

412th Force Support Squadron

April-June 2024

SABRE

Edwards Air Force Base

Spring into vibrant adventures with America's Kids Color Run! Plan your colorful getaways with Information, Tickets and Travel, and unleash your creativity at Paint & Wine Night. Embrace the season in full color!

Team Edwards Squadron Throwdown Returns

COMPETITION 16 TEAMS ONE CHAMPION MAY 23, 2024

Rosburg Fitness Center | 8am-3pm

Support Your Squadron While They Compete!

Participate in vendor fitness challenges

Visit our sponsor booths

Collect stamps on your T.E.S.T. passport

Enter our Grand Prize drawing!

RSVP ON OUR FB EVENT PAGE!



f Edwardsfss @ Edwards_fss 275-GYM1



ValleyWide Dental

Creating Beautiful Smiles

\$500 off Braces or Invisalign
EASY FINANCING AVAILABLE

FREE LASER Teeth Bleaching

**In Chair Laser plus
Home Bleaching Kit
(\$600.00 value)
or \$50 Gas card**

With New Patient Exam and X-Rays!
Must be candidate for bleaching.
Limit two per household.

Invisalign

- Clear aligners are virtually invisible
- Smooth comfortable plastic aligners
- Aligners are removable for easy cleaning
- Eat whatever you want



Braces

- Requires brackets and wires
- Wires can poke and irritate mouth
- Brushing and flossing require more effort
- Many food restrictions

Must bring in this ad for discount.
OPEN SATURDAYS

Dr. Robert Haze & Associates
1021 West Ave. M-14, Palmdale, CA 93551
CALL 661-267-4000 or valleywidedental.com



Contents

412th Force Support Squadron



412 TW Commander **Col Douglas P. Wickert**
412 MSG Commander **Col Jarod P. Blecher**
412 FSS Commander **Maj Christine N. Johnson**
Deputy Director **Anthony Chatfield**
Marketing Director **Timeka Lucio**
Commercial Sponsorship **Timeka Lucio**
Graphic Designer **Tanna Ayres-Choice**
Graphic Designer **Emily Bostwick**
Digital Media Assistant **Jaelyn Ureta**

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Discover Everything the 412th Force Support Squadron Has to Offer at Edwards!

Whether you're new to Edwards or a seasoned resident,
uncover a wealth of resources and activities at EdwardsFSS.com!

- Up-to-Date Event Calendar
- Explore 412FSS Facilities
- Access Important Resources
- Delicious Dining Options
- Exciting Events & Activities
- Essential Base Services



From diverse dining experiences
to thrilling events and essential services,
explore it all at EdwardsFSS.com!



Club Muroc

FSS Insider Events

First Friday

Every 1st Friday

Friday, April 5, May 3*, June 7*

4:30-6:30pm

Celebrate First Fridays with us! Enjoy complimentary appetizers exclusively for FSS Insiders 18 and up. Don't miss the fun!

April: Spring Fling

May: Cinco de Mayo

June: Summer Kick off

Members Lunch

Wednesday, April 17, May 15

Tuesday, June 18

11am-1pm

Calling all FSS Insiders! Join us for our monthly Members Lunch, exclusively for you. Enjoy a complimentary meal with a new theme each month.

April: American BBQ

May: Puerto Rican

June: Thai

Hey, FSS Insiders!

Add some excitement to your Fridays with our **Club Cash Fridays**. Every Friday, FSS Insiders have a chance to win cash with a progressive jackpot. Be there for your chance to win!

Become an FSS Insider

Join the Air Force Club at MyAirForceLife.com for perks like free coffee, \$1 off entrees, \$2 off on Tuesdays, and discounts on all Club Muroc events. Club Members are now FSS Insiders with discounts not only at Club Muroc but also at other FSS Facilities at Edwards!



Signing up is easy!

Scan this code or go to MyAirForceLife.com to join. Then download the MemberPlanet app for your membership card.

Karaoke

Every 1st & 3rd Friday

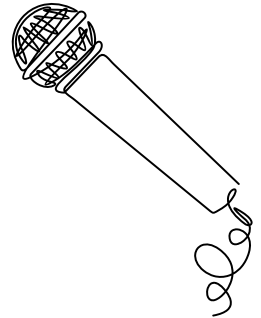
Friday, April 5, April 19, May 3*, May 17, June 7*, June 21

6pm

FREE!

Unleash your inner rockstar at karaoke!

Sing your heart out and make memories!



Smart Phone Trivia

Every 2nd Thursday

Thursday, April 11, May 9, June 13

Game starts 6pm

\$7 | \$5 FSS Insider

Introducing Smart Phone Trivia! Experience a fresh twist on trivia at Fogleman's. Charge up, form teams (max 4 people), and compete for FSS gift cards. It's the exciting new way to play!

Texas Hold'em

Friday, April 12*, May 31, June 21

Doors open 5:30pm | Game starts 6pm

\$25 | \$20 FSS Insiders

Experience the thrill of Texas Hold'em! Test your luck and strategy as stakes rise every 20 minutes. Enjoy appetizers and compete for a cash prize, the size depending on participants.

Murder Mystery

Friday, April 12*

Doors open 6pm | Dinner 7pm

\$35 | \$30 FSS Insiders

RSVP by April 9

Step into the wild west and solve the mystery! Join us for an evening of intrigue at our Old Wild West themed Murder Mystery Dinner. Unravel clues, enjoy great company, and solve the crime. 18+ only.



*Parents, unwind worry-free with Parents Night Out—let us take care of the kids while you enjoy a well-deserved break! Go to page 19.

Mixology

Thursday, April 18

5:30pm

\$55 | \$50 FSS Insiders

RSVP by April 16

Discover Mixology! Learn to craft four specialty cocktails paired with appetizers in our ballroom. Elevate your cocktail game and indulge in a flavorful experience. Join us! 21+ only.



Administrative Professionals' Day

Wednesday, April 24

All day

Celebrate Administrative Professionals' Day with us! Enjoy a free dessert with the purchase of an entree. Treat yourself or your administrative professional to a delicious meal and sweet indulgence. Don't miss out!



Mother's Day Brunch

Sunday, May 12

10:30am-12pm or 12:30-2pm

\$35 | \$30 FSS Insider | \$12 Kids 6-12 | FREE for kids 5 & under

RSVP by May 9 (Walk-ins welcome, first-come-first-serve.)

Indulge Mom this Mother's Day! Join us for a delightful brunch featuring an omelet bar, carving station, and more. Elevate the experience with bottomless mimosas for just \$10. Treat her to a memorable celebration!



Scotch & Cigars

Thursday, May 16

6pm

\$55 | \$50 FSS Insiders

Savor the evening with Scotch and Cigars on our patio, hosted by Johnny Hakim. Experience five distinct Scotch tastings paired with flavorful cigars, complemented by a delectable charcuterie board.

Family Membership Night

Wednesday, June 12

5-7pm

FREE for FSS Insider kids 12 & under!

