

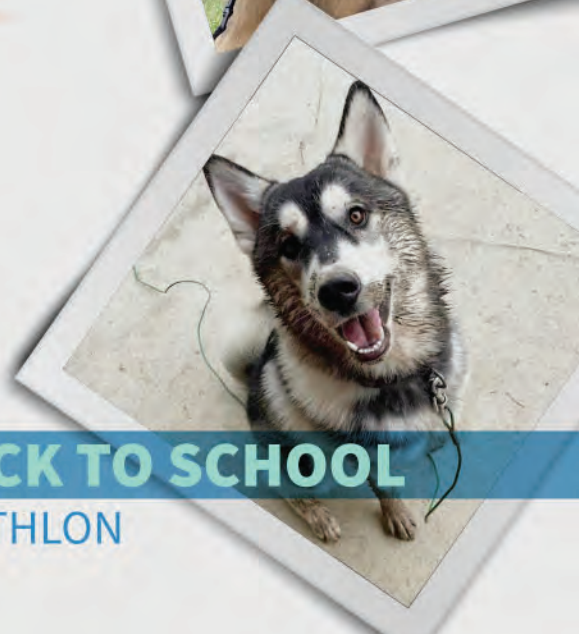
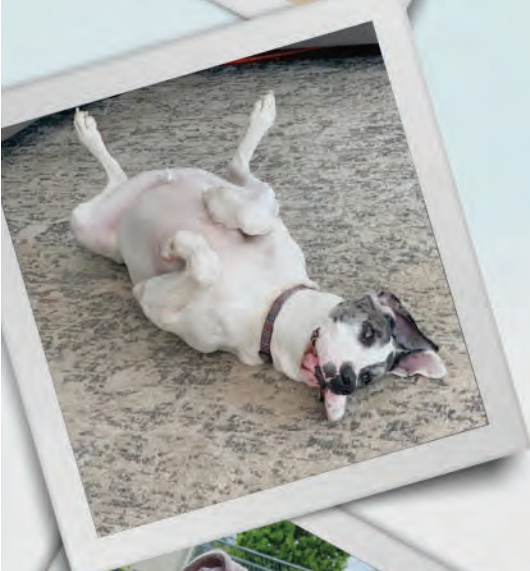
SEYMOUR

AUG 2022

explore more



Dog Days of
SUM
MER



SUMMER FUN • GETAWAYS • BACK TO SCHOOL
TRIPLE THREAT SPRINT TRIATHLON

SAVE THE DATE



BACK TO SCHOOL

BASH!

AUG 19 • 4 PM

Celebrate the start of the new school year with free school supplies, games, food, giveaways & more!

[f /SJFSS](#) [f /SJAFB.FAMILY](#) [f /SJAFB.FUN](#)

No Federal endorsement of sponsors intended.



UNBOXED GAMING
VIRTUAL REALITY ARCADE AND EXPERIENCES

PIVOT
PHYSICAL THERAPY

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SOUTHERN
PINES INN
IN THE SPOTLIGHT



Guest Services Representative, Richard Best, 4th Force Support Squadron lodging, receives a coin from Col Tammy McElhane, 4th Mission Support Group Commander, on July 8, 2022, at the Southern Pines Inn, Seymour Johnson Air Force Base, North Carolina. Best was recognized for his professionalism and cheerful demeanor, as penned in a letter to 4th Fighter Wing Commander Col Lucas Teel from retired Vice Chief of Staff Gen Larry Spencer. (U.S. Air Force photo by Savannah Kosik-Zeledon)



4 FSS Commander
Lt Col Timothy A. Kirchner

4 FSS Deputy Director
Kaci Harrison

Marketing Director
Savannah Kosik-Zeledon

Commercial Sponsorship
Alixis "Cici" Santana-Tucker

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Marketing Assistant
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KEEP IN TOUCH

Website: www.SJFSS.com
Facebook: 4th Force Support Squadron
Instagram: @4sjfss
Commercial: 919.722.8532
DSN: 722.8532
Address: 1600 Wright Brothers Ave,
Bldg 3010, 2nd Fl, Rm 228

"In particular, I want to call out Richard Best, who works at the front desk in lodging. I've interacted with him several times, and he is always cheerful, professional and goes out of his way to ensure my stay is pleasant. Please pass on my thanks for a job well done."

—General Larry O. Spencer,
USAF (Ret)





4 FSS HARD CHARGER AWARDS

4th Force Support Squadron Commander Lt Col Timothy Kirchner presents the Hard Charger award to TSgt Tony Belin Jr.

"TSgt Tony A. Belin Jr. has been crushing it! He went above and beyond by delivering a personalized UMD briefing to the Ops Group, educating the Chief and 16 SNCOs and NCOs on their manpower resources. Additionally, he stepped outside his primary role and partnered with Marketing, CPPO, CE, Safety, Maintenance, and the Chief's Group to execute the 'Clash of the Ages' Car Show. Thanks for the extra effort to support Team Seymour."

—Lt Col Timothy Kirchner
4FSS Commander



4th Force Support Squadron Commander Lt Col Timothy Kirchner presents the Hard Charger award to Flight Chief Margaret Slade and the Education and Training team.

"The Education and Training Team maintained outstanding customer service while completely relocating to a new building. They have faced staff shortages and infrastructure challenges but never missed a beat. In the midst of the churn, they still received two positive customer comment cards and helped accommodate a smooth transition for the Wayne School of Technical Arts. Well done Team!"

—Lt Col Timothy Kirchner
4FSS Commander

Stevie's Snippets

Find 10 hidden objects for a chance to WIN!

