

SEYMOUR



explore more

APRIL-MAY 2023

**PURPLE
UP** for
military
kids!



SPRING BREAK ACTIVITIES

Kids Bowl Free

April 7-15 • Phantom Lanes

Sign up now on www.kidsbowlfree.com to register your child, ages 2 through 15, for free games of bowling during Spring Break. Family passes are available; some restrictions apply. See website for more details or call the bowling center at 919-722-0350.

Month of the Military Child Pokémon Egg Hunt

April 8 • 10am to 1pm • Youth Center

The Youth Center kicks off the Month of the Military Child with a fun-filled Pokémon-themed egg hunt for base youth. Activities will include hunting for eggs while finding Pokémon characters.

The event will take place rain or shine.

For more information, call 919-722-0502.



Spring Art Camp

April 10-14 • 9am to 12pm • Youth Center

Fun times for ages 10-15 who attend this art camp over the break. The cost is \$55 per youth. Call 919-722-0505 to sign up.

Spring Break Fun at the Library

April 11 • Story Time • 11am • Birth-6 years

April 12 • Paint & Plant Craft • 11am • Ages 7-12

April 15 • Family Spring Fun • 11am to 3pm

• Movie: Peter Rabbit • 1 to 3pm

The base library offers spring themed stories, crafts and more during Spring Break. Wrapping up the week, there will be board games, snacks, crafts and a movie. Don't miss out!



FSS Scramble

PLAY. ENTER. WIN.

Solve the anagrams to reveal the letters for the final message. Email your answers to 4fss.marketing@us.af.mil to enter a prize drawing.
-Base access required

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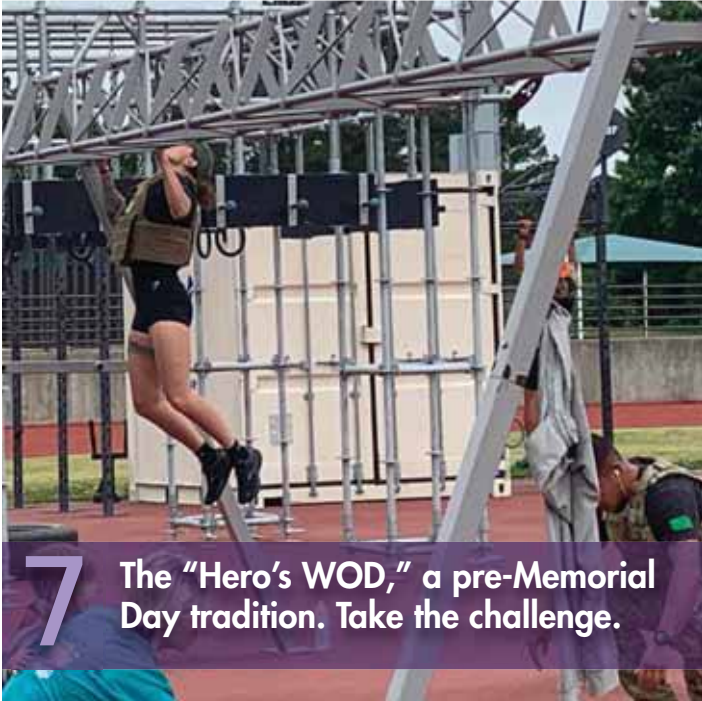
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Bring your fur friend to Eagles Landing



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Month of the Military Child

Upcoming events

EFMP Resource & Activity Fair
April 1 • 10am to 1pm • Connect 4

The Exceptional Family Member Program, with assistance from Youth Programs, hosts a free resource and activity fair for those enrolled in EFMP. There will be horseback riding with guides from Stepping Stones Stable, a live reptiles exhibit from the NC Aquarium, and local agencies on-site providing information on resources available to EFMP families.

Participants may enter to win door prizes. EFMP members interested in attending must RSVP to 919-722-7337.

Breakfast with the Bunny
April 8 • 8:15 to 10am • Compass Café

Hop over to Eagles Landing to make reservations for Breakfast with the Bunny. There will be themed games, crafts, photo ops and fun for everyone. The cost is \$10 per child, ages 3-12 years, and \$15 for ages 13 and up. Limited seating. Call 919-722-8684.

MOMC Pokémon Egg Hunt
April 8 • 10am to 1pm • Youth Center

See description on inside cover.

Purple Up! Day
April 21 • All Day

Wear purple today to show support for military children everywhere. The color purple references the joint environment of the military and the combination of Army green, USMC red, and the blues associated with the Navy, Air Force and Space Force. It encompasses all service branches, active duty, Reserve, National Guard, and veterans.

Visit our **NEW, Horton Studio**
Gallery of personal work made by our inspiring and talented staff

Upcoming Events

Kids Camp for Spring Break: April 10-15
 \$150 per week or \$40 per day

Early Registration for Summer Kids Camp
 Camp begins week of June 12; ends week of Aug 21

Celebrate the Return of Beach Season
 with beautiful nautical art made by you!

Check out our calendar online

Ask about our Military Discount & Team Building

WINE&DESIGN
Sign up. Show up. Sip & paint!

2808 Cashwell Dr • Goldsboro, NC 27534 • 919-273-8007
 wineanddesign.com/goldsboro • fb.com/wndgoldsboronc

HAPPY CLIENTS

— BUYING OR SELLING A HOME? —

LET'S WORK TOGETHER!

Buying or selling a home can be a stressful process if you don't have the right real estate agent. My job is to listen to your needs and wants in your real estate transaction and deliver above and beyond service to make it as stress-free as possible. I specialize in new construction home purchase.

CONTACT: DENNIS HEWITT

- ✉ DHEWITT@KW.COM
- ☎ 862-219-9805
- 🌐 DENNISHWITT.KW.COM

kw NEW BERN
 KELLER WILLIAMS REALTY
 REAL ESTATE AGENT



Teddy Bear Clinic
April 21 • 8am to Noon
4 MDG Thomas Koritz Clinic

Take the fear out of clinic visits. Bring your kids and their favorite stuffies for a round of interactive play at the 4th Medical Group clinic, nutrition, radiology, dental, and pharmacy stations. All participants receive a certificate of bravery. Scan the QR code to pre-register for a slot.

Free aerobics classes
Monday - Friday
Fitness Center

WEEKLY LINEUP OF CLASSES

<u>Monday</u>	11:00am 4:30pm	Spin Class Sweatmasters*
<u>Tuesday</u>	11:30am	Yoga
<u>Wednesday</u>	11:30am 4:30pm	Healthy Hustle* Sweatmasters*
<u>Thursday</u>	11:30am	Zumba
<u>Friday</u>	4:30pm	Sweatmasters*

*Fitness Improvement Programs (FIP): Target personnel to support fitness activities to meet Department of Air Force (DAF) fitness standards for aerobic fitness, muscular strength, and circumferential tape measurement.