\$6 Kids | \$12 Adults | \$10 FSS Insider Adults

Join us for BBQ fun on the lower patio, with outdoor activities galore! FSS Insider Kids 12 and under enter FREE! Others can join for a small fee. Let's grill and chill together!



Beer Tasting

Thursday, June 27

6pm

\$55 | \$50 FSS Insiders

Experience the artistry of craft brewing with our beer tasting event, where you can sample a diverse selection of exquisite flavors.

New Action Stations

10:30am-2pm

\$15 | \$14 FSS Insiders

Tuesdays: Latin

Wednesdays: Asian

Thursdays: Pasta

Fridays: Steak



Outdoor Recreation

Aquatics

Lifeguard Course

April 1-5 | 7am-3pm | Oasis Pool
\$230

Sign up by March 22 at Outdoor Recreation

Earn your lifeguarding certification from the American Red Cross. Our courses reflect the latest techniques based on science and best practices to ensure that you are properly trained and prepared for emergencies in and around the water.

Swim Lessons

April 15-18, 22-25 | 3:30-5:30pm | Oasis Pool
\$50 | Sign up by April 12 at Outdoor Recreation
June 10-13, 24-27 | 12:30-4pm | Sonic Pool
\$50 | Sign up between May 20-June 7

Designed for all levels, classes allow swimmers to develop good habits in, on, and near water, become comfortable in the water, learn and refine new strokes, and become stronger, safer swimmers.

Parent & Child Levels 1-2 (6m-3yr)

Preschool Levels 1-3 (age 4-5)

Learn to Swim Levels 1-6 (age 6-15)

Adult Lessons (age 16 & up)

Ziplining

Saturday, April 13 | 9am-3pm
\$50 R4R | \$160 all others**
Sign up by April 5

Experience the ultimate adrenaline rush on our Extreme Zipline Course - longer, higher, faster - with five thrilling ziplines soaring 200 feet above the ground, plus a side-by-side speed run and a 25-minute hike for the ultimate adventure!*

Bungee Jumping

Saturday, April 20 | 7am-5pm
\$55 R4R | \$180 all others**
Sign up by April 12

Take the plunge with two bungee jumps from the historic Bridge to Nowhere in Angeles National Forest. Prepare for a scenic 5-mile hike over rocky terrain for an unforgettable adventure.*

Tandem Skydiving

Saturday, April 27, June 15 | 10am-4pm
\$55 R4R | \$200 All others**
Sign up by April 19, June 7

Experience the ultimate thrill of tandem skydiving over Santa Barbara's coastline—free-fall from 10,000 feet with expert guidance. Take the leap today!*

Rock Climbing

Saturday, May 11 | 8am-5pm
\$55 R4R | \$200 all others**
Sign up by May 3

Discover premier rock climbing at Joshua Tree National Park, offering 9,000 climbs amid its unique Mojave desert landscape. Experience perfect weather, breathtaking views, and provided equipment with a picnic lunch included.*

Surfing

Saturday, June 1 | 9am-12pm
\$20 R4R | \$130 all others**
Sign up by May 24

Dive into the exhilarating world of surfing with expert-led lessons. Gear up with a wet-suit and all necessary equipment as you ride the waves and master the art of surfing.*



On-Base Adventures

Base Hike

Tuesday, April 9 | 11am

FREE!

Embark on a lunchtime hike through base trails with Outdoor Rec. Gather at the small parking lot across from RV Storage 1 (paved NASA lot) for an invigorating journey.

Base Mountain Bike Ride

Tuesday, May 7 | 11am

Bring your own bike or rent one from ODR for \$10

Reserve your bike by May 6

Explore the base's scenic trails with Outdoor Rec on a lunchtime mountain bike ride. Meet at the small parking lot across from RV Storage 1 (paved NASA lot) for an adventurous outing.

Introduction to the Outdoor Climbing Wall

Wednesday, May 8 | 4-6pm

Monday, June 17 | 11am-1pm

FREE!

Join our introductory climbing session! Conquer heights, learn essential skills, and immerse yourself in the thrilling world of rock climbing. Equipment provided, no experience needed!

Open Paintball

Saturday, April 6, May 11 | 10am-2pm

\$48 per person for field use, air, gun rental, &

500 rounds of paint

\$18 for additional 500 rounds of paint

\$35 for additional 1000 rounds of paint

Test your skills, strategy, and teamwork in heart-pounding matches at our adrenaline-packed paintball event. Are you ready for the challenge?

Soaring

Saturday, June 8 | 9am-3pm

\$45 R4R | \$150 all others**

Sign up by May 31

Experience the ultimate aerial adventure in a glider towed to one mile above ground. Glide serenely over vast desert, majestic mountains, and catch breathtaking views of Los Angeles before landing gently.*



Sea Kayaking

Saturdays, June 22 | 9am-2pm

\$30 R4R | \$125 All others**

Sign up by June 14

Our fully guided kayak tour takes you through the Ecological Reserve and along the La Jolla Sea Caves—some of San Diego's most famous attractions. The La Jolla Ecological Reserve and Underwater Park is a marine protected area that's a famous destination for snorkelers, divers, and kayakers to respectfully explore. The Reserve is home to our friends—leopard sharks, Garibaldi (California's state marine fish!), lush kelp beds, sea lions, and even the occasional pod of dolphins!*

***Transportation is included.**

****Recharge for Resiliency (R4R)** is an Air Force-wide program designed to connect airmen and their families with people of similar interests through fun and challenging programs.



Library

275-BOOK

Art Cart

Thursdays, April 4, May 2, June 6 | 2:30-4:30pm

Ages 5-12

Come check out the library's art cart and see what you can create.

Storytime

April 10, 17, 24, May 1, 8, 15, June 12, 26 | 10am

Ages 0-5

Join us for stories, songs, activities, and community!

Bring Your Own Book Club

Saturdays, April 13, May 11, June 8

12-1pm

Ages 18+

Join our book club where you can read anything you want then talk about it with other readers.



Study Group for Adults

Every Saturday | 11am-1:30pm

Are you in school? Working on a certificate? Or just working on personal development? Come to the library and study with us!

Readers Advisory

Do you want personalized recommendations? Come and fill out our form and we will recommend books just for you!

Follow us on Facebook and visit

<https://www.edwardsfss.com/library> to stay up to date!

Rosburg Fitness Center

275-GYM1

April Showers Indoor Fitness Week

April 15-19 | 5am-10pm | Ages 17+

Don't let the weather knock you off your fitness stride! Get a "workout of the day" from our front desk to take the stress out of designing your own.

Memorial Day 10k

Tuesday, May 21 | 6-7:30am

Join us for the Memorial Day 10k, a celebration of fitness, community, and remembrance! This race will start at the Rosburg Fitness Center running path and utilize the blue trail. Open to all individuals with base access.

Time Trial Cycling Event

Monday, June 3 | 5:30-6:30pm | Ages 17+

It's a race against the clock! Can you finish your workout before time runs out? Join us in the aerobics room for a fun, fast-paced mixed-cycling event. Email the fitness program manager to reserve your spot: garrett.holloway.1@us.af.mil

Daily Specials

Lunchtime Bowl

Weekdays | 10:30am-1pm

\$8 for 3 games & shoe rental

Enjoy a delicious meal and hit the lanes for some fun on your break.