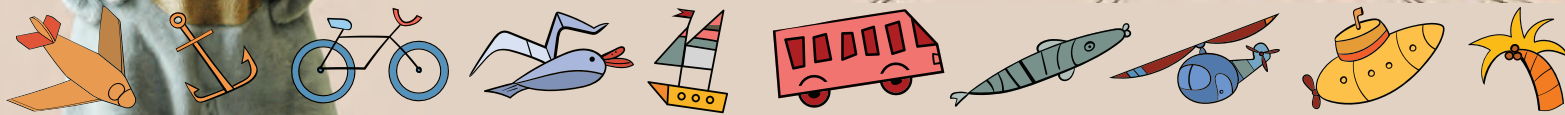
See if you can find the objects below in the image to the right. Circle your finds and send us a picture to show you found all 10 and be entered in our prize drawing. We may

be reached at 4fss.marketing@us.af.mil or on Facebook Messenger, facebook.com/sjffs.

Shoutout to all our participants in last month's Scavenger Hunt.

Our July prize winner is ...
Byron Gould!

Please call Marketing at 919-722-8532 or email us at 4fss.marketing@us.af.mil to claim your prize.



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AFSS & SHAPES
@airforcephotographer/



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DICK'S SPORTING GOODS

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NEED AN ITEM NOT AVAILABLE IN-STORE?
Ask a Store Associate about ordering an item(s) through our ScoreMORE kiosk, located inside the store. Receive a 20% discount, plus free shipping, valid on the date(s) listed below. Some exclusions apply.

Seymour Johnson Air Force Base
Offers valid 8/19/2022 - 8/22/2022

Seymour Johnson Air Force Base
Valid 8/19/2022 - 8/22/2022
Coupon valid at participating store location!

20% OFF THROUGHOUT THE STORE EVERY SEASON STARTS AT **DICK'S SPORTING GOODS.**

Limit one coupon per customer. Excludes: taxes, prior purchases, gift cards, extended warranties, such as the No Sweat Protection Plan, licenses, store credit, services or excluded items detailed in-store or at DICKS.com/Exclusions. Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale or Going, Going, Gone!

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CELEBRATING TRADITIONS

IN HONOR OF THE 75TH AIR FORCE BIRTHDAY

Traditions bring meaning to celebrations and connecting us through special bonds

1-31 August 2022

Submit your best photos of your traditions



<https://forcesupport.awardsplatform.com>

CLIP & SAVE

Give Parents a Break

Aug 13 • 9 am to 1 pm
CDC & Youth Center

The Air Force Aid Society (AFAS) in cooperation with the Air Force child care community, provides funding for childcare under the Give Parents a Break (GPAB) program. This program offers eligible parents of children ages 6 weeks-12 years, a few hours break from the stresses of parenting. Eligible families must be referred by one of the following: Squadron Commander, First Sergeant, Chaplain, Family Advocacy, Airman and Family Readiness Center, Child Development Center and Youth Center. If childcare is needed but you do not qualify for GPAB, you may sign up and pay the hourly rate of \$7 per child.

Registration begins two weeks prior and ends the Wednesday before the date listed. Call the CDC (919-722-1198) or Youth Center (919-722-0502) for more details.

Teen Late Night Lock-In

Aug 19 • 8 pm
Youth Center

A fun night filled with many activities exclusively for teens — there will be dancing, video games, open gym, character building, Nerf wars and movies! And did we mention there will be food, including breakfast!

Please bring a sleeping bag and pillow. Youth will have lockers to keep their personal items in.

Call 919-722-0502 or visit the Youth Center to sign up.



FALL SPORTS REGISTRATION
MONDAY-FRIDAY
9AM TO 4PM **SIGN UP BY AUG 15**



YOUTH CENTER
1035 LANGLEY AVE

FLAG FOOTBALL • \$50
— 5-6, 7-8, 9-10 YEARS OLD
SOCCER • \$50
— U6, U8, U10, U12, U14
START SMART SOCCER • \$50
— MUST BE 4 BY SEPT 1

*Current shot records and physicals required
Two practices per week, pre-season
Games start in September*

*Coaches are needed for all sports
Call 919-722-0503 to volunteer*



Preteen Camps

Ages 10-12 • 9 am to Noon
Youth Center • 919-722-0502

Aug 1-5 Sports Camp

This sports-oriented camp challenges youth to get fit through a variety of games and activities. They will learn to use motor skills effectively, to be a team player, to follow game rules, and fair play. FREE

Aug 8-12 Sculpting and Molding

Youth will learn the differences and similarities of sculptured and molded art. Activities include working with clay, Plaster of Paris, cement, and a recipe for home-made clay. \$45

Aug 15-19 Ice-Ice Baby

Youth will learn to make a variety of healthy treats that will help them keep cool this summer. They will prepare ice cream, slushies, snow cones, popsicles, sundaes and more! \$55

Teen Camps

Ages 13-18 • 9 am to Noon
Youth Center • 919-722-0502

Aug 1-5 Sports Camp

This sports-oriented camp challenges youth to get fit through a variety of games and activities. They will learn to use motor skills effectively, to be a team player, to follow game rules, and fair play. FREE

Aug 8-12 STEM

Explore science, technology, engineering and math skills to build and design 3D objects while exploring experiments that will blast off with fun. This camp is packed full of team building, leadership skills, self-discipline, planning and organizing. Teens will dive into these skills and enjoy the outcome of their collaborative teamwork. \$45

Aug 15-19 Money Matters

From investing in education to saving money for retirement, making financial decisions doesn't have to be difficult. Money Matters helps teens take charge of their financial futures. \$45

SUMMER READING PROGRAM

● *Celebration* ●



NO FEDERAL ENDORSEMENT OF SPONSOR INTENDED.