Classes are open to all authorized patrons. For more information, call 919-722-0420.

22 April
Kimpo Park
Starts 10AM
Princess+Superhero
Walk & 5K

POW!

Prizes for Best Dressed

Games
Music

Top 3 Male/Female 5K Finishers Medals

SPRING FORWARD RUN/WALK 5K
APRIL 14 3PM

SCAN ME

FITNESS CENTER **919.722.0420**



EVERY SEASON STARTS AT



SPECIAL OFFERS FOR SEYMOUR JOHNSON AIR FORCE BASE

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See an Associate for details and entry forms.

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919-735-2205

997 Henderson St, Suite E
Mt Olive, NC 28365
919-299-8033



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CHIROPRACTIC

\$25
ADJUSTMENTS



MILITARY DISCOUNTS!

demockochiropractic.com | fb.com/DemockoChiropractic

Intramural Softball

Coaches Meeting • April 7 • 1pm
Fitness Assessment Cell

The Intramural Softball season is approaching quickly! If you would like to submit a team for your squadron, please submit a letter of intent (LOI) and team roster to Fitness Center staff by the close of business on April 6. Forms are available on www.sjffs.com.

Each LOI needs to name a coach and assistant coach, and it must be signed by your squadron First Sergeant or Commander. Rosters must include each member's squadron affiliation and contact number. Authorized Intramural Sports League members are uniformed service members, retirees, DoD civilians and dependents.

The season is capped at a maximum of 10 teams. If you don't have a team, email your name to 4.FSS.FITNESS@us.af.mil to be placed in the players pool. For more information, contact SSgt Emerson Fajardo, SrA Jada Rush or Mr Brent Marriner at 919-722-0420.

Thursday May 25
 8am to 12pm
Fitness Center 1/4-mile track
 Scan the code to pre-register
www.eventbrite.com/e/murgh-challenge-tickets-588558553477

Take the challenge ... get the tee*
 *Limited to first 25 to complete the challenge within the 3-hour timeframe.

The "Murph" challenge is more than just a workout of the day, it's a tradition to honor the courage and valor of Navy SEAL, Lt. Michael P. Murphy. While under attack in combat, Murphy valiantly put himself in the direct line of fire to radio for immediate support for his team. He was awarded posthumously, the Medal of Honor for his actions during the War in Afghanistan: OPERATION RED WINGS.

The "Hero's WOD"
 (Optional 20lb vest)

- 1 MILE RUN
- 100 PULL-UPS
- 200 PUSH-UPS
- 300 AIR SQUATS
- 1 MILE RUN

SEYMOUR JOHNSON AFB

sjffs.com | [fb.com/sjafb.fitness](https://www.facebook.com/sjafb.fitness)

DEPARTMENT OF THE AIR FORCE
 FITNESS & SPORTS
 919.722.0420

SEYMOUR JOHNSON AFB
 SS Facilities

Run the Base
Walk the Walk

Scan the code & **GET THE MAP**
HIT THE TRAILS

Celebrate Trails Day: April 29

BIKE **WALK** **HIKE** **RUN**

www.sjffs.com
 fb.com/sjffs • #charge4th
 919.722.8532



Celebrate National Library Week

Your base library encourages all to visit the library during National Library Week, April 23-29, to explore all they have to offer.

Most people know about the wealth of stories available at the library, from picture books and large print to audiobooks and ebooks. But there's so much more to the story of libraries. Libraries are welcoming spaces that bring communities together for entertainment, education, and connection through book clubs, story times, crafting classes, and more. The base library offers a wide array of programs, classes and resources.

And libraries play a critical role in the economic vitality of communities by providing internet and technology access, literacy skills, and support for job seekers, small businesses, and entrepreneurs.

If you haven't checked out the base library lately, you're missing the full story. Stop by for a visit to celebrate with them during National Library Week, April 23-29. Don't miss the following events:

April 25 • Story Time • 11am

April 26 • Library Littles Craft Time • 11am

April 28 • Visit the Library Day • 10am to 1pm

For more information, visit the library's web page at <https://www.sjfs.com/library> or call 919-722-5825.

Harry Potter Day May 6 • 1 to 4pm Library

Save the date for a family-friendly celebration of Harry Potter. There will be games, prizes and snacks. Come dressed as your favorite character!

University of MOUNT OLIVE

100% ONLINE, ON CAMPUS, & ON BASE OPTIONS

Classes toward CCAF degree available at SJAFB.



Or visit UMO.edu



Yellow Ribbon Program



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• CLASSES BEGIN SOON! •



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or

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Cosmic Bowling

Weekends/Date Nights
Phantom Lanes

Phantom Lanes offers glow-in-the-dark, Cosmic Bowling on Fridays at 10pm and twice on Saturdays, 2:30 and 9:30pm. Bowlers can enjoy two hours of bowling, rental shoes, and a light show for one low price. Fees vary depending on time of day and whether one pays individually or as a group. Half-price Cosmic Bowling is available every Friday and Saturday night to Single Airmen and their "plus one," ages 18 and up.

For more information, visit www.sjffs.com/bowling-center or call 919-722-0350.

First & Third Wednesday Bingo

April 5 & 19 • 6pm
May 3 & 17 • 6pm
Eagles Landing

The Community Programming & Partnership Office hosts Bingo on the first and third Wednesday of each month in the Pegasus Room. Play is open to ages 18 and up; 12-player minimum.

Card sales begin at 5pm with a 2-book minimum purchase of \$10 per player (no splitting). Additional books are \$4 and Early Bird cards are \$2 each. Cash prizes awarded. Call 919-722-8684 for more.

Music Bingo

April 12 & 26 • 5 to 6pm
May 10 & 24 • 5 to 6pm
Mustang Taproom

Experience a fun, musical spin on the popular game of Bingo at the Mustang Taproom on the second and fourth Wednesday of every month. There's no charge to play. Players listen to popular songs to mark titles on their cards. The first player to get five songs in a row wins a prize.

Designer Bag Bingo

June 16 • 6 to 8pm
Eagles Landing

Save the date for an evening of Bingo playing for authentic designer handbags, clutches, wallets, etc. Minimum purchase is two books at \$40. Additional books cost \$15 and Early Bird cards are \$7. No sharing. Play is open to ages 18 and up with base access. Sign up by June 14; 30-player minimum. Call 919-722-8684.

Fluid Art

Paint Pouring Class

MAY 11 • 5:30pm

Create a Masterpiece
LIMITED SPOTS AVAILABLE
in the Mustang Taproom

FREE CLASS

for Deployed Affected Personnel (DAP):
Open to Air Force Active Duty & their immediate family members,
4 months prior to deployment and up to one year following.
Open to spouse + one guest while AD member is deployed.
Deployment orders required.

