

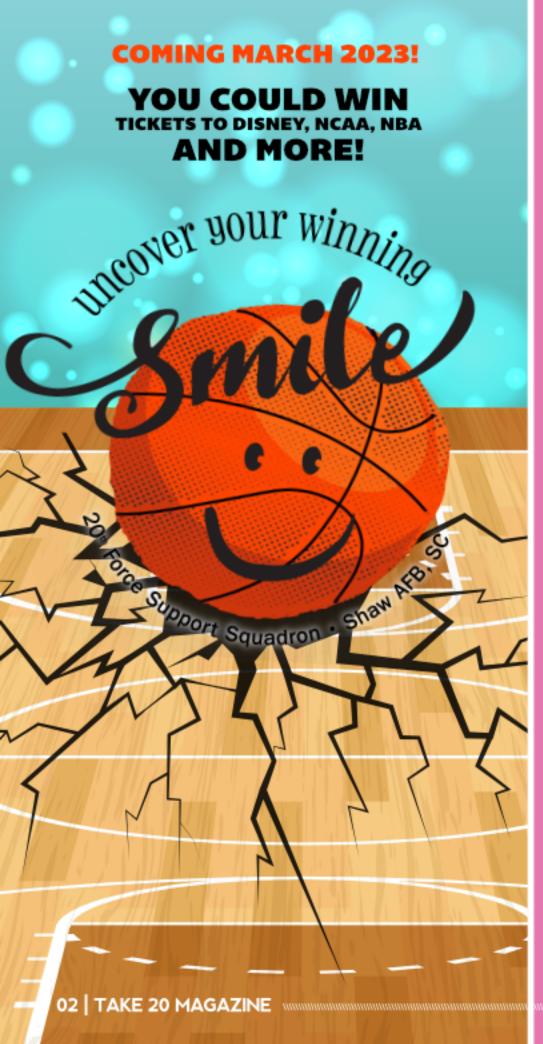
NEW YEAR WITH NEW GOALS FITNESS & GOLF TIPS THAT CAN IMPROVE YOUR PLAY

READ ALL THE DETAILS PG. 8 & 12











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Note: All facility programs, event hours, prices, and dates may change to follow updated installation guidance without notice.

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FACILITY DIRECTORY









WINTER RENTALS

Get your yard spring ready! We have all the tools that you need.

	Daily	Weekend
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· Lawn Mowers	\$10	\$37.50
· Log Splitter	\$25	\$62.50
· Rear Tine Tiller/Brush Hog	\$35	\$87.50
Weed Fater	\$10	\$25



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The Recharge for Resiliency initiative is directed specifically toward the Active Duty and Reserve members to include their families at each base. This means that retirees, civilians and foreign military are not eligible for R4R discounted rates. Other branches of the US military are not eligible unless they are part of an Air Force led joint-based scenario, or are permanently assigned to an Air Force base.



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THE FOUR P'S

for a great year of golf

While coaching players, the most common mistake PGA Pros see is players gripping the club in their left hand through the palm of their hands. We suggest holding the club through the fingers. This will allow a suitable wrist hinge and increase power while striking the ball.

How the hands are positioned on the club can affect the club face direction at impact, which influences the direction of the shot. To achieve the correct position, we suggest placing your top hand (left hand for right handed golfers) on the golf club. Once your hand is positioned, look out of your left eye to see if you can see two knuckles on your left hand. If you can see the two knuckles on your left hand. If you can see the two knuckles on your left hand, you have achieved a suitable starting position for your top hand. If you position your right hand on the club, most golf grips will have a manufacturer's logo at the bottom. Allow the thumb on your right hand to go left of the top letter on the golf grip; assuring all fingers and thumbs are attached to the club.

Too tight of a grip and you will struggle to generate speed in your swing, too light and the ability to control the clubface may be compromised. When identifying the correct grip pressure, I suggest using the number scale. Start by gripping the club as tight as you can, this will be a ten, and then halve the pressure to a five. This will be a suitable pressure for most shots, tight enough the club won't fall out of your hands and the forearms are gently flexed.