*Celebrate your
hard work!*

**AUGUST 3
@ 11 AM**

**Free Snow Cones,
Games, Prizes & more!**

**Base Library
1520 Goodson St • 919-722-5825
FB.com/sjafb.library
www.sjfss.com/library**

Kids Bowl Free Summer Program

**Ongoing-Sept 3 • 919-722-0350
Phantom Lanes**

It's free and easy to sign up for free games with the Kids Bowl Free Summer Program. Register kids ages 2-15 at www.KidsBowlFree.com to get two free games of bowling per day. Standard shoe rental rates apply.

Family passes are available — valid for use during Kids Bowl Free times and when bowling with your child. See website for more details.

Youth Robotics Day

**Aug 19 • 9 to 11am • 919-722-0502
Youth Center**

Come out and enjoy this free, fun-filled STEM event presented by the G-Force Robotics Club. There will be an Explosive Ordnance Disposal (EOD) robot obstacle course, robot demos and competitions. Please call 919-722-0502 and sign up at the Youth Center no later than Aug 10.

G-Force Robotics is the flagship program of the Johnston County STEM Girls Initiative 501c3 Corp.

No Federal endorsement intended or implied.



Family Friday

**Aug 26 • 4 pm • 919-722-8796
Mustang Taproom**

The Mustang Taproom is hosting a kid-friendly afternoon of free crafts on the fourth Friday of this month. Children may enjoy creating beautiful, dragonflies and making art with paint-filled water guns, while supplies last.



National IPA Day

Aug 4 • 3 to 10 pm • 919-722-1815
Mustang Taproom

The India Pale Ale (IPA) is one of the most popular types of craft beers. The Mustang Taproom offers a variety of IPAs. Visit untappd.com/v/mustang-taproom/8513047 for menu selections.



Celebrity Bartender

Aug 5 • 3 pm • 919-722-1815
Mustang Taproom

Mark your calendars for this month's Celebrity Bartender event in the Mustang Taproom. Come out and support our Celebrity Bartender.

National Root Beer Float Day

Aug 6 • 9 am to 10:30 pm • 919-722-0349
10-Pin Café

Come in today, purchase a combo meal at regular price and receive a free 16-ounce root beer float upon request, while supplies last.

Singo Music Bingo

Aug 10 & 24 • 5 to 6 pm • 919-722-8796
Mustang Taproom

Join the fun on the second and fourth Wednesdays at the Mustang Taproom to play Singo, an exciting, musical spin on the traditional game of Bingo. Instead of listening for a number, players listen for their favorite songs and win prizes!

Did we mention it's FREE to play? Each player receives a Singo card printed with titles of popular songs. While Singo randomly plays song clips, players can sing along and mark matching song titles on their cards. The first player to mark five songs in a row and to shout "Singo" wins the round. Three rounds will be played each night, with prizes for each round.

Food Advisory Council Meeting

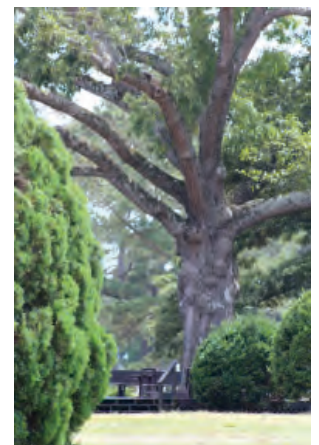
Aug 25 • 2 pm • 919-722-5298
Southern Eagle Dining Facility

Join dining staff in the Highlands Room for an informal event to talk about upcoming events and how your dining facility can better serve you. This event is open to all with base access, and it's highly encouraged for dorm residents. We value your feedback.

National Eat Outside Day

Aug 31 • 2 pm • 919-722-0394
Compass Café

Celebrate this day by taking your Compass Café breakfast or lunch order outside. "Al fresco" seating is available on the patio and beneath the old oak tree. Spread a blanket for a fun picnic with a view. Rent a pedal boat from Outdoor Rec for lunch on the pond. Invite friends, coworkers, or just get outside and enjoy a peaceful meal on your own.



A movie poster for "Free Guy" featuring Ryan Reynolds as Guy. The poster is framed by red curtains. Text on the poster includes "Fly By Movie Night", "FREE GUY", "Rated PG-13", "AUG 18 • 4:30 PM", "Every 3rd Thursday of the month at Southern Eagle Dining Facility 3650 Pope St", and "Hosted by 4 FSS CPPO & DFAC www.sjfss.com". Logos for Air Force Food & Beverage and Air Force Community Center are at the bottom.

RECHARGE FOR RESILIENCY



Sip & Art

AGES 18+

THURSDAY
AUG 25
5PM

SPACE IS LIMITED



BARN QUILT PAINTING

R4R Deployed Affected: **FREE**
All others: \$30⁰⁰ per person

Food & Beverages available for sale

RSVP to CPPO • 919.722.8547
Eagles Landing • 1240 Andrews St
sjfss.com • fb.com/sjafb.fun



No federal endorsement of sponsor intended



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919-273-8007

For Questions & Party Bookings



2808 Cashwell Dr.
Goldsboro, N.C. 27534

Reserve at
wineanddesign.com/goldsboro



Proceeds support Habitat for Humanity of Goldsboro-Wayne



DONATE & SHOP | Wed - Fri • 10am to 6pm
Sat • 10am to 4pm

[f/HabitatGoldsboroWayneReStore](https://www.facebook.com/HabitatGoldsboroWayneReStore)

124 E Mulberry St • 919.736.9550 • email: restore@habitatgoldsboro.org

Nighttime Bingo

Aug 3 & 17 • 6 pm • 919-722-8796

Eagles Landing

Traditional Bingo is played for cash prizes in the Pegasus Room on the first and third Wednesday of each month.