Mommy & Me/ Daddy & Me

Mondays & Tuesdays | 1-3pm

\$15 for one hour of bowling & three pairs of rental shoes

Enjoy quality bonding time with your child while bowling.

Family Glow Bowl

Fridays & Saturdays | 3-7pm

\$30 per lane for two hours & shoe rental

If bowling is fun, then glow in the dark bowling is the time of your life! Turn off the lights, turn up the music and turn the fun all the way to the max!

Lunch Specials

Monday: Club Sandwich with fries and a drink \$13.00

Tuesday: Tempura Chicken with fries and a drink \$12.00

Wednesday: Meatball Sub with fries and a drink \$10.00

Thursday: Build a Burger with fries and a drink \$12.50

Friday: Tuna Melt with fries and a drink \$12.00 or Tuna Salad and a drink for \$13.00

Strike Out Sexual Assault

Friday, April 12 | 11am-1pm

Bowl for a cause! Join us in partnership with SAPR to combat sexual assault. Roll for awareness, striking out against these crimes in the armed forces. Together, let's make a difference.

Moms Bowl Free!

Saturday, May 11

Every mother bowling with a family member will receive two free games of bowling, shoes not included.

Dads Bowl Free!

Saturday, June 15

Every father bowling with a family member will receive two free games of bowling, shoes not included.

Hot Summer Days

June 8 - August 15

Free Bowling for Youth 17 & under

Youth 17 and under enjoy 20 minutes of complimentary bowling daily (shoes not included).

Groups can stack time; for instance, three youths bowl together for a total of 60 minutes.

Please note: each child has a daily maximum of 20 minutes; missed days cannot be made up.

Pizza of the Month



April: Three Little Pigs \$18.50

Indulge in our savory pizza featuring pepperoni, sausage, and bacon—a culinary delight that offers more than just delicious flavors. As you enjoy each bite, take a moment to ponder the age-old question: What's the difference between involvement and commitment? In this case, our dedicated cooks are certainly involved, but the pig? Well, let's just say it's truly committed!

May: Taco Pizza \$18.50

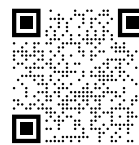
Join us for a delicious celebration of Cinco de Mayo all month long! Indulge in our special pizza featuring mouthwatering cheese and taco meat. After baking, we add fresh shredded lettuce, diced tomatoes, and cheddar cheese for a flavor-packed experience.

June: Chicken Pesto Pizza \$20.75

Savor the delightful fusion of flavors in our signature pizza! Topped with zesty pizza sauce and a tantalizing drizzle of pesto, it's layered with gooey cheese, tender chicken, and savory onions for a truly unforgettable taste sensation.

DISCOVER EXCLUSIVE BENEFITS: EDWARDS FSS INSIDER

Now when you join the
Air Force Club, you also
become an Edwards FSS
Insider with exclusive perks
and savings with the 412th
Force Support Squadron!



Scan this code or go to
[MyAirForceLife.com/club-membership](https://myairforcelife.com/club-membership)
to sign up. Then download the free
MemberPlanet app in the App Store or
Google Play for your membership card.

CLUB MUROC

Free Member events every month
\$1 off an entree and \$2 off on Tuesdays
Discounts on all Club Muroc events
\$15 Birthday Meal Gift Card
Free coffee all day every day
Free ice cream with purchase of an entree

OUTDOOR RECREATION

Rent a Paintball Marker for \$10 and get free Field
Use and All Day Air, a \$20 savings (discount limited
to FSS Insider and one family member)
Weekend Team Sports Item rental at the daily rate

HIGH DESERT LANES

Two free games of bowling on Thursdays
(shoe rental not included)

ARTS & CRAFTS

10% off photo printing kiosk

AUTO HOBBY

10% off SMOG

MUROC LAKE GOLF COURSE

Free round of golf first Wednesday of the month
(cart not included)

SANDBAGGER GRILL

Free coffee
10% off weekly lunch specials

OASIS COMMUNITY CENTER

One free bingo card after purchase of entry pack
(one per member)

ROSBURG FITNESS

Free microfiber gym towel

Arts & Crafts

275-ARTS

Paint & Wine Night

Fridays, April 5, May 3, June 7 | 7-9pm | Club Muroc
\$30 for all supplies & one glass of wine

Come join us at the Club for Paint and Wine Night every first Friday of the month! Includes live step-by-step instruction. Additional food and beverages will be available for purchase through the club. Sign up early, space is limited. Paintings will be announced on Facebook @EdwardsAFBAC in advance.

Pour & Adore: Couples Glass Craft

Fridays, April 12, May 10, June 14 | 7-9pm | Club Muroc
\$30 per couple for all supplies & 2 drinks

Join us at Club Muroc for a date night couples glass etching class. Create a custom his and her wine glass and beer mug. Price includes your first glass of wine or beer.

Father's Day Tray Craft

Friday, June 14 | 3-4:30pm
\$12

Sign up by June 3

Paint and customize a tray for the father figure in your life.

Cocktails & Ceramics

Fridays, April 19, May 17, June 21 | 7-9pm | Club Muroc
\$30 for all supplies & one drink

Join us at Club Muroc and paint ceramics. All ceramics will be fired in the kiln and will be ready for pick up a week later at the Arts and Crafts building. One glass of your choice of a well cocktail, beer, or wine is included.

Macramé & Wine

Fridays, April 26, June 28 | 7-9pm | Club Muroc
\$30 for all supplies & one glass of wine

Craft macramé wall planters at Club Muroc while savoring fine wine. Call ahead to reserve your spot for a night of creativity and relaxation.

Mother's Day Hand Flower Craft

Friday, May 10 | 3-4:30pm
\$8

Sign up by May 1

Use construction paper and pipe cleaners to create flowers out of your own handprints for the mother figure in your life!

Auto Hobby

275-AUTO

The Auto Hobby Shop offers a full array of equipment, tools and working space for do-it-yourself maintenance and repair to personal vehicles. We have twelve stalls which include six lifts, three major stalls, and three minor stalls. These stalls are available for customer use for auto repairs and each stall is equipped with all the standard/metric tools necessary to complete your repairs. We also have a lift for ATVs and Motorcycles for your maintenance needs. The lifts can be used to perform oil changes, tune ups, brakes or a safety inspection.