You may have heard that it takes many hours to master a given skill. As such, practicing placement, position and pressure is required. Carolina Lakes Golf Course offers a perfect opportunity to work on your muscle memory. Stop in anytime, 24/7 and get a large bucket of balls at the driving range. Call (803) 895-1399 and ask how you can get more helpful pointers and tips from our PGA pro.





"Product terms may vary by state. Military Discount for all military with a valid ID. Promotion pricing, on select wheels and tires. Prices, brands and sizes are subject to change, call or stop by a location for pricing and availability. All pictures in ad are representative only. Not responsible for typographical errors in ad. (See store for details) RNR TIRE EXPRESS RNR-TIRE-1022-1920 Paid Ad. No Federal endorsement of advertiser intended.

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SAVE 10% ON YOUR ORDER OF A FLAG/CERTIFICATE

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1. Keep goals small & 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.

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 even strengthen your relationship!

5. Mix it up

Varying your workout routine can improve your odds of sticking to it. "Individuals who modified their workouts every 2 weeks over an eight-week period appeared to enjoy their workouts more and were more inclined to stick with their exercise program," according to the American Council on Exercise.

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.



ANOTHER EVENT TO REACH YOUR GOALS

MLK 6 MILE RUCK

January 13 • 7-10 a.m.

Join us for this special ruck! Must be able to lift 45 lbs. Sign up at the Main Fitness Center or Annex. Call 895-2284 for more information.

TIPS TO REACH YOUR GOALS



SHRW FITNESS CENTER PRESENTS:

BIGGEST LUSER CHALLENGE

January 9 - March 31, 2023

Open to all DoD cardholders

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

Register at the Annex or Main Fitness Center

To determine the overall winner, competitors will weigh in adding their weights to total weight lost.

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

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W W W . T H E B E S T F S S . C O M

SHAW LANES BOWLING CENTER PRESENTS:



Requires a 16 week commitment to the tournament. Must register a 4 person team. Prize money is based on a total of 16 teams registering at \$20 per person/per week. Cash prizes will be awarded to all 16 teams with \$4,000 being the top prize. Team shirts will be provided. Games will be played on Monday's starting at 6:45 p.m. Must have base access to participate. Contact Shaw Lanes for more details on how community guest can play in the tournament.

Call to Registration Before: Jan 31, 2023 SHAW LANES BOWLING CENTER (803) 895-2732



CHECK OUT OUR EVENTS!

HYPERBOWL FOR ONLY \$2 PER HR!

January 17-20 • During open bowling Celebrate MLK by getting a special deal all week! Call 895-2732 for more info.

SCOTCH DOUBLES TOURNAMENT

February 11 • \$25 per team

Grab your favorite partner and come on in to bowl! Bowl a game of 9-pin no-tap, 3-6-9, 8-pin no-tap, and regular bowling. The amount and number of payouts will be determined by the number of teams entered into the tournament.

BOWL FOR ONLY \$1 PER HR!

February 21-23 • During open bowling Celebrate President's day by getting a special deal all week! Call 895-2732 for more info.

BOWLING PARTIES: PERFECT FOR **COLDER MONTHS**

Short on space or need an indoor party activity to burn the kids' energy?

Package includes:

- 2 hours of bowling includes Hyperbowl
- 1 large 16" pizza
- 4 fountain drinks
- · 4 pairs of rental shoes

JOIN US FOR OUR WEEKLY EVENTS!

Bonanza Bingo

Buy your tickets and you could win today! Call 895-2732 for more information.

Thunder Alley

Join us on Saturday nights for a great time with our specially lit up lanes! Call 895-2732 for more information.

BOOK OUR KARAOKE ROOM!

ONLY \$75/HR (\$25/ADD, HR)

- 1 hour room access
- 1 large 16" pizza
- 4 fountain drinks
- 4 mics w/ Mood Lights
- Unlimited Music Selection
- Discounted additional hour!

Join us for fun weekly classes at McElveen Library!

CLEP PREP-A-THON

Monday & Wednesdays • 9 am Improve your test scores or get that important bullet for your next EPR! This class is FREE! For more information, call McElveen Library at (803) 895-4518.

