-pin No Tap" to regular game! Each team cost only \$20 and shoe rental is included!



Looking for a bite to eat? Check out the Cosmic Grill located in the Shaw Lanes Bowling Center! Save time and call 895-2732 for curbside pickup!



FREE SHOE RENTAL FOR MILITARY CHILDREN!

April 1-30 | 11 a.m. - close

Celebrate our youngest Team Shaw members during the Month of the Military Child! During the month, all children 15 and under (proof of age may be requested) can get FREE shoe rentals any time they bowl...even during other bowling events like Thunder Alley! For more information call (803) 895-2732.



LAISSEZ LES BONS TEMPS ROULER!

MARDI GRAS THUNDER ALLEY

Feb. 22 | 9 - 11:30 p.m. | \$45/couple • \$25/person

Let the good times roll and break out the king cake and beads, it's MARDI GRAS at Shaw Lanes Bowling Center! The theme this year is Hooray for Hollywood so everyone is encouraged to dress as their favorite actor or character! Got a group? Do a group costume from the same movie! Please, remember that this is a FAMILY FRIENDLY event!



COSMIC GRILL ST. PAT'S SPECIAL

March 9- 13 | 11 a.m. - 6 p.m.

Get a taste of the old country at the Cosmic Grill with a traditional meal of Corned Beef and Cabbage with potatoes, bread, and a drink all for just \$9! Don't forget you can order for curbside pickup. For those over 21 eating at the Grill, order a green beer to accompany your meal!

POT O' GOLD COLORAMA

March 14 | 6 - 8:30 p.m.

Are ya lucky enough to win me gold!? Take your shot at the gold at the end of the rainbow! Any winning color combination with a GREEN headpin will double your cash! So put on your best green, bring your lucky charms, and hunt for the leprechaun's pot o' gold!

DAILY PRICES

Open Bowling (M-F Before 5 p.m.)	\$12/hour (HyperBowl: \$15/Hour)
Prime Open Bowling (Weekdays After 5 p.m. & Weekends)	\$15/hour (HyperBowl: \$18/Hour)
League Practice+	\$2.50/game
Thursday Power Hour*	\$10/hour (HyperBowl: \$12/Hour)
Friday Night Flicks+	\$12/person (HyperBowl: \$14/Hour)
Saturday Thunder Alley+	\$7/1hr \$12/2hr \$15/3hr
Sunday Bowl & A Movie+	\$10/with Pizza \$13/Full Menu
Shoe Rental+	\$3/pair

* = Per Lane + = Per Person



SHAW LANES BOWLING

BOWLING CENTER | (803) 895-2732 | HORACE GARRISON - MANAGER

DON'T FORGET UPCOMING KIDS' NIGHT OUT/GIVE PARENTS A BREAK!

FEBRUARY 7 & MARCH 6 | 6:30 - 10:30 P.M. | SEE PRICING BELOW

Child and youth programs will provide games and a ton of fun for your child while you take a moment for yourself! Children 6 weeks old to not yet starting kindergarten, \$5 per hour. Non-member families of children age 5 - 12, \$5 per hour. Children age 5 - 12 enrolled at youth programs, \$15 for the entire evening.

FUN



LEARN

GROW



RED CROSS BABYSITTING CERTIFICATION

FEB. 8 | 8 A.M. - 2 P.M. | \$40/PERSON

Increase your income as a babysitter with a certification from the Red Cross. This class will provide youth, ages 12- 16 with training for emergency situations, basic care for infants and children, child behavior, professionalism, and leadership.

Call 895-1779 to register by Feb. 5.

YOUTH BASEBALL SEASON SIGNUPS

FEB. 3 - 28 | 9 A.M. - 5 P.M. | SEE BELOW

It's baseball season! Time to get out the gloves and bats and sign up for teams at the Youth Sports Program! Teams are open for all children 4-12 years old. 4 year olds - \$30. Ages 5 to 8 - \$35. Ages 9 to 12 - \$40. Call 895-1779 to register.

COACHES AND OFFICIALS NEEDED!

Are you a natural teacher and leader with a passion for baseball or sports in general? We need you! Coaches, assistants, and officials are needed for the season. Submit your application today at Youth Programs.



CHILD & YOUTH PROGRAMS

(803) 895-2247 | TONYA WATKINS - CDC MANAGER

20TH FORCE SUPPORT SQUADRON
MONTH OF THE
MILITARY
CHILD

APRIL
4TH
10a-1p



SPRING Eggstravaganza

**EGG HUNT • LASER TAG • BOUNCE HOUSES
TRAIN RIDES • LIVE CHARACTERS • AND MORE!**

10 A.M. - 1 P.M. | PART OF THE MONTH OF THE MILITARY CHILD | FREE ADMISSION
CAROLINA SKIES PARKING LOT | INFORMATION: 803-895-1779 | WWW.THEBESTFSS.COM



LEARN

Leadership and learning
are indispensable to each other.

