

Strike

355 FSS MAGAZINE | DAVIS-MONTHAN AFB



SPLASH INTO SUMMER

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JULY / AUGUST / SEPTEMBER 2020

MONSOON

MADNESS

JUNE 24 - JULY 1

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FIREWORKS

**FRIDAY,
JULY 3**

SHOW

7-9pm • Food Trucks • Lawn Seating



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**SIGN-UP FOR OUR
 WEEKLY NEWSLETTER**

Want the latest news in your inbox? Sign-up for our Friday newsletter, Flash Point, at www.bit.ly/33DbSx3



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**MORE INFO ON OUR NEW
 PRINT SHOP ON PAGE 26**

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Please contact:

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DMR

Director, Outdoor Recreation
355TH FORCE SUPPORT SQUADRON



Janie Helgesson

So, what is your job as the Director of Outdoor Recreation?

I oversee all of the Outdoor Recreation activities, which includes trips and events, the indoor and outdoor pools, the Trap & Skeet Range, and FamCamp.

What do you enjoy the most about it?

I love getting to see the Airmen and their families enjoying themselves and trying something new.

How does spending time outdoors affect your wellness?

It keeps me physically fit so that I am able to do any activity I want to do. It also benefits me mentally, giving me an outlet for the stress of day-to-day life.

What is your favorite place to visit?

Currently, my favorite place is the bottom of the Grand Canyon on the Colorado River. I've never felt more relaxed than floating down

the Colorado, soaking in the sun without cell signal or any worry in the world.

Do you have a favorite place around Tucson?

My favorite local spot is Cienega Preserve in Vail. Not too many people know about that little oasis....shhhhhh.

Favorite cactus?

ALL cactus hurt! But my favorite to look at is mammillaria. They are such tiny, fluffy-looking cacti.

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Step 2 - Work with our specialists

Step 3 - Buy, Sell or Refinance

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*Not available in all states - You must be enrolled with homes for heroes and be represented at closing with a Real Estate affiliate to be eligible for the Heroes rewards. Contact Homes for Heroes affiliate for further details.

Example Rewards:

Home Purchase Price	Hero Rewards Check
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\$250,000.00	\$1,750.00
\$500,000.00	\$3,500.00
\$750,000.00	\$5,250.00

No Red Tape | No hidden Fees

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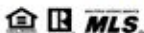
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SQUEEZE THE DAY!

DM LANES

5355 Ironwood St. • 520.228.3461

HEADPIN CAFE

Located in the Bowling Center, this is a great place to order lunch and dinner! With everything from salads & flatbreads to burgers & fries, you're sure to find a treat!

SPORTS HUB

DM's only sports bar is proud to offer domestic and local craft beers, as well as a full menu from the Headpin Cafe.

HAPPY HOUR

Tuesday-Thursday • 4-6pm
Sports Hub at DM Lanes
Stop by Sports Hub for 1/2 price appetizers during our mid-week happy hour!

COMING SOON! BUN-D

Bun-D is coming to the Benko Fitness Center, visit dmfss.com for updates! See page 15 for more details.

COMMUNITY CENTER

5555 E. Ironwood St. • 520.228.3301

BOSS 'N BUDDY

Wednesdays • 3-5pm
Poly Bar at the Community Center
Spend an afternoon with your airmen! Pitchers starting at \$12, free chips and salsa! Games, music, and outdoor seating is available on our patio.


STRIPES CAFE



Monday-Friday
Located in the Community Center, this is the best place on Davis-Monthan AFB for a breakfast burrito, fresh sandwich or salad, as well as a delicious cup of Black Rifle Coffee! You can find the menu online at dmfss.com/food

Serving
Black Rifle Coffee



 Please check here for all facility hours & updates!

Find menus & to-go options online at dmfss.com/food

Community Center

FAMILY MEALS

Monday-Friday

Find details & menus at

DMFSS.COM/FOOD

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\$4 per mask | Call to Reserve

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FRAMING CLASS

Saturdays • 10am-2pm | \$35

- July 11
- August 15
- September 12

AIR FORCE PHOTOGRAPHY CONTEST

July 1-31 • www.myairforcelife.com

Do you fancy yourself an Annie Leibowitz or an Ansel Adams? Look through your photographs and select some to submit! Submissions will be accepted all month long at www.myairforcelife.com.