Play is open to all with base access, ages 18 and up.

Card sales begin at 5 pm with a minimum buy-in of \$10 for two books. Additional books are \$4 each. No splitting between players please. Early Bird cards are \$2 each.

Dabbers are available for purchase, \$1 each.

Prize pots vary based on participation; the more players, the better the prize. A minimum of 12 players is required.

Triple T Bingo

Thursdays • 3 to 10 pm • 919-722-1815

Mustang Taproom

Try your luck at Tap Tabs bingo. Regularly \$1 per game, get 30 quick pick bingo games for just \$25 on Thursdays in the Mustang Taproom. Cash prizes to be won! Second chance drawings. See server for details.

National Bowling Day Activities

Aug 13 • All day* • 919-722-0350

Phantom Lanes

The second Saturday of August is National Bowling Day. How does that strike you?

We've put together a list of suggestions how to celebrate this day.

1. Go Out and Bowl

Phantom Lanes will bowl you over on National Bowling Day with \$2 games and \$2 shoe rental (Cosmic bowling times not included).

2. Throw a Bowling Party

Go retro and organize a bowling party for friends or family. Drop by the center to set up a time and reserve lanes.

3. Bowling Food + Cult Favorites = Good Times

Pick up a pizza or to go order from the 10-Pin Café and watch a cult classic such as "The Big Lebowski" or "Kingpin." (No Federal endorsement intended or implied.)

Seymour Johnson Exchange provides value to military families during Back-to-School season

Base families can earn an A+ in savings on back-to-school essentials with military exclusive pricing through the Army & Air Force Exchange Service.

Authorized shoppers can advance to the head of the class with savings on school supplies, clothing, electronics and more in-store and at ShopMyExchange.com. The shopping site's back-to-school landing page includes a curated list of essentials for classrooms and dorm rooms to fit any budget.

With their Exchange benefit, members of the Seymour Johnson

community can:

- Shop clothing and footwear for youngmen, juniors and kids from Nike, Under Armour, Levi's, Vans, American Eagle and other top brands
- Order desks, chairs, bed and bath, and small appliances for college dorm or apartment living
- Download the College Dorm Essentials Checklist, which includes shopping tips to help military families transition their students easily into dorm life

The Exchange's buy online, pick up in store option also makes back-to-school shopping easy. Military shoppers with in-store shopping privileges, including disabled Veterans and Department of Defense and Coast Guard civilians, can visit ShopMyExchange.com, find their items, choose the "Pick Up in Store" option, select their Exchange location and submit their order. Curbside pickup is available at select Exchange stores. Honorably discharged Veterans, DoD Civilians and Coast Guard retirees can shop online.





Airman's Attic: Open to All Ranks

Aug 2 & 4 • 10 am to 1 pm

Aug 6 • 12 to 2pm

Located inside Connect 4

The Airman's Attic opens to technical sergeants and below, Tuesdays and Thursdays from 10 am to 1 pm. Shopping is open to all ranks the first Tuesday, Thursday and Saturday of each month unless otherwise posted.

The Airman's Attic is a community based program that is run on volunteer support—from the items and supplies donated to the facility, to the volunteers who help keep the store open.

"These type of organizations only survive if we have the volunteers and the volunteer spirit to allow them to survive," said Jeff Craver, Airman & Family Readiness Center director.

Service members are able to "shop" for free items to include clothing, household goods, furniture, educational materials, baby items, etc.

"Our current economy has seen rising prices," said Craver. "The Airman's Attic is an opportunity to augment somebody's budget and utilize some of these resources to financially help Airmen and their families."

For more information about the Airman's Attic or to learn more about volunteering, please call 919-722-1123 or 919-722-7181.

ABCs of PCSing

Aug 11 • 8 am to Noon • 919-722-1123

Family Life Center

ABCs of PCSing is a workshop designed to help you successfully navigate the relocation maze by helping minimize stress, confusion and hardships often associated with moving. During this informative class, you will hear from the following agencies: Traffic Management Office (TMO), Finance, Outbound Assignments, Housing, TRICARE, Lodging, Family Advocacy, and the Airman & Family Readiness Center. Please call to sign up.

Home Buying Workshop

Aug 11 • 1 to 2:30 pm • 919-722-1123

Airman & Family Readiness Center

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. Please call to sign up.

Exceptional Family Members Program: STEAM Robotics Event

Aug 13 • 9 am to noon/1 to 4 pm

919-722-7337 • Connect 4

EFMP-Family Support is hosting an exciting STEAM Robotics event at Connect 4. There will be two sessions; please choose morning or afternoon when registering. This event is open to children of all different abilities, of families enrolled in the Exceptional Family Member Program. Children will be able to print a 3D item, make a short video and music sample. Please call to sign up.

Virtual Mock Interview

Aug 18 • 10 am to 2 pm • 919-722-1123

Airman & Family Readiness Center

Learn how to answer difficult questions, develop interview strategies, improve your communication skills, and reduce your stress before an actual job interview. This class focuses on the interview process—preparing for an interview and what comes next. Make a positive impression and find your career path. Call A&FRC to sign up.