-President JFK

SOMETHING NEW IN 2020

FEBRUARY

- **TAP-GPS: GOALS, PLANS, SUCCESS**
February 3-7 • 8:30 a.m. - 4:30 p.m.
- **REINTEGRATION BRIEFING**
February 4 • 9 - 11 a.m.
- **PRE-DEPLOYMENT BRIEFING**
February 6 • 8 - 10 a.m.
- **RESUME BUILDING**
February 6 • 1 - 2 p.m.
- **REINTEGRATION BRIEFING**
February 7 • 9 - 11 a.m.
- **HOME BUYING & SELLING**
February 7 • 10 - 11 a.m.
- **KEY SPOUSE ROUNDTABLE**
February 7 • 9:15 a.m.
- **REINTEGRATION BRIEFING**
February 11 • 9 - 11 a.m.
- **PRE-SEPARATION**
February 11 • 1 - 3 p.m.
- **SMOOTH MOVE**
February 12 • 2 - 3 p.m.
- **PRE-DEPLOYMENT BRIEFING**
February 12 • 8 - 10 a.m.
- **REINTEGRATION BRIEFING**
February 13 • 9 - 11 a.m.
- **HEARTLINK**
February 13 • 10 - 11 a.m.
- **WEASEL WELCOME TOUR**
February 14 • 7:15 a.m.
- **REINTEGRATION BRIEFING**
February 18 • 9 - 11 a.m.
- **PRE-DEPLOYMENT BRIEFING**
February 20 • 8 - 10 a.m.
- **REINTEGRATION BRIEFING**
February 21 • 9 - 11 a.m.
- **CREDIT SEMINAR**
February 21 • 11 a.m.

- **REINTEGRATION BRIEFING**

February 25 • 9 - 11 a.m.

- **PRE-SEPARATION**

February 25 • 1 - 3 p.m.

- **PRE-DEPLOYMENT BRIEFING**

February 27 • 8 - 10 a.m.

- **EVERYTHING EFMP**

February 27 • 1 - 2 p.m.

- **REINTEGRATION BRIEFING**

February 28 • 9 - 11 a.m.

MARCH

- **TAP-GPS: GOALS, PLANS, SUCCESS**

March 2-6 • 8:30 a.m. - 4:30 p.m.

- **REINTEGRATION BRIEFING**

March 3 • 9 - 11 a.m.

- **BUNDLES FOR BABIES**

March 4 • 9 a.m.

- **PRE-DEPLOYMENT BRIEFING**

March 5 • 8 - 10 a.m.

- **REINTEGRATION BRIEFING**

March 6 • 9 - 11 a.m.

- **BUDGETING & CREDIT**

March 6 • 11 a.m.

- **RESUME WRITING & INTERVIEWING**

March 10 • 9 - 11 a.m.

- **REINTEGRATION BRIEFING**

March 10 • 9 - 11 a.m.

- **PRE-SEPARATION BRIEFING**

March 10 • 1 p.m.

- **DOD VOCATIONAL TRACK**

March 11-12 • 8:30 a.m. - 4 p.m.

- **SMOOTH MOVE**

March 11 • 1 - 2 p.m.

- **ENLISTED & 1ST TERM OFFICERS
FINANCIAL PLANNING**

March 11 • 1:30 - 2:30 p.m.

- **PRE-DEPLOYMENT BRIEFING**

March 12 • 8 - 10 a.m.

- **FEDERAL RESUME WRITING**

March 12 • 9 a.m.

- **WEASEL WELCOME TOUR**

March 13 • 7:15 a.m.

- **REINTEGRATION BRIEFING**

March 13 • 9 - 11 a.m.

- **TAP-GPS: GOALS, PLANS, SUCCESS**

March 16-20 • 8:30 a.m. - 4:30 p.m.

- **REINTEGRATION BRIEFING**

March 17 • 9 - 11 a.m.

- **INITIAL KEY SPOUSE TRAINING**

March 18 • 8:45 a.m.

- **PRE-DEPLOYMENT BRIEFING**

March 19 • 8 - 10 a.m.

- **REINTEGRATION BRIEFING**

March 20 • 9 - 11 a.m.

- **REINTEGRATION BRIEFING**

March 24 • 9 - 11 a.m.

- **PRE-SEPARATION**

March 24 • 1 - 3 p.m.

- **SBA ENTREPRENEURIAL TRACK**

March 24-26 • 8:30 a.m. - 4:30 p.m.

- **PRE-DEPLOYMENT BRIEFING**

March 26 • 8 - 10 a.m.

- **REINTEGRATION BRIEFING**

March 27 • 9 - 11 a.m.

- **TSP & BASIC INVESTING**

March 27 • 11 a.m.

- **REINTEGRATION BRIEFING**

March 31 • 9 - 11 a.m.

- **PRE-SEPARATION**

March 31 • 1 - 3 p.m.



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