GIFTS & ENGRAVING

Whenever you need to purchase something special for your loved ones, stop by Arts & Crafts for lots of options with a special touch! We also deliver on base!

- Commemorative plaques
- Wines glasses & glass mugs
- Balloon bouquets
- Slumped glass bottles
- Ornaments & keychains
- Pick 'n paint ceramics



MONSOON ROAD TIPS

June-September each summer is Monsoon Season in Tucson, Arizona. Local motorists are usually prepared, but for those of us who aren't native to the area may be surprised at how quickly the landscape can change when a storm rolls in. Here are some quick tips to keep in mind so you're prepared for the next summer storm.

WIPER BLADES

Inspect your wiper blades to ensure they're in good repair before the rain falls.

TIRES

Check the tread on your tires to make sure that there is enough traction if you need to react or brake quickly on the road.

HEADLIGHTS & TAIL LIGHTS

Take a moment to do a spot check around your vehicle to ensure all your indicator lights are in good order so you have maximum visibility in hazardous situations.



MONTHLY SPECIALS

JULY

10% off of your oil change + parts & labor

AUGUST

Free brake inspection

SEPTEMBER

Free tire rotation with oil change

SERVICES

The Auto Hobby Center has many services to help you keep your vehicles in top shape, they include:

- Resale Lot
- Oil Changes & Brake Jobs
- Car Wash Bays
- Lockout Service
- Contract Mechanics
- Paint Booth & Welding
- Oil Changes for Deployed Families

THE LANDING: COMMUNITY CENTER

Bldg 2050 / 520.228.3301



CATERING & ROOM RENTALS AVAILABLE



HOST YOUR NEXT EVENT AT THE COMMUNITY CENTER

The Community Center has many services and amenities to serve you for your next event:

- Dining Options
- Catering & Room Rentals
- Birthday Parties
- Patio + Video Games

FAMILY FUN NIGHT

Fridays • 5-8pm

Ages 12 and Under: \$5.95 | Ages 13+: \$7.95

July 9 • Sandlot

August 6 • Harry Potter and the Sorcerer's Stone

September 3 • The Secret Life of Pets

Bring the whole family out for fun-filled, themed evening of food and entertainment at the Community Center. No reservations required, but spots are first-come, first-served.

NEW! FRIEND FRENZY FRIDAYS

Friday, July 17 • 5:30-7:30pm

Ages 18+ • FREE

Do you like long walks down the aisles of Home Goods? Do you count workout clothes as suitable day-to-night wear nowadays? Are you looking for someone who shares the same hobbies as you? Look no further, we're hosting a speed friending event to help you get off the couch, unplug from your phone, and hopefully meet your next buddy. Did we just become best friends? Yup!

NEW! WINE NIGHT

Fridays • Begins at 5:30pm

Ages 21+ • \$ Tastings

July 24 & September 25

Enjoy a wine tasting with local Tucson wineries on the patio. We'll learn about all things wine, enjoy tastings, with additional food and drinks available for purchase.



NEW! OPEN MIC NIGHT

Fridays • 4:30-7:30pm

18+ • FREE

August 14 & September 18

NEW! PAINT NIGHT

\$35 • All supplies included

July 10, August 7, & September 10

Enjoy a relaxing evening painting with friends with our new painting classes. With easy-to-follow instruction for all skill sets, these classes take the intimidation out of art-making. Includes one beverage ticket. Food and drinks available for purchase.

NEW! STARGAZING ON THE PATIO

Evenings on the Patio

All Ages • FREE Entry

July 27 • First Quarter | 7:30-9pm

August 20 • Waxing Crescent | 7:30-9 pm

September 17 • New Moon | 7-9pm

Join us on the patio for an evening of stargazing. Once a month, we'll be out on the patio locating constellations and learning some cool facts about the cosmos. Food and drink will be available for purchase.

NEW! PORT & CIGAR DATE NIGHT

Friday, August 28 • Begins at 5:30pm

Ages 21+ • \$ Tastings

Join us for a night of cigars, drinks, and entertainment. We'll enjoy some local offerings on the patio, with additional drinks and food available for purchase.



Coming Soon |||

We're working on some new events to give you some more opportunities to get out, relax, and enjoy the great things we have to offer right on base!