ALL MATERIALS INCLUDED

If not R4R/DAP eligible, the cost is

\$25 per person

for ages 18+ with base access

RSVP to 919.722.8547 by May 5
Payment due with registration



sjffs.com f [sjaffb.fun](https://www.facebook.com/sjaffb.fun)

Coastal Kayaking

April 15 • 9am

Outdoor Rec

Single Airmen, don't miss out on this 2-hour guided kayaking tour in Cedar Point. The trip includes transportation, kayak, paddles, life jacket, and tour for the low cost of \$5. Sign up now at Outdoor Rec as space is limited. Need to know more? Call 919-722-1104.

R4R Tandem Skydiving

May 6 • By appointment

Outdoor Rec

Experience the rush of falling at 120mph from up to 13,500 feet! Outdoor Rec is putting together another great opportunity for recharge for Resiliency (R4R) eligible personnel to go tandem skydiving with Cadence Sky Sports in Louisburg. The R4R rate is \$75 per person. Pre-register at Outdoor Rec to reserve your time slot. Call 919-722-1104.

Lazy River Tubing

June 24 • 8am to 5pm

Outdoor Rec

Join Outdoor Rec for a daytrip to Lillington for a leisurely float down the Cape Fear River. The cost will be \$8 per person for ages 13 and up, R4R eligible; transportation and tubing included. Bring drinking water and spending money. The crew plans to stop for food after tubing. Coolers are permitted. Water shoes are recommended. Pre-register at Outdoor Rec or call 919-722-1104.

Information, Tickets & Travel

1385 S Andrews St • Outdoor Rec

The base's Information, Tickets & Travel (ITT) program is a valuable resource for information on vacation destinations and discounted tickets. Save now on tickets to Disney World, Universal Studios, Busch Gardens and more! For ticket availability and more information, please call 919-722-1104 or stop by.

North Carolina ZOO

Day Trip to Asheville

**SINGLE AIRMEN
FREE EXCURSION**
Includes transportation & ticket

April 29

8am to 7pm
Eagles Landing parking lot

Limited spots —
Call to sign up
919.722.8684



sjfss.com | fb.com/sjafb.fun

SNAPPER • GROUPEY • TRIGGER • JACKS • SEA BASS AND LOTS MORE HARD FIGHTING AND GREAT TASTING FISH!

Deep Sea Fishing



\$2000 pp, R4R, ages 5 and up*

Includes transportation, admission, half day bottom fishing, gear, bait, ice boxes, etc.
Food available for purchase in Galley

5:00am to 5:00pm

**JUNE 4
JULY 16
JULY 30
AUGUST 13
AUGUST 27**



Sign up at Outdoor Rec • 1385 S. Andrews St.
919.722.1104 • sjfss.com • fb.com/fun

Now Showing in the Sabre Cinema

The Community Programming & Partnership Office (CPPO) hosts free movies in the Sabre Cinema each weekend, unless otherwise posted. Movie-goers are welcome to bring their own snacks; no alcoholic beverages please.

Friday night flicks are at 6 pm, while Saturday matinees are at 3 pm.

April 1 • 3pm • Beetlejuice

PG • 1988, Comedy/Fantasy, 1h 32m

April 7 • 6pm • Top Gun: Maverick

PG-13 • 2022, Action/Drama, 2h 10m

April 8 • 3pm • Big Daddy

PG-13 • 1999, Comedy/Drama, 1h 33m

April 14 • 6pm • Don't Breathe

R • 2016, Crime/Horror/Thriller, 1h 28m

April 15 • 3pm • Groundhog Day

PG • 1993, Comedy/drama/Fantasy, 1h 41m

April 21 • 6pm • Meet the Parents

PG-13 • 2000, Comedy/Romance, 1h 48m

April 22 • 3pm • Napoleon Dynamite

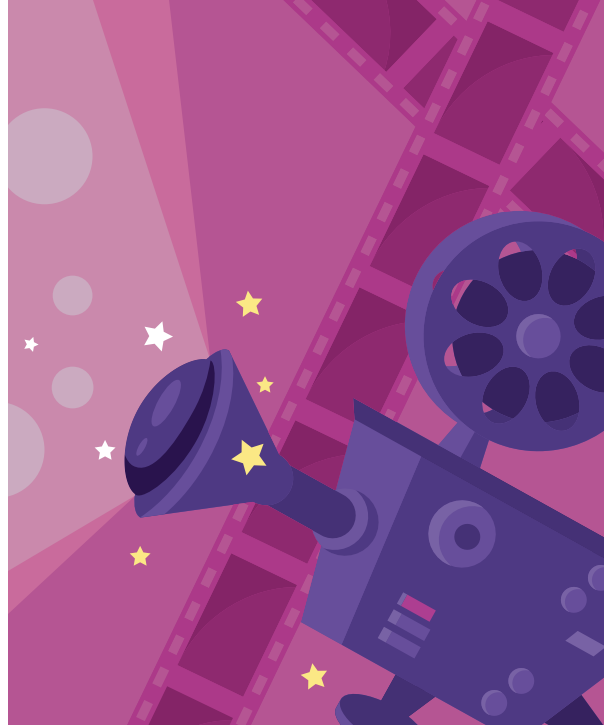
PG • 2004, Comedy, 1h 36m

April 28 • 6pm • Jungle Cruise

PG-13 • 2021, Action/Adventure/Comedy, 2h 7m

April 29 • 3pm • The Nut Job 2: Nutty by Nature

PG • 2017, Animation/Adventure/Comedy, 1h 31m



Fly By Movie

April 20 • 4:30pm

Thor: Love & Thunder

PG-13 • 2022, Action/Adventure/Comedy, 1h 58m

May 18 • 4:30pm

Thor: Ragnarok

PG-13 • 2017, Action/Adventure/Comedy, 2h 10m

June 15 • 4:30pm

Where the Crawdads Sing

PG-13 • 2022, Drama/Mystery/Romance, 2h 5m

Information

The Southern Eagle Dining Facility (DFAC) hosts a monthly Fly By Movie Night on the third Thursday. Admission is free.

The DFAC is open to all with base access. Seating is first come, first served.

For more details, call the dining facility at 919-722-5298.



MEMORIAL DAY

REMEMBER & HONOR

Join us to kick off the summer season!

SATURDAY - May 27

3:00pm - Ice Cream Making: Take a handmade approach to ice cream. \$10 per person

6:30pm - "Flying Memorial" A personal ceremony to honor a loved one. \$2 per person.