STORY TIME

Tuesdays • 11 am

This story time is designed for toddlers and preschoolers (ages 2-5), but everyone is welcome. Come and read stories with us, sing songs, and make crafts. For more information, call (803) 895-4518.

YARN CLUB

Wednesdays • 1 pm

call (803) 895-4518.

ADULT CRAFT CORNER

First Wednesdays monthly • 1 pm Join us to create different projects. Supplies are provided, you just have to be there to

enjoy the fun! Register by calling 895-4518 to plan for supplies. 18+ only please!

FRIDAY FUN

Fridays • 4 pm

Join us for weekly fun with science, books, games and more! For more information, call (803) 895-4518.



CHIEF EMERSON E. WILLIAMS DINING FACILITY

COMING SOON!

Compete in the ultimate cupcake competition! CALL (803) 895-9791 TO REGISTER!





SOUL FOOD LUNCHEON

February 8 • 11 am - 1 pm Enjoy this luncheon and eat soul food! For more details, call 895-9791.

ONLY \$8/HR!







Enjoy your night out or at the Wing Awards Ceremony while we take care of your children!

ACTIVITIES: GAMES, SNACKS, ARTS & CRAFTS, AND MORE!

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5 Day Park Hopper: \$369

5 Day Park Hopper+: \$399

Ages 3+ need a ticket. + = include Water Parks, ESPN & Golf Course.

> Blackout dates: April 2-15, 2023 & November 19-25, 2023

Tickets expire on December 15, 2023 Must Purchase Tickets Before December 12, 2023

UNIVERSAL ARMED FORCES SALUTE TICKETS

2 Park-To-Park Freedom Pass: \$200/adult \$195/child

3 Park-To-Park Freedom Pass: \$235/adult \$230/child

Children are ages 3-9. 6 purchased tickets must be activated all at once on first time visit.

Blackout dates:

December 26-January 1, 2023 & April 3-9, 2023

Tickets expire on December 24 ,2023 Must Purchase Tickets Before December 20, 2023.

Active, retired, active national guard, reservist & 100% disabled members are allowed to purchase 6 tickets per year.

AIR FORCE



370 Rhodes Ave., Shaw AFB 29152 (803) 895-4774 • itti@20thfss.com

SAVE ON HOTELS:

Choice Hotels: Vax Hotel: rporate ID: 0229970 Code: 455413

> Red Roof: VIP Code: 621584



JANUARY/FEBRUARY CLASSES & EVENTS

Reintegration Briefing - 9 a.m. Jan 3, 6, 10, 13, 17, 20, 24, 27, & 31 Feb 3, 7, 10, 14, 17, 21, 24, & 28

Pre-Separation Counseling - 1 p.m. Jan 3, 5, 17, 19, & 31 Feb 2, 21, 23, & 28

Pre-Deployment Briefing - 8:30 a.m. Jan 5, 12, 19, & 26, Feb 2, 9, 16, & 23

TAP Workshop - 8:30 a.m. Jan 9-13 & Jan 23-27 Feb 6-10 & Feb 13-17

PFR Training at FTAC - 8 a.m. Jan 10, 24, Feb 7 & 23

Job Fair w/Roper Staffing - 10 a.m. Jan 11 & Feb 8

Newcomers Weasel Welcome 7:15 a.m. - Jan 13 & Feb 10

Credit Class 11:00 a.m. - Jan 19 Deployed/Remote Families Dinner 5:00 p.m. - Call For Location Jan 20 (Alt. 27) & Feb 17 (Alt. 24)

Bundles for Babies 1:00 p.m. - Jan 25 & Feb 22

Key Spouse Initial Training 9:00 a.m. - Jan 30

Resume Writing Workshop 10:00 a.m. - Jan 30 & Feb 27

Key Spouse Mentor Training 10:00 a.m. - Feb 15

Car Buying Class 11:00 a.m. - Feb 16

Everything EFMP Showcase Noon- Feb 23

Key Spouse Refresher Training 10:00 a.m. - Feb 27

For more information about the listed classes or services call us. Military & Family Readiness Center (803) 895-1253



FSS DIRECTORY

Numbered circles indicate location on Shaw AFB Fun Map.