- Karaoke Nights
- Family & Adult Bingo Nights
- And more!!

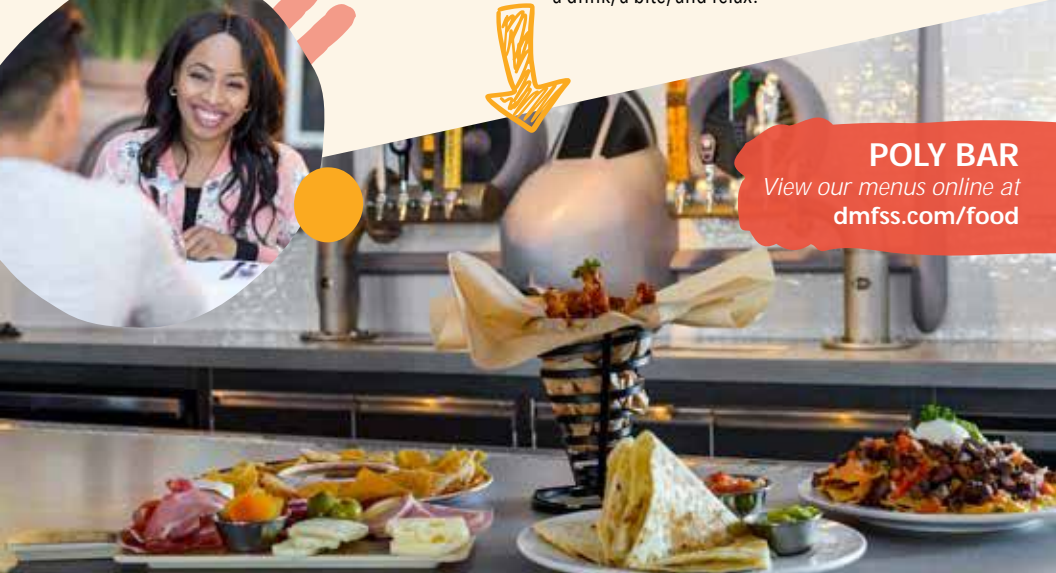
POLY BAR + PATIO GRAND OPENING

Coming July 2020 • Menu available online
Soon you'll have the chance to visit the newly-remodeled bar in the Community Center. With access to our remodeled patio, it's the perfect afternoon and after-work hangout to grab a drink, a bite, and relax!



POLY BAR

View our menus online at
dmfss.com/food



↑ WE'RE RIGHT UP YOUR ALLEY

OPEN BOWLING

Tuesday-Thursday • 11am-7pm

Friday: 11am-7pm

\$3 per game, \$3 shoe rental

Saturday: 4-7pm

\$3.50 per game, \$3 shoe rental

LUNCH & BOWL

Tuesday-Thursday • 11am-1pm

Bowl for FREE during Lunch & Bowl with any lunchtime food purchase. \$1 shoe rentals.

KIDS BOWL FREE

NOW - August 31

Make the most of summer fun with some FREE bowling fun! Receive 2 free games per registered child per day. Excludes shoe rental. Kids ages 2-15 eligible. Register your child online at kidsbowlfree.com/airforce

BIRTHDAY PARTIES

Ready for the best birthday, ever! How about a fun afternoon of bowling, food, music, and entertainment? Call us today to set up your birthday package!

COSMIC BOWLING

Fridays & Saturdays • 7-11pm

\$13 per person, Shoes Included

Join us for fun nights when the lights turn down, the lanes glow, & the good times roll! Up to 6 bowlers per lane.

FRIENDS & FAMILY DAY

Saturdays • 11am-4pm

\$2 per game, \$3 shoe rental

UFC FIGHT NIGHTS

Sports Hub is the best place to watch this summer's UFC Fight Nights. Let us worry about cooking and pouring drinks while you enjoy the fight!

- Sat, Jul 11 • 5pm Usman v. Burns
- Wed, Jul 15 • 1pm..... Kattar v. Ige
- Thu, Jul 16 • 9pm Abu Dhabi 1
- Sat, Jul 18 • 1pm Figueiredo v. Benevitez
- Sun, Jul 19 • 9pm..... Abu Dhabi 2
- Sat, Jul 25 • 1pm Whittaker v. Till
- Sat, Aug 1 • 8pm..... Holm v. Aldana
- Sun, Aug 16 • 9pm Miocic v. Cormier



FITNESS CENTERS

Benko / Bldg 2301 / 520.228.0022 | Haeffner / Bldg 2505 / 520.228.3714



24h

fitness access

Have you registered your CAC for 24-hour access yet?