7:00pm - Sunset Paddle: Take in the scenery along the Cape Fear River atop a kayak. \$15 per person

SUNDAY - May 28

3:00pm - Tie Dye: Create your own Fort Fisher T-shirt. \$15 per person

8:00pm - Top Gun: Join us in the Recreation Hall for a free indoor movie. (Rated PG)

Recreation Hall Open Saturday & Sunday 10am to 4pm

Open to all valid military ID card holders and sponsored guests.

Register at least 2 hours in advance for paid programs.

See Reception Center for sign-up/details.

Fort Fisher
AIR FORCE RECREATION AREA

910.500.6465

|| sjfss.com/fort-fisher-af-rec-area
fb.com/fortfisher

WINGMEN WEDNESDAY

APR 19
4:30 TO 6:30PM
WINGS & DRINK SPECIALS

FIRST 30 CUSTOMERS GET FREE WINGS
 ELIGIBLE PATRONS GET A TICKET FOR WINGS REDEEMABLE ON 12/4/19 ONLY

WINGS PROVIDED BY **FIRST COMMAND**
 NO FEDERAL ENCOURAGEMENT OF SPONSOR INTENDED

919.722.4914
 mustangtaproom 4thfunsquad sjfss.com

MUSTANG TAPROOM

HEARTS APART COMMUNITY DINNER

for Friends, Family and Fellow Airmen of Deployed Service Members

ALL are welcome!

Please join us as we come together as a community to support one another.

3RD TUESDAY OF EACH MONTH
5 TO 7PM • EAGLES LANDING

NATIONAL GRILLED CHEESE DAY
APRIL 12

\$1.50
 GRILLED CHEESE SANDWICH

ALL-DAY \$3.50
 GRILLED CHEESE COMBO



722.0349
 SJFSS.COM | /SIJAFB.FOOD

PHANTOM LANES



HOSTED BY THE MILITARY & FAMILY READINESS CENTER
 919-722-1123 | sjfss.com | fb.com/sjfss

**First come, first served; while supplies last*

NATIONAL CHEDDAR FRIES DAY
APRIL 20

ALL-DAY NO UPCHARGE
 ADD CHEESE TO YOUR FRIES WITH ANY COMBO MEAL



722.0349
 SJFSS.COM | /SIJAFB.FOOD

PHANTOM LANES

BARKS & BREWS

APRIL 28 | 5-8PM | EAGLES LANDING BACKYARD

MUSTANG TAPROOM TRAILER ON-SITE



NATIONAL PRETZEL DAY
APRIL 26

ALL-DAY \$2.50
 ORDER OF PRETZEL BITES (10)



722.0349
 SJFSS.COM | /SIJAFB.FOOD

PHANTOM LANES

MUSTANG TAPROOM

Bring your furry friends and socialize!
 1240 Andrews St | 919.722.8547
 sjfss.com | facebook.com/sjafb.food



THURSDAY	FRIDAY	SATURDAY
<p>4</p> <p>All You Can Bowl 8am-1pm \$4.99 1-5pm \$5.99 5-9pm \$7.59</p> <p>Airman's Attic 10am-1pm Open to All Ranks</p>	<p>5</p>  <p>Family Campout 5:30pm Free movie 6pm</p> <p>Teen Late Night: Cinco de Mayo 7pm</p>	<p>6</p> <p>Tandem Skydiving by appt Airman's Attic 12-2pm Harry Potter Day 1pm Mustang Taproom 3pm Free movie 3pm</p>
<p>11</p> <p>Parent Resource Fair 9:30am</p> <p>Discovery Center 10am Zumba 11:30am Paint Pour Class 5:30pm</p>	<p>12</p> <p>Spouse Appreciation Coffee 8 to 10am</p> <p>Spouses' Combat Dining In 6pm</p> <p>Free movie 6pm</p>	<p>13</p> <p>Give Parents a Break 9am Cosmic Bowling 2:30pm Free movie 3pm Cosmic Bowling 9:30pm</p>
<p>18</p>  <p>All You Can Bowl Zumba 11:30am Vesting in TSP 1pm Fly By Movie Night 4:30pm</p>	<p>19</p> <p>Sweatmasters 4:30pm Cosmic Bowling 10pm</p>	<p>20</p>  <p>Wings Over Wayne Airshow 10am to 2:30pm Gates open at 8am</p>
<p>25</p> <p>Murph Challenge 8am Airman's Attic 10am-1pm Discovery Center 10am Zumba 11:30am</p>	<p>26</p> <p>ACC Family Day Bowling opens at 1pm Cosmic Bowling 10pm</p>	<p>27</p> <p>Memorial Day Weekend Activities @Fort Fisher Cosmic Bowling 2:30pm Cosmic Bowling 9:30pm</p>
 <p>NATIONAL BIKE MONTH</p>		<p>Bikes for rent:</p> <p>Outdoor Rec 919-722-1104</p> <p>Fort Fisher Air Force Rec Area 910-500-6465</p> 



- June 1
 - Get to Know FCC
- June 4
 - Deep Sea Fishing
- June 8
 - ABCs of PCSing
 - Paying Off Student Loans
 - R4R Wine & Design
- June 10
 - Fort Fisher AF Rec Area
 - NAF Yard Sale
- June 14
 - Summer Reading Kickoff
 - First Time Owners Class
- June 15
 - Weightlifting Competition
- June 16
 - Designer Bag Bingo
- June 20
 - Newcomers Orientation
 - Hearts Apart
 - Community Dinner
- June 23
 - Teen Late Night: End of School Splash & Paint
- June 24
 - Lazy River Tubing
- June 30
 - Independence Day Celebration

APRIL

SUNDAY

MONDAY

TUESDAY

WEDNESDAY




April is
**CHILD ABUSE
PREVENTION
MONTH**



Month of the
Military Child

Carefully
lift the staples
and remove
this handy
calendar to
place on your fridge
or bulletin board



2

3

Spin Class 11am
Sweatmasters 4:30pm
Red Pin Bowling 5pm

4

Airman's Attic 10am-1pm
Open to All Ranks
Taco Tuesday, 10-Pin Café
Story Time 11am
Yoga 11:30am

5



Healthy Hustle 11:30am
Sweatmasters 4:30pm
Nighttime Bingo 6pm

9

Easter Sunday
Eggstravaganza @Ft Fisher
Bunny Photos 9:30am
Egg Hunt 10am
Lawn Games 10:30am

10

Kids Bowl Free
Spring Art Camp 9am
Spin Class 11am
Sweatmasters 4:30pm
Red Pin Bowling 5pm

11

Kids Bowl Free
Airman's Attic CLOSED
Spring Story Time 11am
Operation Deployed Hearts
5pm