Afterburner Grill

(803) 895-4349

5802 Killian Avenue Breakfast: 6-8 a.m. Lunch: 11 am.- 1 pm. - Dinner: 4:30 - 7 pm.

Military & Family Readiness Center (Airman & Family Readiness Center)

(803) 895-1253 524 Stuart Avenue Monday- Friday: 7:30 am. - 4:30 p.m.

Airman Leadership School

(803) 895-2571 398 Shaw Drive Monday-Friday: 8 a.m.-4 p.m.

Arts & Crafts

(803) 895-2726 520 Marco Ave. Monday-Friday: 10 a.m.- 4 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 Myers St. 6 am.- 10 pm. daily

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 &

Molly's Bar & Grill

487 Myers Street Lunch: Tues.-Fri: 11 a.m.- 1:30 p.m.

Child Development Center

(803) 895-2247 320 Laurel Street Monday- Friday: 6:30 am. - 5:30 p.m.

Civilian Personnel Office

504 Shaw Drive Monday-Friday: 8 a.m.- 4 p.m.

(803) 895-1617

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 Politica Drive Monday- Friday: 6.- 8 am, 11 am - 1 p.m. 4:30-7 pm, 10:30 pm-12 am. Saturday - Sunday : 7:30 a.m - 12:30 p.m., 4:30-6 pm, 10:30 pm-12 am.

Falcon Car Wash

(803) 895-2727 427 Chapin Street Open 24 Hourst

Family Child Care

(803) 895-1854 320 Laurel Street Monday-Friday: 8 a.m. - 4:30 p.m.

Fitness Center

(803) 895-2284 428 Shaw Dr. Please call for current hours of operation. 24 hour access currently unusualishin

Fitness Center Annex

(803) 895-2284 5 Lasano Rtt. Please call for current hours of operation. 24 hour access corrently unavailable.

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. Tuesday-Friday: 10 a.m. - 5 p.m.

McElveen Library

(803) 895-4518 400 Shaw Dr. Monday - Thursday: 9 a.m. - 5 p.m. Friday: 9 am .- 7 p.m. Saturday: 10 a.m. - 2 p.m.

Military Personnel Customer Service

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

Military Personnel One Stop

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, Tuesday, Thursday, & Friday: 8 a.m. - 5 p.m.

Saturday: 8 a.m. - 12 p.m. Summer Hours

Monday, - Friday: 8 a.m. - 5 p.m.

Saturday: 8 a.m. - 12 p.m.

Rickenbacker's (1118) (803) 895-2701

504 Shaw Drive Monday - Friday: 7 a.m.- 1 p.m.

Rickenbacker's (ARCENT)

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

Rickenbacker's (Med Clinic)

(803) 895-6401 431 Medowlark Street Monday - Friday: 7 a.m.- 1 p.m.

School Liaison Office

(803) 895-3398 320 Laurel Street Monday-Friday: 8 a.m. - 4:30 p.m.

Shaw Lanes Bowling Center

(803) 895-2732 416 Recreation Street Winter Hours

Tuesday: Thursday: 10:30 a.m. - 7 p.m. Friday: 10:30 am. - 10 pm.

Saturday: Noon- 10 p.m.

Summer Hours Tuesday-Thursday: 10:30 a.m. - 2 p.m. Friday: 10:30 am. - 10 pm. Saturday: 5 - 10 p.m.

Spratt Education Center

(803) 895-1838 398 Shaw Dr Monday-Friday: 8 a.m. - 2 p.m.

Tee Top Cafe

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

Wateree Recreation Area

(803) 900-0334- Office/ Reservations 2030 Baron Dekalti Road Camden, SC 29020 Monday-Sunday 8 am - 5 pm.

Wild Weasel Axe Throwing

(803) 895-1399 400 Stuart Street Thursday-Saturday: 11 a.m. - 6 p.m.

Woodland Pool (803) 895-3446 401 Mitchell Street levisional - Plevise call for current hours of operation

Youth Center

(803) 895-2252 322 Laurel Street Monday-Friday: 6:30 am. - 5:30 p.m.





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