Visit the Benko Fitness Center Mon-Fri between the hours of 6-8am and 4-6pm to register your card so you can work out at your convenience!



GRAND OPENING

Coming Soon!



BENKO FITNESS CENTER

Offerings Include:

Soup | Salad | Rice Bowl | Smoothie | Juice

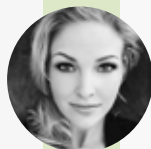
**Ribbon Cutting
& FREE Samples!**





What is well·ness ?

noun : the quality or state of being in good health, especially as an actively sought goal.



Katie Bell, LMT
Business Owner

Kate Bell, a local licensed massage therapist of 17 years, specializes in orthopedic massage. As her husband was treated at Walter Reed Army Medical Center after a Traumatic Brain Injury (TBI), she came to realize just how much 'brokenness' was happening amongst the men and women of the military, and set out to make a difference in their lives through her wellness practice.

What does wellness mean to you?

"Wellness is getting past the point of surviving and to the point of living. When you feel good you get to do so much more!"

What is your top wellness tip?

"Start early on with monthly maintenance. Continual bodywork helps you excel in your career by teaching you techniques to avoid injury and anxiety attacks, and give you tools to work through pain."



Draí Santa Cruz-Quiroga
Program Assistant

In addition to her job in the mental health field of Assertive Community Treatment, Draí Santa Cruz-Quiroga is also a key spouse for the 355th Civil Engineering Squadron.

What does wellness mean to you?

“Wellness is a balance of good mental and physical health. You need physical activity, healthy foods and sleep. Socially you need a sense of connection, belonging and a well-developed support system. Mental wellness is more than the absence of mental illness; it means that your mind is in order and functioning in your best interest. You are able to think, feel and act in ways that create a positive impact on your physical and social well-being.”

What is your top wellness tip?

“Do something new every day! Routines are boring and bring monotony to your life. Start with small things like taking a different route to work or having tea instead of coffee.”

More wellness tips:

1. Start a hobby that has nothing to do with your daily work. Try out embroidery, painting, gardening or even photography!
2. If the housework is piling up & you can afford a cleaner, do it! Taking things off your plate will help with balancing your life.
3. Speak to financial counselors & Military Family Life Counselors at the Airman & Family Readiness Center! They are ready to help.
4. If you work at a desk, get up to stretch, take walks & get fresh air!

We have some useful tips for wellness!

We asked experts within our military community how they define wellness.

Here are their top tips!



Heidi Hatley
NCSF Certified
Personal Trainer

After the birth of her first daughter, Heidi delved deeper into her love of healthy eating. She recruited her husband’s help in training, and it has become a lifestyle. She is a military spouse, as well as a local certified personal trainer, and creates fitness plans and nutritional outlines.

What does wellness mean to you?

“Wellness is having a well-rounded balance in your diet - all of the macros, protein, carbohydrates and fats. It’s not necessarily about counting your macros, but knowing a good balance and portion size. I also always encourage a balanced routine of strength and aerobic training.”

What is your top wellness tip?

“Work on your strength training and build those muscles! Strength training and building your muscle mass is the ultimate tool for sustained fat loss and ideal body composition. It also creates stronger bones, increased joint flexibility, and helps with your overall balance and control.”

Personal Support

The Airman & Family Readiness Center has a wealth of programs available to support you and your family:

- Deployed-Affected Programs
- Career Guidance
- Résumé Assistance
- Financial Planning
- Casualty Assistance & Survivor Benefits Program
- Military Family Life Counselor
- Relocation Services & Sponsorship
- Discovery Resource Center
- Improving Family Life

Contact the A&FRC at 520.228.5690 or visit us online at: dmfss.com/family/airman-family-readiness-center



**Call to sign-up for
our classes & events
at 520.228.5690**

COOKING FOR SINGLES

Tuesdays • 11:30am–12:30pm
July 14, August 11 & September 8
Health Promotions, HAWC Classroom
Learn how to shop for and prepare simple, low cost meals while saving money.