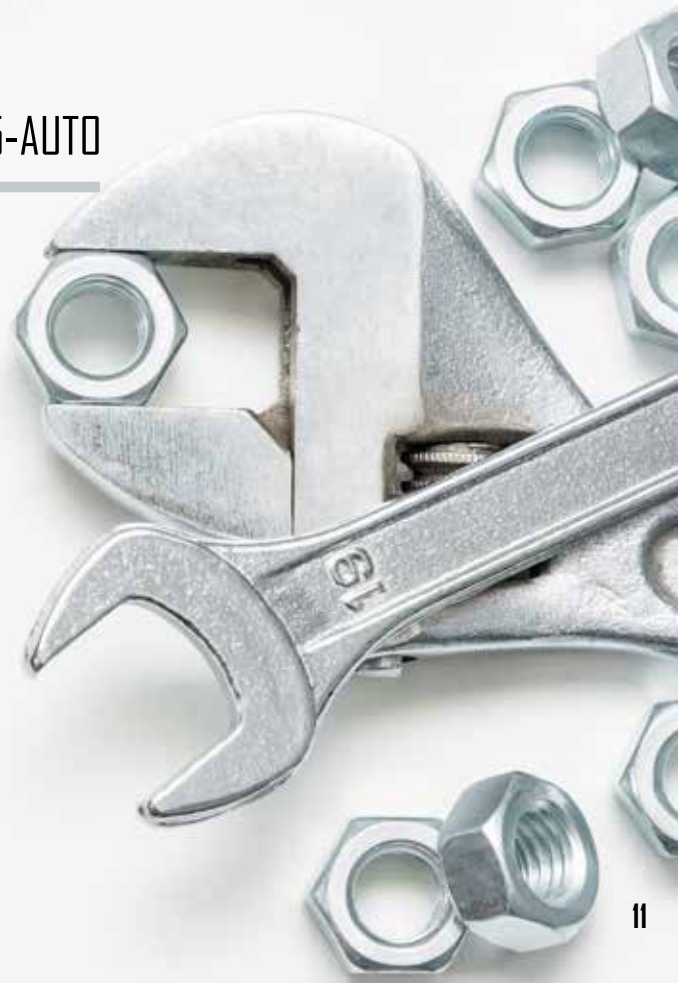
We offer instruction for DIY service work such as brake drum and rotor turning, computerized wheel balancing and A/C maintenance. We also have an engine diagnostic code reader and wheel alignment. These DIY services are available to all military, retirees, civilians and contractors with base access.

Lifts - \$15/hour or \$75/day

Bench Fees - Minor stalls are \$8/hour | Major stalls are \$40/day

Smog Certification

We are also a Smog Certified Test Center. Please note we are not a Smog Test Only or Gold Shield center. Price for Smog test is \$50.





Get ready to flashback to the raddest decade of them all!

Enjoy groovy '80s vibes by ultimate tribute bands:

ARENA (Duran Duran)

SO MADONNA (Madonna)

KINGS OF QUEEN (Queen)



SATURDAY, MAY 18
5-10 pm | Palmdale Amphitheater

It's time to dust off those leg warmers, pump up the volume on your boombox, and join us for an epic evening of brews, vino, and righteous tunes!

Multiple local and regional breweries and wineries will be on hand for sampling, plus a variety of satisfying food trucks.

Visit 
Palmdale

visitpalmdale.org

Scan the QR code to purchase tickets.

No federal endorsement of advertiser intended.



Muroc Lake Golf Course

275-PUTT

Pick a Pro Masters Tournament

Saturday, April 20 | 8am shotgun start | Sign up by April 15

\$20 plus cart & green fee

Match your net score with a randomly drawn Masters player.

Prizes will be paid in proshop credit for merchandise.

Must have a Southern California Golf Association Handicap.

1-2-3 Tournament

Saturday, May 18 | 8am shotgun start | Sign up by May 13

\$20 plus cart & green fee

Prizes will be paid in proshop credit for merchandise.

Must have a Southern California Golf Association Handicap.

Two Man Tournament

Saturday, June 15 | 8am shotgun start | Sign up by June 10

\$20 plus cart & green fee

Prizes will be paid in proshop credit for merchandise.

Must have a Southern California Golf Association Handicap.

One child 18 and under plays free with paid adult.

Host a fund raising tournament at Muroc Lake Golf Course

Why not have fun raising money for your private organization?

We offer 18 holes, cart fee, burger, fries, and fountain drink for \$35 as part of a tournament package. Call MLGC at (661)275-7888 to reserve a date.

MIKE SUPER

MAGIC & ILLUSION



2024 ALL NEW SHOW!

LIVE STAGE
AN AIR FORCE ENTERTAINMENT PRODUCTION

SUNDAY JUNE 2 4 PM

Base Theater, Bldg. 2660
Doors open at 3 PM

FREE!
Family Friendly

EDWARDS AIR FORCE BASE
FORCE
SUPPORT SQUADRON

AIR FORCE
COMMUNITY CENTER

Military & Family Readiness Center



TW Newcomer's Orientation

Thursdays, April 4, May 2, June 6 | 7:45am-12pm

An introduction to Edwards AFB for all new hires and incoming Active Duty members. Spouses are encouraged to attend! TW Leadership, Helping Agencies, and installation programs will present a short briefing to Edwards followed by a bus tour with narration from the Base Historian.*

Home Buying

Thursday, April 4 | 1-3pm

Ready to settle down? Become a homeowner? Come out and learn some information on the ins and outs of home buying!*

Bundles for Babies

Wednesday, April 10 | 9-11am

Having your first bundle of joy? Second? Third? Come and join us for valuable information for expectant parents to explore all areas of child and expenses related to having a newborn.*

Credit/Debt Management

Thursday, April 11 | 1-2pm

Master your finances with our financial literacy course. Take charge of your financial future and make informed money decisions!*

PCS Financial Readiness

Friday, April 19 | 1-2pm

Come over and learn how to financially manage your next PCS! PCS Financial involves personalized financial planning and assistance tailored to military service members undergoing Permanent Change of Station (PCS), ensuring a smooth and well-managed transition for their financial well-being.*

Ditching the Dorms

Thursdays, April 25, May 30, June 27 | 1-2pm
at Mojave Sky Community Center (Mayroad)

Housing and financial briefs for members (E4 & below) moving out of the dorm. This briefing is located at Mojave Sky Community Center, 1365 Fitzgerald Blvd.*

Hearts Apart

Thursdays, April 25, May 30, June 27 | 5-7pm

Is your military member deployed? Come out and join us for our monthly get togethers to meet other families and leadership! Please contact MSgt Brian Cebulski at brian.cebulski@us.af.mil or call 277-0723 for more details.



Learning LinkedIn!

Tuesday, April 30 | 9-11am

Lost in the LinkedIn world? Let us show you the ropes!*

10 Step Federal Resume Class!

Wednesday, May 8 | 9-11am

Unlock the art of completing a federal resume! Learn how to use the different formats and correct verbiage to get the position you have always dreamed of having!*

Retirement Planning/Vesting TSP

Thursday, May 9 | 1-2pm

Retirement Planning/Vesting TSP involves strategically navigating the Thrift Savings Plan (TSP) to maximize financial security and benefits, ensuring a well-prepared and vested foundation for a fulfilling retirement.*

Continuation Pay/Promotion

Friday, May 31, & Wednesday, June 12 | 1-2pm

Continuation Pay/Promotion encompasses the strategic evaluation and negotiation of continuation pay options and promotion opportunities within the military, providing service members with financial incentives and career advancements.*

Acing the Interview

Thursday, June 13 | 9-10am

Learn valuable interviewing skills to help boost your confidence and get that job! Learn techniques for a successful interview that covers preparation, the interview process, and tips on interviewing.*

Exceptional Family Member Program - Family Support (EFMP-FS)

The Exceptional Family Members Program-Family Support (EFMP-FS) provides services to all branches of the military, including active duty, retired, reservist, guard members, DoD civilians, contractors, NAF employees, and their immediate family members with special needs. EFMP-FS offers both on-base and off-base information and resources, conducts targeted research, provides opportunities to attend educational briefings and training, offers referrals, and organizes free events for children, adults, and the entire family.