12

Kids Bowl Free
Paint & Plant 11am
Grilled Cheese Day
10-Pin Café
Music Bingo 5pm

16



Chalk Your Military Walk
April 17-21

17

Spin Class 11am
Sweatmasters 4:30pm
Red Pin Bowling 5pm

18



Newcomers Orientation 8am
Hearts Apart Community
Dinner 5pm

19




Wingmen Wednesday 4:30pm
Nighttime Bingo 6pm

23

Last day to enter Air Force
Art Contest

30

24






Spin Class 11am
Sweatmasters 4:30pm
Red Pin Bowling 5pm

25

Airman's Attic 10am-1pm
Library Week Story Time
11am
Yoga 11:30am

26

Pretzel Day 10-Pin Café
Library Littles Craft Club
11am
Healthy Hustle 11:30am
Music Bingo 5pm

THURSDAY	FRIDAY	SATURDAY
	 <p>MONTH LONG FITNESS CHALLENGE 400m Timed Dash</p>	<p>1 EFMP Resource Fair 10am Airman's Attic 12-2pm Open to All Ranks NEW Mustang Taproom 3pm Free movie 3pm</p>
<p>6 Airman's Attic 10am-1pm Open to All Ranks Car Buying Class 1pm Spouse Reintegration 5pm Intramural Softball LOIs due by COB</p>	<p>7  Intramural Softball Coaches Meet 1pm Free movie 6pm Cosmic Bowling 10pm</p>	<p>8 Breakfast with the Bunny by reservation Give Parents a Break 9am MOMC/Pokémon Egg Hunt 10am Free movie 3pm</p>
<p>13 Kids Bowl Free All You Can Bowl ABCs of PCSing 9am Airman's Attic CLOSED Discovery Center 10am</p>	<p>14 Kids Bowl Free Spring Forward 5k 3pm Sweatmasters 4:30pm Free movie 6pm Cosmic Bowling 10pm</p>	<p>15 Coastal Kayaking 9am Family Spring Fun 11am Family Spring Movie 1pm Free movie 3pm Cosmic Bowling 9:30pm</p>
<p>20 Bundles for Babies 9am Cheddar Fries Day 10-Pin Café Credit Management 1pm Fly By Movie Night 4:30pm</p>	<p>21 PurpleUp! Day Teddy Bear Clinic 8am Volunteer Appreciation 1pm Brainstormer Trivia 5:45pm Free movie 6pm</p>	<p>22 MOMC Princess+Superhero Walk & 5K 10am Cosmic Bowling 2:30pm Free movie 3pm Cosmic Bowling 9:30pm</p>
<p>27 Mock Interview 10am Discovery Center 10am Airman's Attic 10am-1pm Zumba 11:30am Vesting in TSP 1pm</p>	<p>28 Visit the Library Day 10am Sweatmasters 4:30pm Barks & Brews 5pm Free movie 6pm</p>	<p>29 Celebrate Trails Day NC Zoo Trip 8am Cosmic Bowling 2:30pm Free movie 3pm Cosmic Bowling 9:30pm</p>

MONTH OF THE MILITARY CHILD
PURPLE UP for military kids!

- April 1
 - EFMP Resource Fair
 - Indoor Rock Climbing*
- April 1-3
 - Dick's Sporting Goods Shop Event
- April 7-15
 - Kids Bowl Free
- April 8
 - Pokémon Egg Hunt
- April 11
 - Indoor Nerf War*
- April 13
 - "All About Me" Discovery Center Playgroup*
- April 14
 - CDC PurpleUp! Parade
 - Family Game Night*
- April 17-21
 - Chalk Your Military Walk
- April 21
 - PurpleUp! Day
 - Teddy Bear Clinic
 - Downtown Merchants Community Photo
- April 22
 - Princess & Superhero Walk & 5k
- April 27
 - "PurpleUp!" Discovery Center Playgroup

**See USO for more info*

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1	2	3 
MONTH LONG FITNESS CHALLENGE One Rep, Max Bench	Spin Class 11am Sweatmasters 4:30pm Red Pin Bowling 5pm	Airman's Attic 10am-1pm Open to All Ranks Taco Tuesday, 10-Pin Café Story Time 11am	Healthy Hustle 11:30am Sweatmasters 4:30pm Nighttime Bingo 6pm
7	8	9	10
Provider Appreciation Week Military Spouse Appreciation Week	Spouse Appreciation Scavenger Hunt 9am Home Buying Class 5pm Red Pin Bowling 5pm	Health Fair/Blood Drive 9am Yoga 11:30am Mental Health Awareness Run/Walk 1pm Spouse Resilience 6pm	Education & Job Fair 10am Spouse Appreciation WCC Tour 1:30pm Music Bingo 5pm WCPS Fireside Chat 6pm
14	15 	16 	17
	Spin Class 11am Sweatmasters 4:30pm Red Pin Bowling 5pm	Newcomers Orientation 8am Hearts Apart Community Dinner 5pm	Brainstormer Trivia 5:45pm Nighttime Bingo 6pm
21	22	23 	24
 Wings Over Wayne Airshow 10am to 2:30pm Gates open at 8am	Spin Class 11am Sweatmasters 4:30pm Red Pin Bowling 5pm	Federal Resume 10am Yoga 11:30am Civilian Resume 1pm	Library Littles Craft Club 11am Healthy Hustle 11:30am Music Bingo 5pm
28		30	31
Memorial Day Weekend Activities @Fort Fisher	Holiday Bowling 1 to 7pm	Airman's Attic 10am-1pm Story Time 11am Yoga 11:30am	Specialty Burger Special 10-Pin Café

ICE



How are we doing?

Let your voice be heard. Share your feedback about our 4th Force Support Squadron facilities or rate your experiences with services you have received through the Interactive Customer Evaluation (ICE) website found at ice.disa.mil. (Or scan the QR code)

Your feedback and ratings are used to improve the products and services available to you.

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- "The toasted bagel with Tiger Teeth cream cheese is TO DIE FOR. Best thing ever. So good I had to come back within an hour to get another. My coffee was delicious also. 10/10. And you have such a nice employee who even helped me figure out where the Compass Café was. Love it here."
- "Absolutely LOVE getting coffee and a bagel here before heading to work on the flightline! Makes my day just that much more enjoyable."



Treat yourself to a bagel with a bite

Take it from us, you've got to try the toasted bagel with Tiger Teeth cream cheese from Seymo Joe to Go. The warmth of the toasted, yet soft, bagel paired with the full flavor of the Sriracha-infused, whipped cream cheese is delish!

Seymo Joe to Go, located at 1514 Goodson St., is open Monday through Friday from 6 to 10:30am.

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Car Buying

April 6 • 1pm • M&FRC

When it comes to buying a car, it is important that buyers understand the specific steps involved in making a wise purchase. The Car Buying course is designed to develop knowledge and skills that will enable learners to conduct adequate research on a new car purchase, to determine how much they can afford to spend on a car, and to negotiate effectively when purchasing an automobile.