HEART LINK

Friday, July 17 • 8am–2pm
Community Center
Join new spouses to the Air Force or our base as you learn more about the Air Force and Davis-Monthan AFB. Hosted by the 355th Security Forces Squadron.

This is just a highlight of our classes, we have so many to choose from! Check out our website for the full class schedule:

dmfss.com

COVER YOUR A\$\$ETS

ADJUSTING RISK WITH INSURANCE
Tuesday, August 4 • 11:30am–12:30pm
A&FRC Conference Room
Protect your belongings by having adequate, but appropriate auto, renters, homeowners, and medical insurance. Also, learn how to identify scams.

RAYVET RÉSUMÉ WORKSHOP

Wednesday, September 23 • 4-5:30pm
Kennedy Professional Development Center Room 303
Aiming your résumé to the desired position is essential. Learn how to target your résumé for employment with Raytheon.



Financial Resources

The Airman & Family Readiness Center has **financial classes & resources to get you ahead:**

- Free Credit Reports
- Investment Reviews
- Car Buying
- Home Buying
- Reaching Financial Goals
- Retirement Planning
- Debt Management
- Family Finances
- Funding College
- Money Management Techniques

Additional information is available online at dmfss.com/pfr

Call us for more information:
520.228.5690



DLT RIGHT START ORIENTATION

Twice Monthly • 8am-3pm
Community Center
Must sign up with your CSS

Meet the Wing Commander, Command Chief and learn more about your new base and community at this briefing and Information Fair. You will also complete all personnel in-processing at this mandatory appointment. Spouses are welcome and greatly encouraged to attend!



Welcome to DM!

A&FRC CLASSES & PROGRAMS

- Right Start Orientation
- Deployed Family Activities
- Transition Counseling
- Boots to Business
- Career Exploration/Planning
- Personal Finance/Budgeting
- Home Buying & Car Buying
- Air Force Aid Loans/Grants
- EFMP Monthly Events
- Couples Communication
- And much, much more!

New Lodging Coming Soon

Stay tuned to our webpage for opening dates



Get the latest info at dmfss.com/lodging



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DMFSS.COM/FUN/POOLS

LIBRARY & EDUCATION SERVICES

Kennedy Professional Development Center / 520.228.3812/4837/5191 / Bldg 2441

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To access Hoopla, please follow the instructions at www.dmfss.com/fun/library

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Third Wednesdays
2:30-4:30pm
Soaring Heights Parking Lot





Build-a-trip

Our trips sell out **FAST**, but you don't have to miss out. Plan the perfect trip for your family, friends, or coworkers with ODR. Some ideas include:

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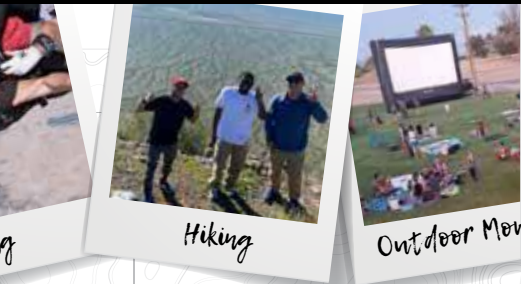
RATES: \$175/DAY | \$350/WEEKEND*

*See full details online at dmfss.com

YES, THERE ARE LAKES IN THE DESERT!

- Patagonia Lake
- Parker Canyon Lake
- Theodore Roosevelt Lake
- Apache Lake
- Lake Pleasant

COOL OFF AT LOCAL LAKES!



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Outdoor Movie

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adventure inspiration.

Visit [RuidosoMilitaryDiscounts.com](https://www.RuidosoMilitaryDiscounts.com)
for service member discounts.



Download our app to plan
your vacation.

Federal endorsement
of sponsor not intended.



How are we doing?

The 355th Force Support Squadron is here to support you and your family, so great customer service is the core of what we do!

We want to know your experience with our facilities and services, **both the good and the bad!** The ICE (Interactive Customer Evaluation) program is a way for you to immediately send us your comments.

Comment & win!

We will be displaying QR codes in each FSS facility that you can scan with the camera on your phone. Include your name & contact information in order to receive a reply about your review, as well as be entered to win a FSS gift card in one of our quarterly drawings!