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INFO JOB Fair

Local/Regional Recruiters
Hiring authorities

Bring your resume

Retiree/Veteran
Resources



• Aug 9

• Sept 6

• Oct 4

• Nov 1

• Dec 6

10am to 2pm
Eagles Landing:
Pegasus Room

Hosted by the Airman & Family Readiness Center

919.722.1123 || sjfss.com || fb.com/sjfss

Get to Know FCC (and work from home)

Sept 15 • 6 to 7 pm • 919-722-7194

Family Child Care Office inside Connect 4

If you've ever wondered what Family Child Care is, come find out! We'll discuss the ins and outs of FCC, how you can open your own business with little to no start-up costs, work from home while caring for your own children, and support the Wing mission. Our team of professional FCC providers have credentials equivalent to the staff at the Child Development and Youth Centers, yet offer more personalized care and flexible hours. We'll also share all of the recruitment and retention incentives available, including earning up to \$100 per week for your own child under the age of 2 years, and \$300 for becoming certified. For more information and to sign up, please call 919-722-7194.



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Nancy Stewart,
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Better Speech and Language Center
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- Type DECA in the "keywords"
- Type desired location in "location"
- Military Spouses may also apply by sending their resume to militaryspouse.employment@deca.mil

WHITEWATER RAFTING ADVENTURE+

AUG 20-21

JOIN OUTDOOR REC TO EXPLORE THE
U.S. NATIONAL WHITEWATER CENTER
CHARLOTTE, NC - R4R ONLY | AGES 12+



+ Ropes Course,
Rock Wall Climbing,
Ziplining and
Mountain Biking

This overnight, R4R trip includes transportation, lodging and activities.

\$250 pp - Single room

\$125 pp - Double room

\$83.50 pp - 3 per room

\$62.50 pp - 4 per room

Sign up in advance at
Outdoor Recreation,
1385 S Andrews St.

Call 919-722-1104



Recharge for Resiliency: R4R RecOn Trips

- R4R RecOn eligible: Air Force active duty, Reservists and their immediate family members
- Sign up in advance at Outdoor Recreation

Lazy River Tubing

Aug 13 • 8:30 am • 919-722-1104

Join Outdoor Rec for a day trip to Cape Fear River Adventures in Lillington. Ages 13+ may enjoy a 2-mile float down the Cape Fear River. Depending on water level, this could take 1.5 to 5 hours. The fee of \$10 per person includes transportation and tubing. The group will be stopping for lunch after tubing.

Tandem Skydiving

Aug 27 • 919-722-1104

Outdoor Rec has limited spaces available for tandem skydiving with Triangle Skydiving Center out of Louisburg. The cost is \$75 per person; must be R4R eligible and provide own transportation.

Deep Sea Fishing

Aug 28 • 5 am to 5 pm • 919-722-1104

Spend a half day, bottom fishing off the coast of Morehead City with Outdoor Rec. Transportation, boarding pass, fishing gear, bait and ice boxes provided for \$20 per person, ages 5+ and R4R eligible. Retirees and others may join for \$100 each. Food will be available for purchase in the Galley.

Bike & Brews

Sept 10-11 • 9 am • 919-722-1104

Getaway to the Virginia Blue Ridge for an overnight stay that includes a 17-mile, mostly downhill bike ride, and fun exploring small towns. Bikes, helmets, transportation and lodging included. R4R pricing is for ages 18+. \$50 pp: 4 in a room, \$67 pp: 3 in a room, \$100 pp: 2 in a room, \$200 private room



Whitewater Rafting/Ziplining

Sept 24-25 • 8 am • 919-722-1104

Experience legendary Gauley River rafting, class 4 and 5 rapids, in West Virginia with Outdoor Rec. This overnight trip is for ages 18+ and includes a ziplining canopy tour. R4R pricing as follows: \$62.50 pp: 4 in a room, \$84 pp: 3 in a room, \$125 pp: 2 in a room, \$250 private room



The Old North State band entertains hundreds of Fort Fisher guests, who showed up during highly questionable weather, in front of the KP Fisher Stage on July 8, 2022. The band kicked off the Fort Fisher Summer Concert Series presented by the Pleasure Island Chamber of Commerce and the Town of Kure Beach. (Courtesy photo)

Fort Fisher Summer Concert Series

2nd & 4th Friday • 6:30 pm • 910-500-6465
Fort Fisher Air Force Recreation Area

The Summer Concert Series, brought to you by the Town of Kure Beach and Pleasure Island Chamber of Commerce, continues this month with Massive Grass performing on Aug 12, on the KP Fisher Stage. Lobster Dogs and Donut Bus are the scheduled food trucks for that evening. Coming up on Aug 26, Many Everythings will take the stage. New Orleans inspired

T'Geaux Boys and Donut Bus will be the food trucks on-site.

Beverages will be available for purchase. No coolers please. Bring your lawn chair or blanket—and dancing shoes.

Looking ahead, featured entertainers include The Rhythm Bones on Sept 9, and Phantom Playboys on Sept 23.

(No Federal endorsement intended)



Mike Super: Magic & Illusion

Save the Date

Sept 29
919-722-8796
Sabre Cinema
SJAFB

Follow us
for updates
—sjfss.com

Turtle Talk

Aug 27 • 6 pm • 910-500-6465
Fort Fisher Air Force Rec. Area

Attend this free seminar in the Cape Fear Room to learn about sea turtles, their habitat, life cycle and how you can help them survive. Turtle Talks is presented by Pleasure Island Sea Turtle Project.