Our Workshops & Events feature Mindful Monday workshops, which take place almost every Monday in April, May, and June. These educational events encompass Storytime, Sensory Art Projects, Healthy Cooking, STEAM Kits, and more. April's events will focus on the theme of April showers, exploring the wonders of nature that emerge with spring rains, while also celebrating the Month of the Military Child and Earth Day. In May, we'll shift our focus to May flowers, creating beautiful bouquets for Mother's Day and hosting a special tea celebration for moms. Additionally, families can enjoy Rootin', Tootin' Western Bingo for some lively entertainment. Summer arrives in June as we gear up for our quarterly Sensory Friendly Movie and a healthy Baking Class for a special treat for Father's Day.

Event details, including times and locations, can be found by following us on Facebook at edwardsafbemp. Questions: contact your EFMP-FS Coordinator, Stefanie Warner, at stefanie.warner@us.af.mil or 661-277-4661.



TAP: Transition Assistance Program

The Transition Assistance Program (TAP) is a congressionally mandated program that provides information, tools and training to ensure Service members and their spouses are prepared for the next step in civilian life. NDAA FY20 mandates that all service members attend TAP no later than 365 days prior to separation/retirement. The TAP journey is a four step journey: Step 1: Initial Counseling: In person meeting with a TAP counselor.

Step 2: Pre- Separation Briefing: Course offered monthly at the M&FRC.

Step 3: 5 day Course: A week of classes that include courses from Department of Labor (DOL) & Veteran's Administration.

Step 4: Capstone: Completion of all required documentation to TAP counselor and the final signatures on the e-form.

To begin your TAP journey, please contact the M&FRC at 277-0723 or email 412fss.fsfr.afrc@us.af.mil.



TAP Step 2: Pre-Separation Briefing

Tuesdays, April 9, May 7, June 4 | 8am-2:30pm

During this step you will receive briefings from MPF, Legal, Education Center, and others to assist on your Transition journey. Please note, you must complete Step 1 Initial Counseling prior to attending this step.

TAP Step 3: Five Day Course

**Monday-Friday, April 15-19, May 13-17, June 10-14
8am-4:30pm**

This 3rd Step of your Transition journey is filled with classes including Managing My Transition, Financial Planning, Department of Labor Employment Track and Veteran's Affairs Benefits & services.



AWARD-WINNING Weight-Loss Surgery Services

Tried diet and exercise and still struggle with excess weight? You have options. **SOUTHWEST HEALTHCARE PALMDALE REGIONAL MEDICAL CENTER'S** award-winning weight-loss surgery program may be right for you.

We offer adjustable gastric banding, laparoscopic gastric bypass and laparoscopic sleeve gastrectomy procedures.

You'll get compassionate support every step of the way, from pre-surgical education and preparation, to surgery and new lifestyle habits.

We've been recognized!



For more information visit,
SWHpalmdaleregional.com/weightloss

 **Southwest
HEALTHCARE**
PALMDALE REGIONAL MEDICAL CENTER



Paid Advertisement. No Federal endorsement of advertiser(s) intended. Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if bariatric surgery is right for you. Physicians are independent practitioners who are not employees or agents of Palmdale Regional Medical Center. The hospital shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the nondiscrimination notice, visit our website. 242042006-2081746 2/24

Oasis Community Center

275-CNTR



Magical Bingo

Friday, April 19 | Doors open 5pm | Game starts 6pm at Club Muroc

\$15 for first book (per person) | \$7 for each additional book \$2 for dauber

Exciting news! Oasis Community Center Bingo is back every month! Join us for the chance to win amazing Disney-themed prizes, including TWO DISNEYLAND TICKETS! Don't miss out on the magic!

Fantasy Bingo

Friday, May 17 | Doors open 5pm | Game starts 6pm at Club Muroc

\$15 for first book | \$7 for each additional book | \$2 for dauber

Enter the realm of Fantasy Bingo and win enchanting prizes like tickets to Medieval Times! Join us for a magical journey filled with fantasy-themed fun and the chance to win big!

Splash Bingo

Friday, June 21 | Doors open 5pm | Game starts 6pm at Club Muroc

\$15 for first book (per person) | \$7 for each additional book \$2 for dauber

Dive into Splash Bingo for a chance to win refreshing water-themed prizes, including TWO 2-Day Resort Park Hopper LEGOLAND Tickets! Make a splash with us and turn your bingo game into an aquatic adventure!

Edwards AFB Theater is Back!

Admission is FREE; concessions may be available for purchase

The Edwards AFB Theater is open and ready to show monthly movies! Stay tuned on the 412th FSS Facebook page and website for the latest dates for showings.

Information, Tickets & Travel

275-TRIP

2-Day LEGOLAND Resort Hopper (LEGOLAND + SEA LIFE + Water Park)

\$90 (gate price \$164)

Embark on an unforgettable adventure with the 2-Day LEGOLAND Resort Hopper—a gateway to a world where imagination knows no bounds! Dive into the colorful realm of LEGOLAND California Resort, where over 60 captivating LEGO-themed rides, shows, and attractions await, including the brand-new Dino Valley! From exhilarating roller coasters to intricate LEGO sculptures, this whimsical wonderland is meticulously designed for boundless fun! Your ticket grants you two days of access to LEGOLAND California, where you can explore the depths of the SEA LIFE Aquarium and splash into excitement at the LEGOLAND Water Park. Prepare to be enthralled, enchanted, and fully immersed in a LEGO-inspired paradise unlike any other!



SEE THE ANTELOPE VALLEY AT ITS FINEST! FLY OVER THE POPPY FIELDS WITH AERO CLUB!

ORIENTATION FLIGHT \$245 PER HOUR
(1 ADULT & 2 CHILDREN OR 2 ADULTS)
FOR MEMBERS AND NON-MEMBERS
TO SCHEDULE YOUR FLIGHT,
CALL THE AERO CLUB AT 275-AERO



UNITE: Funding for powerful team-building experiences

Level up your team-building with thrilling activities at Outdoor Recreation — laser tag, axe throwing, paintball, archery tag, and bubble soccer! Boost communication, strategy, and camaraderie in an exhilarating experience. Unleash your competitive spirit and strengthen bonds. Book your adventure with UNITE now!