Scan using your phone!



VISIT US ONLINE AT WWW.DMFSS.COM

DROP ON BY!

YOUTH CENTER MEMBERSHIPS

The Youth Center is a great place for all things YOUTH! We have before and after school programming, instructional classes, tons of monthly events, clubs, sports, and so much more! Membership pays by getting you special discounts, and invites to all our programs. Contact the Youth Center today to learn more.

CALL US AT 520.228.8844



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DMFSS.COM

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355TH FORCE SUPPORT SQUADRON

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- PRINTING SERVICES
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within & operated by
355 FSS Marketing

Please send all inquiries to DMfreshprints@gmail.com

We're back!

The Youth Center is gearing back up. We're happy to welcome back our families and members as we transition into full-day programming. As is the case FSS-wide, we are following strict cleaning procedures to minimize risk and ensure members a carefree and relaxed experience hanging out with us. We hope to see you soon!

**FOR ALL EVENT & PROGRAM
UPDATES, PLEASE CALL
520.228.8844**



MUSIC PROGRAMS

PIANO • VOICE • STRINGS

Ages 6+ • Starting at \$25/month



CLUBS, PROGRAMS & SPORTS

- Torch Club & Keystone Club
*youth must be voted into these clubs
- Cooking Club
- Weekly 4-H Club
- Smart Girls
- Passport to Manhood
- Beyblades
- TUMBLING
Various Stages Available
Ages 4+
Starting at \$30/month
Recommended for those who may be interested or new to cheer.
- COMPETITION CHEER
Ages 7+ | \$70/month
Prior experience and instructor's approval required.

For more information, call us at 520.228.8844. You will need a copy of current immunizations (with current flu shot), complete registration form, and payment.

For the latest info from the Youth Center, visit our website at dmfss.com

CHILD DEVELOPMENT CENTERS

FINLEY CDC / 520.228.6463 / Bldg 2612 • DM CDC / 520.228.3336 / Bldg 2614

PARENT ADVISORY BOARD MEETINGS

Thursdays • 12-12:45pm

Contact us at 520.228.3463 for upcoming dates.

PARENTS' DAY + NIGHT OUT

Need some free time? Have your little ones join us for Parents' Night/Day Out or Give Parents A Break! New event dates coming soon, contact your CDC for the latest information.

\$20 per child | Register by 12pm the Wednesday before

*You may qualify for free care if you are a deployed/remote/extended TDY family or under stress due to sickness, illness, etc. Contact Airman & Family Readiness Center for qualifications at 520.228.5690.



FAMILY CHILD CARE

520.228.2201 / Bldg 4455

FCC OPEN HOUSE

Third Thursdays • 9am-12pm

Learn the ins and outs of the Family Child Care system and how you can earn \$500 a week providing on-base childcare with your FCC license.

INFO FAIR FOR PARENTS

Contact FCC for upcoming dates.



Small School Size

Flexible Schedules

Self-paced, Not Self-taught

**Accredited Charter High School
Grades 9-12**

One-on-one, Individualized Education



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Contact Renee Steers at 520.228.6109
dmfss.com/commercial-sponsorship-advertising



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Not an MWR event, paid advertising.
No Federal or DoD endorsement implied.

Directory



PLEASE NOTE:

All hours of operation are subject to change.
Contact each facility for the most up-to-date information.

FUN

- 4 Arts & Crafts Center
Bldg 4531 | 228.4385
- 4 Auto Hobby Center
Bldg 4531 | 228.3614
- 5 Base Theater
Bldg 4153 | 228.3736
- 1 Community Center
Bldg 2050 | 228.3301
- 3 DM Lanes Bowling Center
Bldg 3203 | 228.3461
- 6 Information, Tickets & Tours
Kiosk in BX | 228.3700
- 7 FamCamp
Quijota Blvd | 747.9144
- 8 Outdoor Recreation Complex
Bldg 4459 | 228.3736
Paintball Range
Reservations Only
Trap & Skeet Range
Call for availability
- 9 Pool - Indoor
Benko Fitness Center
228.0015
- 10 Pool - Outdoor
Quijota Blvd | 228.3759

FITNESS

- 9 Benko Fitness Center
Bldg 2301 | 228.0022
- 18 Haeffner Fitness Center
Bldg 2505 | 228.3714