Courtesy photo: Denise-Rodgers Lucky

Beachin' It

Labor Day Weekend
910-500-6465

Fort Fisher Air Force Rec. Area

Saturday, Sept 3 • Sand Casting • 2 pm
Design and fabricate your own sand creation to take home. \$10 pp

Saturday, Sept 3 • Turtle Talk • 6 pm
Presentation by the Pleasure Island Sea Turtle Project to help people learn more about sea turtles, their habitat, life cycle, and conservation. Free

Saturday, Sept 3 • Sunset SUP • 6:30 pm
Watch the sunset on the Cape Fear River, atop a paddleboard. Ages 12+, \$15 pp

Sunday, Sept 4 • Sunrise Yoga • 7 am
Start your morning on the beach with an instructor-led yoga session by Kure Beach Yoga. Ages 12+, \$14 pp

Sunday, Sept 4 • Driftwood Craft • 2 pm
Create your own driftwood wind chime with seashells to take home. \$12 pp

***Please sign up at least two hours in advance for the paid classes. Registration is in the Reception Center, building 118.



TRIPLE THREAT SPRINT TRIATHLON

AUG 27 · 7:30 AM

SIGN UP BY AUG 24
www.sjafb-triplethreat.eventbrite.com

FREE

Scan to Sign Up
& for Map of Route



Swim Fast (250 meters)
Bike Strong (8.48 miles)
Run to Win (2.04 miles)

For ages 16+ only
Start/End at the Base Pool
1500 Langley Ave

(BYOB) Bring your own Bike
- Limited bikes available
Helmets required

fb.com/sjafb.fitness
919-722-0420
sjfss.com/fitness-sports-center

Fitness Challenges

Bench Press

Aug 1-31 • 919-722-0420

Fitness Center

This month's challenge is to show us the maximum weight you can bench in one rep. A Fitness Center staff member must be present to track your progress.

Fitness Land Board Game

Aug 1-31 • 919-722-0413

Family First Fitness

Play along with us on our Candy Land inspired game board. Each space contains an exercise or workout of the day. Participants will roll the dice to advance on the board (one roll per day) then complete the exercise or workout listed. Family First Fitness staff will track progress. Finish the game and receive a prize!

For more information on monthly Fitness Challenges, call the number(s) above.



The Fitness Center congratulates SrA Graham Setzler, 4th Logistics Readiness Squadron, and TSgt Stephanie Williams, 4th Force Support Squadron, on completing the most pull-ups in their categories during a recent challenge.



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Chiropractic Adjustments • Auto Accidents

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FRI 8 AM - NOON • SAT 10 AM - NOON

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- Filetype: JPG, PNG, or PDF
- Reach the military market
- Contact us by the 10th of the month prior to publication

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10 Weeks!
Sept 12
- Nov 19

Registration
 opens Aug 1

BATTLE OF THE
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BOOTCAMP

Choose your way to Train!

Classes - Personal Training - On Your Own!

▶ **3 Styku Body Scans to keep you motivated**
 Before - 5 Weeks - Final Scan

▶ **Nutrition & Bootcamp Planning Workshops**

- Tue, Aug 23 @ 12 pm & 5:30 pm
- Thu, Aug 25 @ 12 pm & 6 pm
- Sat, Aug 27 @ 9 am
- Sat, Sept 3 @ 9 am
- Mon, Sept 5 @ 9:30 am, 12 pm & 5:30 pm
- Tue, Sept 6 @ 7 am, 9 am, 12 pm & 6:30 pm

Free T-Shirt to every participant who works out a min. of 50 days in the 10 week bootcamp!

- ▶ **First Place \$1,000 Cash Prize for Male/Female**
 - Largest % of Body Weight Lost
 - Largest % of Body Fat Lost
 - Largest # of Total Inches Lost
- ▶ **2nd & 3rd Place Cash Prizes for each category**
- ▶ **6 Specialty Category Prizes**

Over \$8,000 in cash prizes!
 (6) \$1,000 cash prizes to the winners in each category!

Register in person at the Front Desk
 Gold's Gym Goldsboro
 1306 Parkway Drive,
 Goldsboro, NC, 27534
 919-759-2348

GOLD'S GYM GOLDSBORO

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\$35 A MONTH!**

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- Three Fitness Classrooms
- 2 Bootcamp Areas for Functional Training
- Huge Cardio & Nautilus Equipment Area
- Indoor Track
- 4500 Sq. Ft. Space dedicated to just Free Weights

WE HAVE THE STYKU 3D BODY SCANNER!

The most accurate body scanner, second only to the Dexascanner, you will get an accurate account of Body Fat, Lean Muscle Mass, measurements in over 20 areas and a 3D rendered Body Avatar of exactly what you look like now that you can compare side by side to your future scans. Set goals, calculate weight loss calories, learn how at risk you are for certain diseases and more!

WANT RESULTS? MYZONE WILL HELP!

You will get an accurate account of exactly how hard you are actually working and all you have to do is look up at the screen to see what zone you are in. MyZone screens are in 3 different areas. This incredible monitor is 99.4% EKG accurate in calculating your fitness performance.