For more information,
scan this code or go to
www.EdwardsFSS.com/UNITE

Youth Programs

Youth Center 275-KIDS
Youth Sports 277-8961
Teen Center 275-TEEN

Spring Break

April 1-5 | 12-6pm

\$5 daily pass for Non-Open Rec Members

The Youth Center will be open during Spring Break for current Open Rec and Teen Center members. Non Open Rec or Teen Center members may purchase a daily pass.*

Spring Break- Art Camp

April 1-5 | 9am-12pm

\$15 | Ages 9-12

Art Around the World - Learn about different biomes like rainforest, deserts, oceans, and more through painting and paper crafts.*

Teen Spring Break Trip- Magic Mountain

Tuesday, April 2 | 8am-10pm

\$70 | Ages 13-18 (must be enrolled in high school)

Bus leaves from the Teen Center at 8:00am and will return at 10:00pm with a dinner stop at In & Out Burger. Drop offs available at Costco Car Wash in Lancaster and Foster's Freeze in Rosamond.*

Youth Center Family Picnic

Friday, April 26 | 5-7pm

Families of our Open Rec members are encouraged to come hang out at the Youth Center with their pre-teens. Come check out the center and play some games. Food will be provided!

Month of the Military Child Parade

Friday, April 26 | 1:30pm

Month of the Military Child Parade at the School Aged Annex and CDC. Children and staff are encouraged to wear purple.

School Age Care Summer Registration

Registration Opens: Monday, April 29

Camp Begins: Monday, June 10

Current families register in CYPBMS. New families must join the waitlist first through MilitaryChildCare.com.

Teen Lock In

Friday & Saturday, May 3-4 | 6pm-7am

Ages 13-18 (must be enrolled in high school)

All-Nighter at the Youth Center. Games, food, movies, and more!*

***Register in the CYPBMS Parent Portal.**

If you need assistance CYPBMS, please contact the Youth Center.

Harry Potter Night!

Friday, May 17 | 6:30-9pm

\$10 | Ages 9-12

Join us at the Youth Center for a night of wizarding fun! We will be showing Harry Potter and the Sorcerer's Stone and doing wizard crafts! Keystone Club will have snacks for cash only purchase.*

America's Kids Color Run

Saturday, May 18 | 10am-12pm

Save the Date! Celebrate Armed Forces Day with us at Arnold Park for the Annual America's Kids Color Run! This event will be fun for the whole family as parents can run with their children. There will be multiple distance runs: .5 mile, 1 mile and 2 miles. T-shirts will be provided while supplies last. Registration is free and forms can be accessed online at americaskidsrun.org or picked up and turned in at any of the Edwards Child & Youth Programs buildings.

Open Rec Summer Camp Membership

June 10

The Youth Center will be open from 12 pm to 6 pm during the summer time starting on June 10th until the first day of school.*

Challenger Sports Soccer Camp

June 17-21 (at Wings Field)

\$130 for Tiny Tikes - Ages 2-4 (8-8:45am)

\$215 Half Day AM - Ages 5-14 (9am-12pm)

\$215 Half Day PM - Ages 5-14 (5pm-8pm)

\$280 Full Day - Ages 8-14 (9am-12pm & 5pm-8pm)

To sign up visit the Challenger Sports website: challengersports.com.

Youth/Start Smart Soccer Registration

Registration: June 17-July 5

Youth Soccer - \$90 | Ages 5 & up

Start Smart Soccer - \$40 | Ages 3-5

Seasons begin in August. Registration is live in CYPBMS on June 17th. Start Smart sessions will take place Wednesdays from 4:30-5:30pm.

Parents Night Out & Give Parents A Break

Fridays, April 12, May 3, June 7 | 6:30-10:30pm

\$32 per child OR Free with GPAB Voucher

Child Development Center: 6 Months-5 Years

School Age Annex: 5-12 Years

This event is for all! there is no requirement to be enrolled in Edwards Child & Youth Programs to attend.*

EARLY BIRD SEASON PASS SALE

Get your Season Pass today & save!

All Access Season Pass

With the All Access Season Pass, you get unlimited visits, including night events and holidays. No blackout dates.

Weekday Season Pass

Unlimited Monday-Friday visits; excludes Family Glow Nights and holidays. Restrictions apply.

*Get yours before
the sale is over!*



★ Special ticket pricing for military families ★

OPENING DAY IS MAY 25



  www.DryTownWaterPark.com

Paid Ad. No federal endorsement of advertiser intended.

Helping Agencies

277-6711

Sexual Assault Awareness & Prevention Month

A Cup of Prevention

Friday, April 5 | 11am-1pm | Base Exchange

Strike Out Sexual Assault

Friday, April 12 | 11am-1pm | Bowling Center

Knockout Sexual Assault

Friday, April 19 | 11am-1pm | Fitness Center

The SAPR Golf Tournament

Friday, April 26 | 8am | Golf Course

(Participants will pay fees for bowling and golf directly to each facility.)

For more on SAAPM events and activities, please contact the SAPR office at 661-277-7272.

DoD

Safe Helpline

Sexual Assault Support for the DoD Community

safehelpline.org | 877-995-5247

Edwards Resources

SAPR Office: 661-277-7272

SARC: 661-899-1126

SAPR VA: 661-899-1127

24/7 Hotline: 661-209-0115



The New Parent Support Program (NPSP) is here to guide military families through the journey of parenthood, offering invaluable resources and support during pregnancy, infancy, and beyond. With a focus on enhancing the well-being of both parents and children, NPSP provides essential information on prenatal health, infant care, parenting skills, and more. Whether you're expecting your first child or already navigating parenthood, NPSP empowers you to build strong bonds with your little ones, manage the unique challenges of military life, and create a supportive network within your community.



Scan for NPSP class information.



Scan for Family Advocacy Program Facebook for events, news, articles, and resources.

April is Child Abuse Awareness Month: Healthy Relationships Start with You!



The most important thing you can do to help protect children and teens in your community is to be a trusted adult. No matter why a child or teen is in your life, if you're someone they can know they can trust, you're in a position to assist them during difficult situations like self-harm, depression, or abuse. Children or teens who trust you may disclose instances of abuse by a parent, guardian, or peer, or exhibit signs such as unexplained injuries or stress from an abusive relationship. Trust your intuition; if you suspect abuse, seek professional help by contacting a staff member at your installation's Family Advocacy Program office. This resource offers a safe haven for military families, ready to provide support and connect you with the assistance you need. Don't hesitate to reach out; your intervention could be life-saving. Contact Edwards FAP office at 661-277-5292.

PHYSICAL

MENTAL

SPIRITUAL

SOCIAL

Comprehensive Airman Fitness: Social Camaraderie in Team Activities

Airmen, as you engage in team-building exercises within your unit, you actively cultivate connections that go beyond the mission. These activities, whether it's participating in group fitness classes or collaborating in team sports, foster camaraderie and teamwork among you all. Through collaboration and unwavering support, you fortify the social fabric, nurturing overall well-being. Moreover, the social events orchestrated by your unit offer invaluable opportunities to forge connections beyond duty, fostering friendships and a sense of community within your ranks. So, embrace these moments, Airmen, and let's strengthen our bonds together.