Space is limited. Please call the Military & Family Readiness Center at 919-722-1123 to enroll.

Spouse Reintegration

April 6 • 5pm • Eagles Landing

The Military & Family Readiness Center and supporting agencies present information how spouses can reconnect with their returning deployed and remote tour members. Other topics include reconnecting your spouse and children, mental health preparedness, and the purpose of the deployed member's reintegration. Refreshments will be provided.

Operation Deployed Hearts

April 11 • 5pm • Eagles Landing Ballroom

The Military & Family Readiness Center offers quarterly seminars, trainings, briefings to the spouses of deployed service members. The intent is to equip spouses of deployed service members with the necessary tools and information to help them transition through the pre-deployment, sustainment and reintegration phases of deployments.

The focus of the upcoming workshop is Sustainment. Call 919-722-1123 for more details.

ABCs of PCSing

April 13 & June 8 • 9am • Family Life Center, Rm 100

Are you preparing for a permanent change of station (PCS)? The Military & Family Readiness Center hosts a workshop designed to help you successfully navigate the PCS maze by helping to minimize stress, confusion, and hardships often associated with moving.

To sign up for this helpful class, call the M&FRC at 919-722-1123.

Newcomer's Orientation

April 18 & May 16 • 8am to 1pm • Eagles Landing

The Military & Family Readiness Center welcomes all new arrivals to Seymour Johnson Air Force Base with a special orientation and information fair. This event is for newly assigned personnel and their families. Join us and get to know your new base.

Credit Management

**April 20 • 1pm
M&FRC**

Get the knowledge you need to build and protect your credit health by participating in this class. Topics include wise and unwise use of credit, how to establish a credit history, credit scores and credit reports, how to reduce the cost of credit, and credit management strategies and resources.

Call 919-722-1123 to sign up.

Bundles for Babies

**April 20 • 9am to 12:30pm
Eagles Landing**

The Military & Family Readiness Center presents a special program called Bundles for Babies for new and expectant parents. Gain helpful tips on budgeting and caring for newborns.

Each participating active duty Air Force family will receive a \$50 grant from the Air Force Aid Society. Light refreshments will be available.

The session is limited to 30 parents. Pre-register by calling the M&FRC at 919-722-1123.



Seymour Johnson Youth Programs

Youth of the Year

Jayva C. was selected as the base's Youth of the Year and will compete at the state level on April 14.

Congratulations Jayva and best wishes as you move forward representing SJAFB.

Vesting in TSP

April 27 & May 18 • 1pm
M&FRC Conference Room

Everything you need to know about vesting in the Thrift Savings Plan —This course is intended for Airmen under the Blended Retirement System who are approaching two years of service. Call 919-722-1123 to sign up.

Home Buying

May 8 • 5pm
Eagles Landing

Buying a home is the most significant purchase many people will ever make. This course is designed to increase the knowledge and comfort level of first-time home buyers and serve as a refresher for repeat home buyers. Call 919-722-1123 to enroll in the workshop.

Strategies, Paying Off Student Loans

June 8 • 1pm
M&FRC Conference Room

Paying off Student Loans is intended to provide awareness of student loan debt management strategies. Learners can improve their current financial situations, avoid student loan delinquency and default, and repay student loans as quickly and inexpensively as possible. To sign up for this class, call 919-722-1123.

First-time Owners

June 14 • 6:30pm
Auto Hobby Shop

Class geared towards educating young or first vehicle owners on responsibilities, expectations and pitfalls of maintaining your vehicle. Call 919-722-1309 to sign up.

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PROVIDER APPRECIATION WEEK: MAY 8-12

Show your appreciation for your child care provider this week. Teachers, nannies, caregivers are all essential workers who help working parents continue to provide for their families.



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Katrina.Jones.6@us.af.mil

MSgt Katrina Jones

I am the Air Force Reserve In-Service Recruiter for Seymour Johnson AFB, NC.

I am available to discuss the many opportunities or answer any questions about the Air Force Reserve - Palace Chase or Palace Front Programs.

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May 5-6 || 5:30pm to 9am

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sjfss.com
[/sjafb.fun](https://www.facebook.com/sjafb.fun)
722.1104



Morning Out - Give Parents a Break

April 8 • 9am to 1pm

May 13 • 9am to 1pm

CDC + Youth Center

Parents of children, ages 6 weeks - 5 years, may be eligible for a few hours of child care at no cost. Eligible families must be referred by their squadron commander, first sergeant, chaplain, Family Advocacy, Military & Family Readiness Center, Child Development or Youth Centers. Others may sign up for \$8 per hour, per child.

Call the CDC at 919-722-1198 or Youth Center at 919-722-0502 by close of business on Wednesday before the event date.

Discovery Center

April 13 & 27 • 10am

May 11 & 25 • 10am

Kiddie Hawk Playground

Parents, bring your preschool age children to the Discovery Center on the second and fourth Thursday of each month for volunteer-led activities. Enjoy stories, crafts, coloring, getting the wiggles out, etc.

The theme for the April 13 event will be "All About Me," followed by "Planting Seeds" on May 11, presented by our friends at USO North Carolina.

Follow the 4th Force Support Squadron on Facebook for updates.

Story Time

Tuesdays • 11am

Base Library

The Base Library offers weekly story times designed for preschool age children on each Tuesday. Parents/guardians and children with base access are welcome.

Library Littles Craft Club

April 26 & May 24 • 11am

Base Library

Bring your little ones to the Children's Room on the fourth Wednesday of each month for a fun time with arts and crafts. This free program is designed for ages 0-5 years old.

For more information, call the base library at 919-722-5825.



MilSpouse Appreciation

SPOUSE WARRIOR WEEK

Celebrating the Heart of the Team—You! **Save the dates:** Attend special events to be entered in **PRIZE DRAWINGS** at the closing event on Friday night.

MON 05.08.2023 DAY 1

Scavenger Hunt • 9am - 2pm
Mayroad Community Center
Self-paced; use the GooseChase app. Win up to a \$50 gift card! Light refreshments available.

Home Buying Class • 5 - 6:30pm
Eagles Landing, Pegasus Room
What you need to know before you buy, presented by NCCFCU. Call M&FRC at 919-722-1123 to sign up.