FOOD

- 1 Community Center
Lunch Service
Bldg 2050 | 228.3301
- 2 Desert Inn Dining Facility
Closed for Renovations
- 3 Headpin Cafe @ DM Lanes
Bldg 3203 | 228.3461
- 1 Poly Bar
@ Community Center
Bldg 2050 | 228.3301
- 3 Sports Hub @ DM Lanes
Bldg 3203 | 228.3461
- 1 Stripes Cafe
Bldg 2050 | 228.3301

FAMILY

- 11 Airman & Family Readiness
Center Bldg 2441 | 228.5690
- Child Development Centers
- 12 DM CDC
Bldg 2614 | 228.3336
- 13 Finley CDC
Bldg 2612 | 228.6463
- 14 Family Child Care (FCC)
Bldg 4455 | 228.2201
- 15 School Age Program
Bldg 6006 | 228.8206
- 16 School Liaison
Bldg 3200
Rm 116 | 228.6040
- 17 Youth Center
Bldg 6000 | 228.8844

FORCE SUPPORT

- 16 Civilian Personnel Office
Bldg 3200, Rms 109
228.4121
- 16 Human Resources (NAF)
Bldg 3200
Rm 118 | 228.2408
- 19 Inn on Davis-Monthan
Bldg 2350 | 228.3230
- 20 Kennedy Professional
Development Center
Bldg 2441 | 228.3812
228.4837 | 228.5191
- 16 Military Personnel
(ID Cards & DEERS)
Bldg 3200
228.4425 | 228.7763
- 16 Resource Management
& Private Orgs / SMW Funds
Bldg 3200
Rm 281 | 228.6243

MODIFIED FSS FACILITY OPENING HOURS

DMFSS.COM/ALERTS

We are staying up-to-date on the latest updates throughout the installation. Therefore, all hours of operation are subject to change. Contact each facility for the most up-to-date information.

We appreciate your support of our FSS facilities and programs.

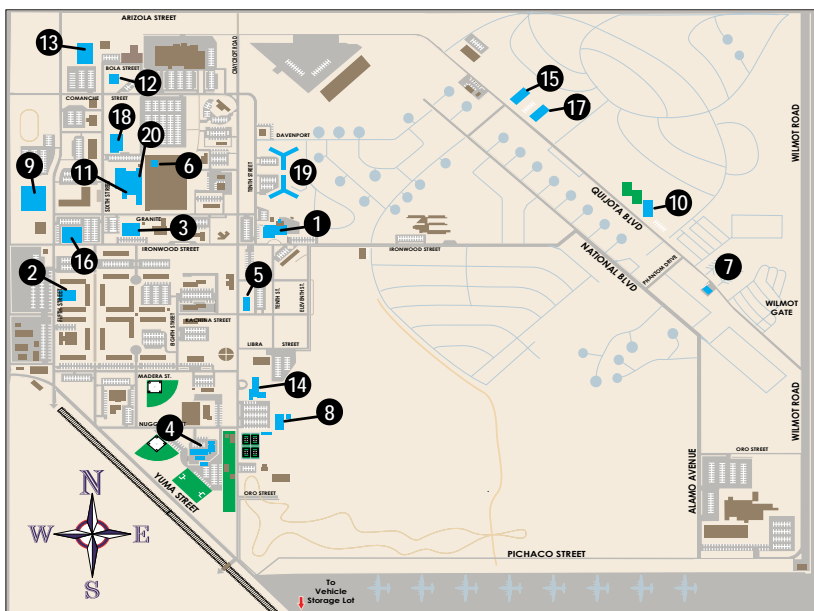
STAY CONNECTED WITH FSS

WWW.DMFSS.COM



Welcome to your DM portal. Check here for event calendars, facility contacts & all things FUN!

Base Map



Welcome to THE LANDING

COMMUNITY CENTER | STRIPES CAFE | POLY BAR + PATIO



Whether you need coffee, family meals, a great happy hour, or event space, you'll find it at The Landing!

The Poly Bar features a new look & a menu of tasty drinks & food, including nachos, wings & a charcuterie board!

CHECK US OUT ONLINE AT DMFSS.COM!



community center



POLY BAR
+ PATIO



DAVIS-MONTHAN AIR FORCE BASE