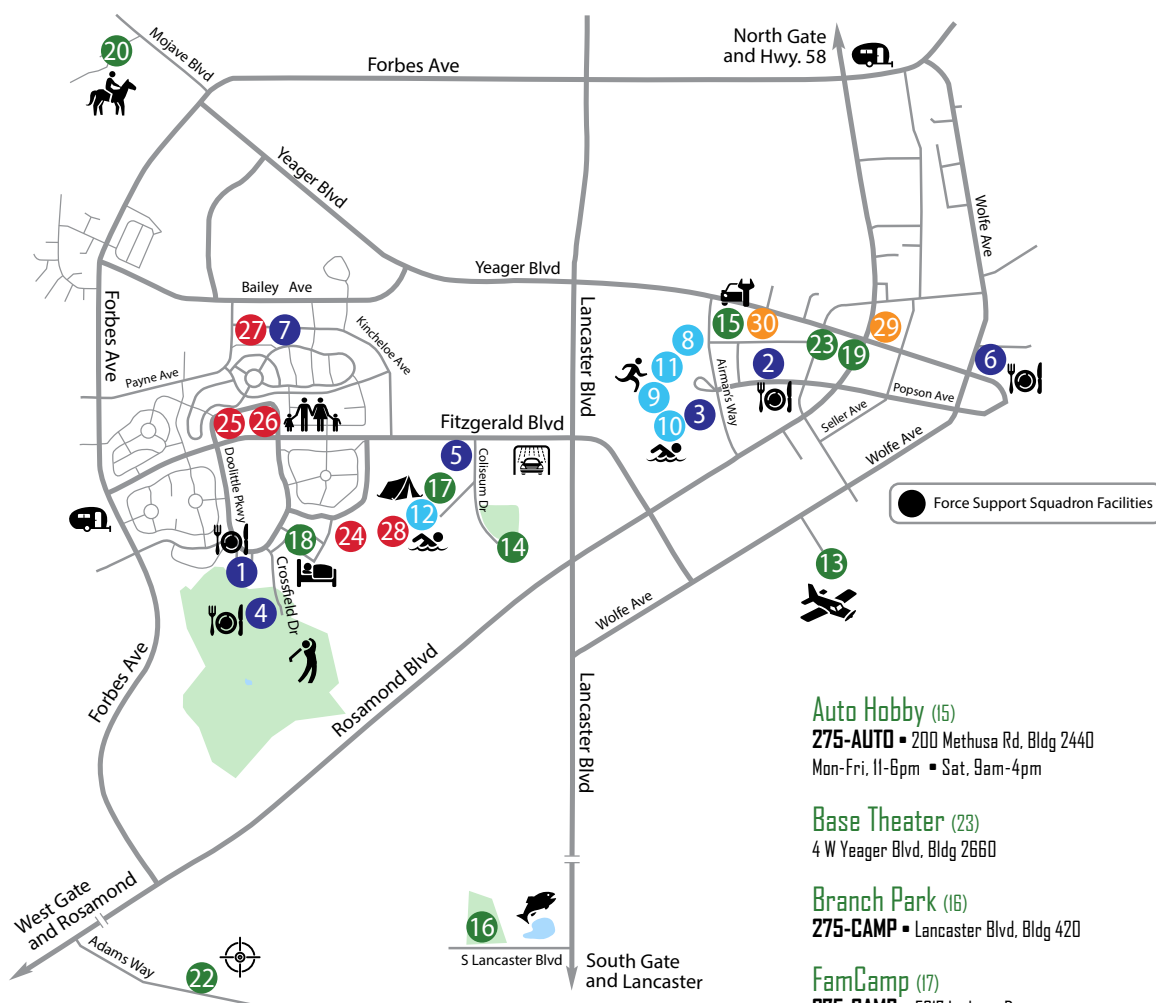


APRIL

MAY

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Lifeguard Course Spring Break	2 Teen Spring Break Trip	3	4 Newcomer's Orientation Home Buying Art Cart	5 First Friday Paint & Wine Karaoke	6 Open Paintball
7	8	9 Base Hike	10 Bundles for Babies Storytime	11 Smart Phone Trivia Credit/Debt Management	12 Parents Night Out Texas Hold'em Strike Out Sexual Assault Murder Mystery Couples Glass Etching	13 Ziplining Bring Your Own Book
14	15 April Swim Lessons Indoor Fitness Week	16	17 Members Lunch Storytime	18 Mixology	19 Karaoke Magical Bingo Cocktails & Ceramics PCS Financial Readiness	20 Bungee Jumping Pick a Pro Tournament
21	22	23	24 Admin Professionals Day Storytime	25 Hearts Apart Ditching the Dorms	26 Family Picnic Macrame & Wine MOMC Parade	27 Tandem Skydiving
28	29 Summer Registration	30 Learning LinkedIn!	1 Storytime	2 Newcomer's Orientation Art Cart	3 Parents Night Out First Friday Paint & Wine Karaoke Teen Lock In	4 Teen Lock In
5	6	7 Base Mountain Bike Ride	8 Outdoor Climbing Wall 10 Step Federal Resume Storytime	9 Smart Phone Trivia Retirement Planning/TSP	10 Couples Glass Etching Mother's Day Craft	11 Open Paintball Moms Bowl Free! Rock Climbing Bring Your Own Book
12 Mother's Day Mother's Day Brunch	13	14	15 Members Lunch Storytime	16 Scotch & Cigars	17 Karaoke Fantasy Bingo Cocktails & Ceramics	18 1-2-3 Tournament America's Kids Color Run
19	20	21 Memorial Day 10k	22	23 T.E.S.T.	24 Family Day	25
26	27 Memorial Day	28	29	30 Hearts Apart Ditching the Dorms	31 Texas Hold'em Continuation Pay	1 Surfing
2 Mike Super	3 Time Trial Cycling Event	4	5	6 Newcomer's Orientation Art Cart	7 Parents Night Out First Friday Paint & Wine Karaoke	8 Soaring Hot Summer Days Bring Your Own Book
9	10 June Swim Lessons Open Rec Summer Camp	11	12 Family Membership Night Continuation Pay Storytime	13 Smart Phone Trivia Acing the Interview	14 Couples Glass Etching Father's Day Craft	15 Dads Bowl Free! Tandem Skydiving Two Man Tournament
16 Father's Day	17 Outdoor Climbing Wall Challenger Soccer Camp	18 Members Lunch	19 Juneteenth	20 Family Day	21 Texas Hold'em Splash Bingo Karaoke Cocktails & Ceramics	22 Sea Kayaking
23	24	25	26 Storytime	27 Beer Tasting Hearts Apart Ditching the Dorms	28 Macrame & Wine	29
30						



DINING

Club Muroc (1)

277-2830 • 275 Doolittle Pkwy, Bldg 5600
Tue-Thur, 10:30am-2pm • Fri, 10:30am-2pm
Fogleman's Lounge Tues-Thurs, 4-7pm
Fri, 3-10pm • Closed Holidays