TUES 05.09.2023 DAY 2

- **Health Fair • 9 - 11am • Eagles Landing (EL)**
- **Blood Drive • 9am - 12:30pm • EL**
- Armed Services Blood Program; scan QR for appointment
- **Healthy Smoothie Demonstration • 10 - 11am • EL**
- First 30 participants receive a free smoothie
- **Yoga • 11:30am - 12:30pm • EL**
- Mats and light refreshments provided
- **Mental Health Awareness Run/Walk • 1pm • EL**
- **Kickoff for Spouse Resilience Training • 6 - 7:30pm**
- **Mayroad Community Center** (Tuesdays in May)
- First two modules: Gratitude and Value Based Goals



WED 05.10.2023 DAY 3

Education & Employment Fair
10am to 1pm • Eagles Landing
Meet with college representatives + potential employers. Resume assistance available.

Wayne Community College Tour • 1:30pm
Limited transportation from Eagles Landing. Sign up with M&FRC, 919-722-1123.

Wayne County Public Schools Fireside Chat
6 to 7pm • Eagles Landing
Recommended for parents of WCPS students

THURS 05.11.2023 DAY 4

- **Parent Resource Fair**
- **9:30 to 11:30am • Kiddie Hawk Playground**
- Base Library, EFMP-Family Support, Family Child Care, School Liaison, and Partnership for Children of Wayne County, Inc will be on-site.
- **Planting Seeds**
- **10 to 10:30am • Discovery Center**
- Preschool geared activity led by USO; parent/guardians must accompany toddlers

FRI 05.12.2023 DAY 5

Military Spouse Appreciation Coffee
8 to 10am • Seymo Joe to Go
Enjoy a free coffee and breakfast item while supplies last

Spouses' Combat Dining-In
6 to 9pm • Eagles Landing
An informal dinner for spouses to experience their own Combat Dining-In, complete with altered uniforms, face paint, Nerf gun zone, obstacle course, grog bowl, etc. On-site child care provided; call M&FRC at 919-722-1123.

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Teach a Kid

Do you love kids and have a special skill you want to share with base youth? Dance. Art. Martial Arts. Music. Zumba. Tutoring. Teach classes at the Youth Center. Set your own hours and rates.

Liability insurance up to \$300,000 is required. For more information, please call the Youth Center at 919-722-0505.

Mock Interview

April 27 • 10am to 2pm
Virtual Workshop

Boost your interview skills by participating in this free class. Please call the Military & Family Readiness Center at 919-722-1123 for an individual appointment. Participants need to have a job ad and resume ready for the mock interview.

Federal Resume Writing & Job Search

May 23 • 10 to 11:30am
Connect 4, Classroom B

Participants in this free class will learn to effectively write a federal resume for government jobs and how to search for openings on USAJobs.gov. Get tips and tricks for navigating the USAJobs website.

Call 919-722-1123 to sign up.

Civilian Resume

May 23 • 1 to 2:15pm
Virtual Workshop

Learn to write an effective resume that may open the door to your next career.

Call 919-722-1123 to sign up.



EDUCATION & EMPLOYMENT FAIR

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OPEN TO ALL WITH BASE ACCESS

EDUCATION

College representatives will be in attendance to speak about available education programs.

EDUCATION OFFICE: 919.722.5800

EMPLOYMENT

Meet with local & regional businesses with available jobs openings.
Bring your resume!

MFRC OFFICE: 919.722.1123

MAY 10

10AM - 1PM

EAGLES LANDING

www.sjfss.com [/sjafb.family](https://www.facebook.com/sjafb.family)

— *Hard Charger Awards* —



ABOVE: Lt Col Timothy Kirchner, 4th Force Support Squadron Commander, presents the traveling lightning bolt, Hard Charger Team of the Month Award to the lodging team at Southern Pines Inn. Front row (L-R): Capt Paige Burnette, SMSgt Perla Hernandez, Ms Kaci Harrison, Ms Pauline Beckman, Ms Nicole Tuten. 2nd row (L-R): Ms Linda Rodriguez, Mr Toby Kerner, Ms Tarsha Thompson, Ms Takola Woods, Ms Claria Wooding, Ms Kni'treeya Johnson, Ms Rio Litsey, Mr Rob Garcia. 3rd row (L-R): Mr Felix Thompson, Mr Carzell Horton, Mr Ferronte Harris, Mr James Wellington, Mr Larry Best, Lt Col Kirchner, CMSgt Jason Brandy, Maj Nate Beckler, Mr Ben Lee.



LEFT: Lt Col Kirchner presents an individual Hard Charger Award to Kayla Pillar of Outdoor Recreation.





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- **Community Programming & Partnership Office (CPPO)**
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- **Fitness & Sports Center**
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fb.com/sjafb.fitness
- **Fort Fisher Air Force Recreation Area**
910.500.6465 • fb.com/fortfisher
118 Riverfront Rd, Kure Beach
- **Kiddie Hawk Playground**
919.722.8684 • 1515 Goodson St
fb.com/sjafb.family
- **Outdoor Recreation Adventure Park**
919.722.1104 • 1385 S. Andrews St
fb.com/sjafb.fun
- **Sabre Cinema**
919.722.8684 • 919.722.8684
3740 Edwards St • fb.com/sjafb.fun
- **Splash Pad (seasonal)**
919.722.1104 • 919.722.7437
Debden Park • fb.com/sjafb.fun
- **Swimming Pool (seasonal)**
919.722.1104 • 919.722.7437
1500 Langley Ave • fb.com/sjafb.fun

4 FSS SERVICES & RESOURCES

- **Airman's Attic**
919.722.7181 • 1515 Goodson St
fb.com/sjfss
- **Barbershop**
919.722.7760 • 1240 Andrews St
- **Casualty & Survivors Benefits Plans**
919.722.7192 • 1600 Wright Brothers Ave

- **Child Development Center**
919.722.1198 • 919.722.1199
1030 Langley Ave • fb.com/sjafb.family
- **Civilian Personnel Section**
919.722.0117 • 1570 Wright Brothers Ave
fb.com/sjfss
- **Commercial Sponsorship**
919.722.7155 • fb.com/sjfss
1600 Wright Brothers Ave, 2nd Fl, Ste 228
- **Community Cohesion Coordinator (C3)**
919.722.4697 • 1240 Andrews St
- **Connect 4**
919.722.8684 • 1515 Goodson St
fb.com/sjafb.fun
- **DEERS & ID Cards**
919.722.8702 • fb.com/sjfss
1600 Wright Brothers Ave, 1st Fl
- **Eagles Landing**
919.722.8684 • 1240 Andrews St
fb.com/sjafb.fun
- **Education & Training**
919.722.5800 • 1195 Cannon Ave
fb.com/sjfss
- **Family Child Care**
919.722.7194 • 1515 Goodson St
fb.com/sjafb.family
- **Honor Guard**
919.722.7019 • 1175 Wright Brothers Ave
- **Library**
919.722.5825 • 1520 Goodson St
fb.com/sjafb.family
- **Lodging @ Southern Pines Inn**
919.722.0385 • 1235 Wright Brothers Ave
- **Manpower & Organization**
919.722.5336 • 1195 Cannon Ave, 2nd Fl
- **Marketing**
919.722.8532 • fb.com/sjfss
1600 Wright Brothers Ave, 2nd Fl, Ste 228
- **Military & Family Readiness Center**
919.722.1123 • 1500 Vermont Garrison St
fb.com/sjfss • fb.com/sjafrc
- **Military Personnel Section**
919.722.8677 • fb.com/sjfss
1600 Wright Brothers Ave, 1st Fl
- **Military School Liaison**
919.722.5810 • 1515 Goodson St
fb.com/schools.sj
- **NAF Human Resources**
919.722.5939 • 1570 Wright Brothers Ave
- **Private Organizations**
919.722.7289
1600 Wright Brothers Ave, 2nd Fl, Ste 220
- **Professional Development Center**
919.722.1149 - ALS
919.722.5857 - Career Assistance
1175 Wright Brothers Ave
- **School Age Care**
919.722.0502 • 1035 Langley Ave
fb.com/sjyouth