KIDS COVE CHILDCARE AREA

We have an 1,100 sq. ft. childcare area with caring and energetic staff offering daily activities and a monthly "Fun" calendar. Kids Cove is open
 Monday - Friday, 8:20 am - 12 pm
 Monday - Thursday, 4:20 pm - 7:30 pm
 Friday, 4:20 pm - 7 pm
 Saturday, 9 am - 12 pm
 *Kids cove is an additional fee

GOLDSBORO GOLD'S GYM AUGUST 2022 FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5AM	CHISEL SHARON	CHISEL SHARON	CHISEL SHARON	CHISEL SHARON		AUGUST 6 TH 9:30
6AM	CHISEL SHARON	CHISEL SHARON	CHISEL SHARON	CHISEL SHARON		BODYPUMP W/ JASMINE YOGA W/ ASHLIN
7:30AM	CHISEL SHARON	CHISEL SHARON	CHISEL SHARON	CHISEL SHARON		10:30 CARDIO DRUM W/ JASMINE
8:30AM	CARDIO DRUMMING SHARON	POWERTONE MARILOU	CARDIO DRUMMING SHARON	POWERTONE MARILOU	CARDIO DRUMMING ROBIN	
9AM	*CYCLE LIZZIE		*CYCLE LIZZIE		*CYCLE LIZZIE	AUGUST 13 TH 9:30
9:30AM	BODYPUMP LIZZIE	*WASHBOARD ABS MARILOU	BODYPUMP LIZZIE	*WASHBOARD ABS MARILOU	BODYPUMP LIZZIE	BODYPUMP W/ LIZZIE 10:30
10AM		CARDIO DRUMMING LIZZIE YOGA ASHLIN		DRUMS, GUNS & BUNS ROBIN YOGA ASHLIN		CYCLE W/ LIZZIE AUGUST 20 TH 9:30
11AM	CHISEL SHARON	CHISEL SHARON	CHISEL SHARON	CHISEL SHARON		BODYPUMP W/ JASMINE YOGA W/ ASHLIN
4:30PM	POWERTONE SHARON	CARDIO CHALLENGE NICOLE	CARDIO DRUMMING SHARON & LIZZIE	POWERTONE NICOLE		10:30 CARDIO DRUM W/ JASMINE
5:30PM	BODYPUMP JASMINE YOGA ANA	CARDIO DRUMMING SHARON	BODYPUMP GERARDO YOGA ANA	*PILATES ABS JASMINE	POWERTONE ASHLEY	
6PM				CYCLE JASMINE		AUGUST 20 TH 9:30 BODYPUMP W/ GERARDO YOGA W/ ASHLIN
6:30PM	BODYATTACK JASMINE	ZUMBA PRETZ	CARDIO DRUMMING JASMINE			10:30 CARDIO DRUM W/ SHARON

*THIS IS OUR SUMMER SCHEDULE. THE SEPTEMBER SCHEDULE WILL SEE AN ADDITIONAL 15+ CLASSES!

*THIS SCHEDULE IS SUBJECT TO CHANGE.

PLEASE CHECK THE MAIN CLASS BOARD IN OUR LOBBY AND OUR SOCIAL MEDIA PAGES FOR ANY CHANGES OR UPDATES

**We are military friendly! Easily cancel your membership with attached PCS or deployment orders to our cancel link with a 30 day notice.



JOIN NOW

➤ 1306 Parkway Drive, Goldsboro, NC, 27534 | 919-759-2348

COMING NEXT MONTH

● **FLAG FOOTBALL
INTRAMURAL REG.**

Sept 5 || Fitness Center

● **MEMORIAL TRIBUTE
RUN/WALK 5K**

Sept 9 || Fitness Center

● **SPOUSE APPREC.
COFFEE**

Sept 9 || Seymo Joe to Go

● **SUMMER CONCERT:
THE RHYTHM BONES**

Sept 9 || Fort Fisher AF Rec. Area

● **BIKE & BREWS
R4R TRIP**

Sept 10-11 || Outdoor Recreation

● **GET TO KNOW
FAMILY CHILD CARE**

Sept 15 || FCC office at Connect 4

● **GIVE PARENTS
A BREAK**

Sept 17 || CDC + Youth Center

● **75TH AIR FORCE
BIRTHDAY CELEBRATION**

Sept 16 || Eagles Landing

● **TANDEM SKYDIVING
R4R EVENT**

Sept 17 || Outdoor Recreation

● **SUMMER CONCERT:
PHANTOM PLAYBOYS**

Sept 23 || Fort Fisher AF Rec. Area

● **WHITEWATER RAFTING
R4R TRIP**

Sept 24-25 || Outdoor Recreation

● **HEART LINK
SPOUSE: TOWER TOUR**

Sept 27 || A&FRC at Eagles Landing



Follow us online for more information about these and other events/programs.

WWW.SJFSS.COM || FACEBOOK.COM/SJFSS

FOOD & DRINK

- **10 Pin Cafe**
919.722.0349 • 1290 Andrews St
fb.com/sjafb.food
- **Afterburner Kiosk**
919.722.5294 • 2814 Jabara Ave
fb.com/sjafb.food
- **Compass Cafe & Catering**
919.722.0394 • 1385 S Andrews St
fb.com/sjafb.food
- **Mustang Taproom**
919.722.4914 • 1240 Andrews St
fb.com/sjafb.food
- **Seymo Joe to Go**
919.722.3104 • 1514 Goodson St
fb.com/sjafb.food
- **Southern Eagle Dining Facility**
919.722.5294 • 3650 Pope St
fb.com/sjafb.food