Joshua Tree Dining Facility (2)

275-3662 • 130 W Popson Ave, Bldg 2412
Mon-Fri, 5:30-8am, 10:30am-1pm, 4-7pm, 11pm-1am
Sat & Sun, Holidays & Family Days, 6am-1pm,
4:30-7pm, 11pm-1am

Panda Express (3)

258-0755 • 205 W Popson Ave, Bldg 2500
Mon-Fri, 10am-7pm

Sandbagger Grill (4)

275-SAND • 111 Crossfield Dr, Bldg 5611
Mon-Sun, 7am-2pm

Strike Zone (5)

275-BOWL • 205 Fitzgerald Blvd, Bldg 5214
Mon, 10:30am-3:30pm • Tue-Thur, 10:30am-7pm
Fri, 10:30am-8pm • Sat, 12-7pm • Closed Sunday

Subway (6)

258-7623 • 1610 Yeager Blvd, Bldg 1610
Mon-Fri, 9am-2pm

Subway (7)

258-9856 • 1100 Kincheloe Ave, Bldg 7210
Mon-Fri, 9am-7pm

Wingstop (8)

258-4200 • 1610 Yeager Blvd, Bldg 1610
Mon-Fri, 10am-6pm • Closed Sat-Sun

FITNESS

Mojave Greens Disc Golf (8)

275-GYMI • Mon-Sun, Sunrise-Sunset

Oasis Aerobic Center (9)

207 W Popson Ave, Bldg 2501

Oasis Aquatic Center (10)

275-SWIM • 207 W Popson Ave, Bldg 2501
Mon-Fri, 6-8pm & 10am-1pm • Tue-Fri, 3:30-6pm

Rosburg Fitness Center (11)

275-GYMI • 210 W Popson Ave, Bldg 2200
Mon-Fri, 5am-9pm • Sat, Sun, Family Days &
Holidays, 24/7 access with registered CAC card

Sonic Splash Pool (12)

277-3552 • 24 Lathrop Dr, Bldg 5202
Open seasonally • Hours at edwardsfss.com

RECREATION

Aero Club (13)

275-AERO • 235 S. Flightline, Bldg 1202, Rm 109
Office: Mon-Fri, 8am-4pm • Closed Holidays
Flying during daylight hours

Arts & Crafts (15)

275-ARTS • 200 Methusa Rd, Bldg 2440
Mon-Fri, 9am-6pm
Closed Holidays & Family Days

Arnold Park (14)

275-CAMP • Coliseum Dr, Bldg 5211

Auto Hobby (15)

275-AUTO • 200 Methusa Rd, Bldg 2440
Mon-Fri, 11-6pm • Sat, 9am-4pm

Base Theater (23)

4 W Yeager Blvd, Bldg 2660

Branch Park (16)

275-CAMP • Lancaster Blvd, Bldg 420

FamCamp (17)

275-CAMP • 5217 Lathrop Dr

High Desert Inn (18)

275-ROOM • 5602 Honts Dr, Bldg 5602
Open 7 days a week, 24 hours a day

High Desert Lanes (5)

275-BOWL • 205 Fitzgerald Blvd, Bldg 5214
Mon, 10:30am-3:30pm • Tue-Thur, 10:30am-7pm
Fri, 10:30am-8pm • Sat, 12-7pm • Closed Sunday

Information, Tickets & Travel (3)

275-TRIP • 205 W Popson Ave, Bldg 2500
Mon-Fri, 8am-3:30pm

Library (19)

275-BOOK • 5 W Yeager Blvd, Bldg 2665
Mon, Wed, Thur, Fri, 9am-5:30pm
Tue, 10am-7pm • Sat, 9am-2pm
Closed Holidays, Open Family Days

Muroc Lake Golf Course (4)

275-PUTT • 111 Crossfield Dr, Bldg 5611
Mon-Sun, 7am-5pm

Oasis Community Center (3)

275-CNTR • 205 W Popson Ave, Bldg 2500
Mon-Fri, 8am-4pm

Outdoor Recreation (3)

275-CAMP • 205 W Popson Ave, Bldg 2500
Mon-Fri, 9am-5pm • Closed Holidays

Stables (20)

275-CAMP • 101 Landfill Rd

Scorpion's Nest Paintball (22)

275-CAMP • 210 Adams Way, Bldg 210
Private group reservation only.

YOUTH & FAMILY

Military & Family Readiness (24)

277-0723 • 90 Farrell Dr, Bldg 5620
Mon-Fri, 7:30am-4:30pm
Closed Holidays & Family Days
Closed 2nd Friday of month for training

Child Development Center (25)

275-TOTS • 1305 W Fitzgerald Blvd, Bldg 6457
Mon-Fri, 6:15am-6pm

Family Child Care (24)

277-1595 • 1305 W. Fitzgerald Blvd, Bldg 6457
Mon-Fri, 6:15am-6pm

School-Age Care (26)

275-PLAY • 1208 W Fitzgerald Blvd, Bldg 6459
Mon-Fri, 6:15am-6pm

School Liaison (29)

277-2456 • 5 N Seller Ave, Bldg 3000

Teen Center (27)

275-TEEN • 7211 Kincheloe Ave, Bldg 7211
Mon-Fri, 2-6pm

Youth Programs (28)

275-KIDS • 24 Lathrop Dr, Bldg 5210
Office: Mon-Fri, 11am-5pm
Facility: Mon-Fri, 2-6pm

Youth Sports Program (28)

277-8961 • 24 Lathrop Dr, Bldg 5210

412 FORCE SUPPORT

Administration (29)

277-4240 • 5 N Seller Ave, Bldg 3000
Mon-Fri, 8am-4pm

Civilian Health Promotion Services (11)

277-3667 • 210 W Popson Ave, Bldg 2200

Civilian Welfare Fund (29)

277-5644 • 5 N Seller Ave, Bldg 3000

Education & Training (30)

277-2713 • 140 Methusa Rd, Bldg 2453
Mon-Fri, 7:30am-4:30pm

Honor Guard (30)

275-BLUE • 148 Methusa Rd, Bldg 2462

Marketing (15)

275-3826 • 200 Methusa Rd, Bldg 2440

Military Personnel Flight (29)

277-4281 • 5 N Seller Ave, Bldg 3000

NAF Human Resources Office (29)

275-WORK • 5 N Seller Ave, Bldg 3000

Civilian Personnel Office, Customer Service (29)

277-3840 • 5 N Seller Ave, Bldg 3000

Private Orgs (29)

277-5644 • 5 N Seller Ave, Bldg 3000

412 FSS/FSK
5 N. Seller Ave., Bldg 3000
Edwards AFB, CA 93524-1200

PRSR STD
ECRWSS
US POSTAGE
PAID
EDDM RETAIL

*****ECRWSEDDM****

Postal Customer
Edwards, CA 93523

SUMMER BASH

★ ★ ★ ★ JULY 4 ★ ★ ★ ★

WINGS FIELD