- **Youth Programs**
919.722.0502 • 1035 Langley Ave
fb.com/sjafb.family
- **Vet Clinic**
919.722.1465 • 1003 Collier Ave
By appointment only

BASE HELPING AGENCIES









- **Alcohol & Drug Abuse Prevention**
919.722.1883
- **Chaplain/Chapel**
919.722.0315 • 1505 Vermont Garrison St
- **Equal Opportunity**
919.722.1180
- **Family Advocacy**
919.722.7878
- **Health Promotion**
919.722.0407
- **Medical Group Primary Care**
919.722.1802
- **Mental Health Clinic**
919.722.1883
- **Military Family Life Counselor**
919.886.3346 - Adult
919.886.3405 - Child
- **Military One Source**
800.342.9647
- **Sexual Assault Response Coordinator**
919.722.0154 • 919.722.0155
919.722.7272 - Hotline

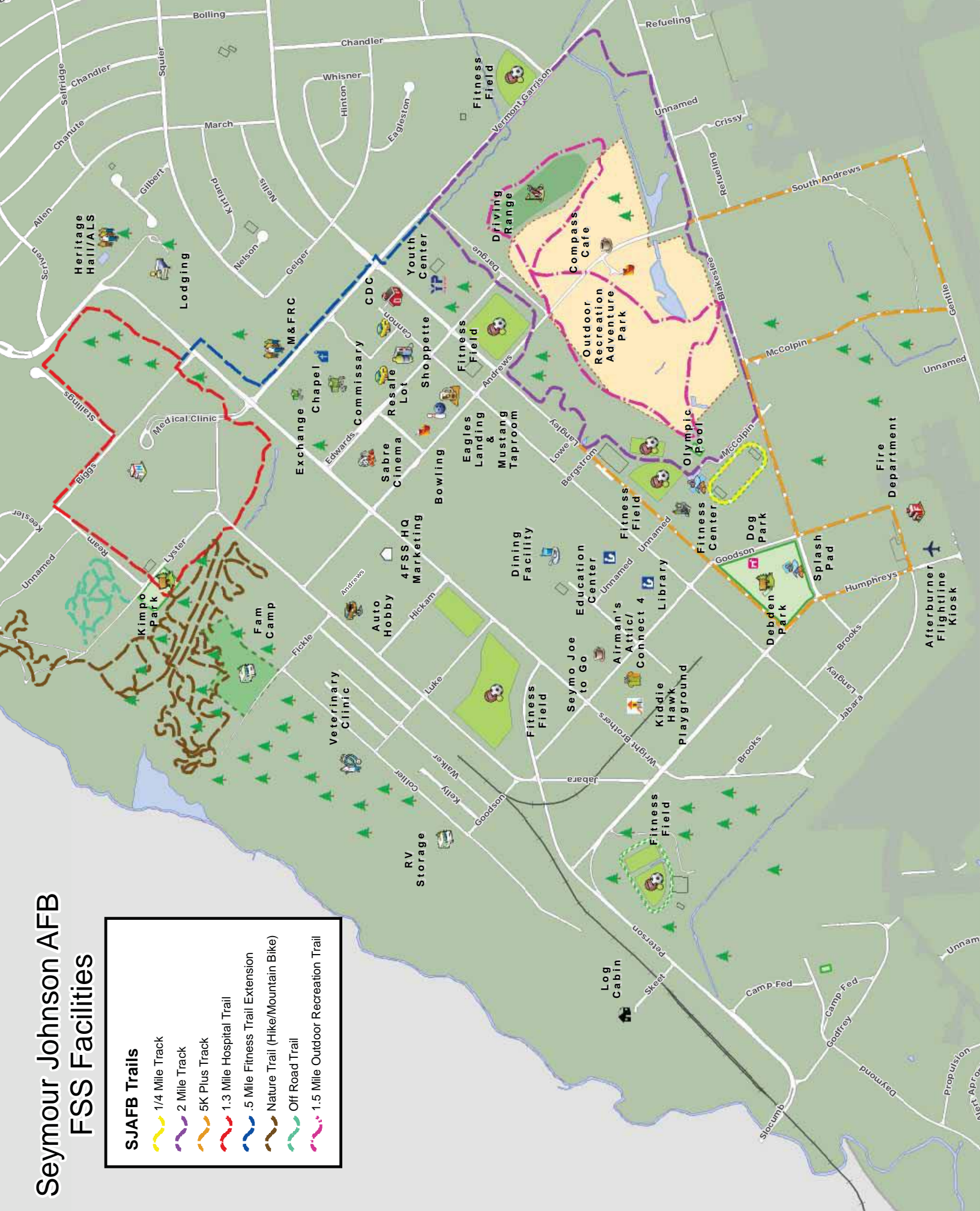
BASE SERVICES & RESOURCES

- **Airmen Against Drunk Driving**
919.751-6002 • fb.com/callaadd
- **Commissary**
919.722.0321 • 1310 Edwards St
- **Eagle Eyes**
919.722.1212 - If you observe suspicious activity, please call us
- **Exchange (BX)**
919.735.8511 • 1350 Edwards St
- **Express with Class Six**
919.734.7235
- **Mayroad**
919.988.6918 • 600 Kenly Rd
- **Military Housing Office**
919.722.0362 • 919.722.0363
919.722.0364 • 600 Kenly Rd
- **Security Forces**
919.722.8477 - Tip Line
- **Thrift Shop**
919.722.0606 • 1585 Andrews St
- **USO of NC - SJAFB Center**
919.330.1226 • 1240 Andrews St
- **Visitors Center**
919.722.1335 • 919.722.1345
1050 Wright Brothers Ave
After hours visitor passes: go to the main gate on Berkeley Blvd

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