RECREATION

- **Auto Hobby Shop**
919.722.1309 • 919.722.1308
1295 Jabara Ave • fb.com/sjafb.fun
- **Bowling, Phantom Lanes**
919.722.0350 • 1290 Andrews St
fb.com/sjafb.fun
- **Community Programming & Partnership Office (CPPO)**
919.722.8796 • 1240 Andrews St
fb.com/sjafb.fun
- **Connect 4**
919.722.8915 • 1515 Goodson St
fb.com/sjafb.fun
- **Eagles Landing**
919.722.8796 • 1240 Andrews St
fb.com/sjafb.fun
- **Family First Fitness**
919.722.0413 • 1410 Langley Ave
fb.com/sjafb.fitness
- **Fitness & Sports Center**
919.722.0420 • 1500 Langley Ave
fb.com/sjafb.fitness
- **Fort Fisher Air Force Recreation Area**
910.500.6465 • fb.com/fortfisher
118 Riverfront Rd, Kure Beach
- **Kiddie Hawk Playground**
919.722.8796 • 1515 Goodson St
fb.com/sjafb.family
- **Outdoor Recreation Adventure Park**
919.722.1104 • 1385 S. Andrews St
fb.com/sjafb.fun
- **Sabre Cinema**
919.722.8796 • 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
- **Airman & Family Readiness Center**
919.722.1123 • 1500 Vermont Garrison St
fb.com/sjfss • fb.com/sjafrc
- **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
- **Community Cohesion Coordinator (C3)**
919.722.4698 • 1240 Andrews St
- **Commercial Sponsorship**
919.722.7154 • fb.com/sjfss
1600 Wright Brothers Ave, 2nd Fl, Ste 228
- **DEERS & ID Cards**
919.722.8702 • fb.com/sjfss
1600 Wright Brothers Ave, 1st Fl
- **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 • 1055 Camp Fed Lane
- **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
fb.com/sjfss
- **Marketing**
919.722.8532 • fb.com/sjfss
1600 Wright Brothers Ave, 2nd Fl, Ste 228
- **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**
919.722.0575
- **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

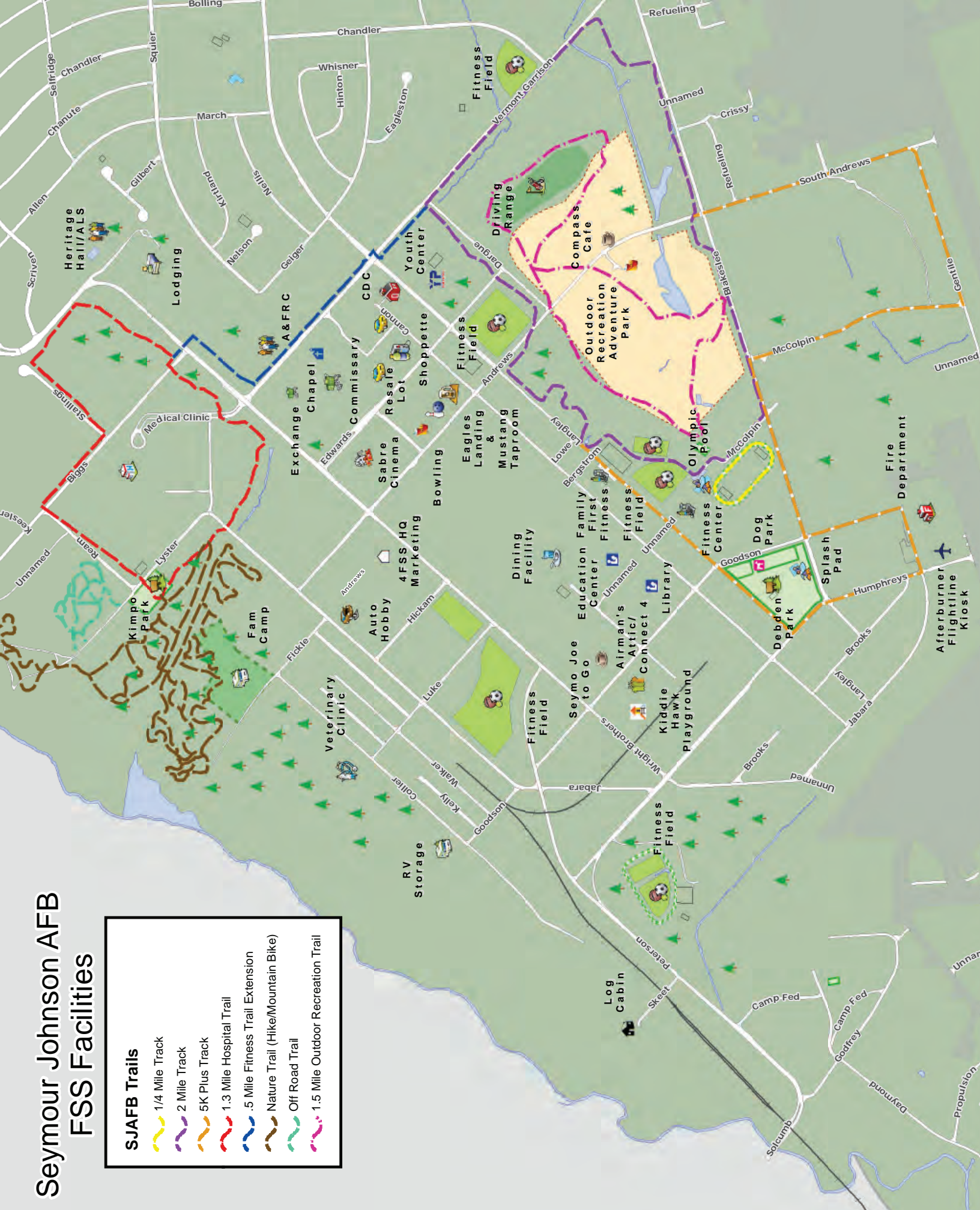
BASE SERVICES & RESOURCES

- **Airmen Against Drunk Driving**
919.722.2233 • 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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