

## DON ${ }^{\prime}$ T MISS OUT!

## 4th Force Support Squadron hosts Back to School supply giveaways Opportunities for families of school-age children The 4th Force Support Squadron (4 FSS) assists families this month with free school supplies for students. There will be three locations for pick-up, while supplies last.

1. Hearts Apart Community Dinner (pg 22) • Aug $15 \cdot 5 \mathrm{pm}$ Eagles Landing: Free dinner open to all with base access
2. Operation Bug Out (pg 20) • Aug $18 \cdot 9$ am Youth Center: Pre-register by calling 919-722-1123
3. See ad below.


Available for pick up in the Base Library while supplies last
THU 10 TO 7 • FRI 10 TO 6 • SAT 10 TO 5
sjfss.com|fb.com/sjfss | fb.com/sjafb.library


## FSS Scramble

## PLAY. ENTER. WIN.

Rearrange the letters to form words and solve the puzzle. Email your answers to 4fss.marketing@ us.af.mil to enter a prize drawing. -Base access required

BTONOKOE


GLHEIHRIGTH

AKBPCAKC


## CONTENTS


$\square$

Fun
Getaways and escapes from the ordinary


Fitness
From free aerobics classes to challenges and fitness incentives


Food
Specials, menus and more!

## 1. Month-at-a-Glance

Centerspread pull out poster-just add magnets and post on your fridge


Comedy and Magic, one night only
Don't miss this FREE, family-friendly show!


Campfire Cookout Date Night!
Another great "What's Cooking?" event

## 16 Movie Listing

Free showings in the Sabre Cinema and more

Family
Classes, programs, and camps-oh my!


Employment Opportunities
Resources to kick-start your career


Force Support
Hard Charger Awards
Directory + FSS Facility Map
4 FSS facilities + base resources at a glance

# are 

## R4R Tandem Skydiving

 Aug 12•By appointment•Outdoor Rec Experience the rush of falling at 120 mph 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.
## 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 Outdoor Rec.

# MILITARY STAR card designed for military community with active-duty benefits 

The MILTARY STAR®card is specifically designed for the military community, with exclusive benefits for active-duty service members.
All eligible active-duty service members and mobilized or activated Reservists or National Guard members who have orders to deploy to qualifying contingency locations are eligible for deployment benefits that include no required payments and a reduced interest rate of $6 \%$ during their time away. The reduced APR applies to the card balance as well as new purchases.
Additionally, all active-duty Soldiers, Airmen, Guardians, Marines and Guard and Reserve members have access to the MILTARY STAR Military Clothing

Plan, a \$1,000 line of credit with no interest and no payments for 12 months on qualifying uniform basics.
With the card, service members can build credit responsibly. MILTARY STAR offers fair and flexible terms, including the lowest APR among store cards-a rate that is offered to all cardmembers, regardless of credit score. MILTARY STAR also does not charge annual, late or over-limit fees.
"The military benefits of the card are a hallmark of M ILTARY STAR's commitment to ensuring Seymour Johnson heroes' readiness and resiliency, as well as their financial health," said Seymour Johnson BX store manager Leazel Williams. "M ilitary life comes with unique
challenges, and the MILITARY STAR card is built to support service members' lifestyles."
Other benefits of the card include:

- Rewards program with unlimited $2 \%$ rewards earned on purchases. (Rewards exclude the Military Clothing Plan.)
- 5 cents off every gallon of gas at Exchange fuel locations.
- $10 \%$ off all first-day purchases for new cardmembers.
- Free shipping on all ShopM yExchange.com and M yNavyExchange.com orders.
In 2022, M ILITARY STAR provided a $\$ 435$ million annual benefit to the military community worldwide through exclusive card offers and benefits.
The card is accepted at all


# BEAKESEE AIR FORCE RECREATION AREA <br>  

## SEPIEMBER

## Getting Started Outdoors: DEER HUNTING 101 HOWELL WOODS ENVIRONMENTAL LEARNING CENTER 6601 DEVILS RACETRACK RD, FOUR OAKS, NC • 8AM

## GSO Attendance REQUIREMENTS

- NEVER hunted or have NOT ACTIVELY hunted for MORE than THREE years
- LACKING Social Support (you have no readily available hunting family members or friends)
- LAPSED (non-active) hunters including those who have NEVER harvested big game (i.e. turkey or deer)


## GSO Attendance PREREQUISITES

- Hunter Safety Certification: Hunter Education Courses (ncwildlife.org) -Online, virtual and in person courses available
- VALID NC Hunting License: Hunting, Fishing and Trapping Licenses ( ncwild life.org)


## GSO MUST READ: Attendance

 is by RESERVATION ONLY- Email Walter "Deet" James, Hunting Engagement Specialist, at gso@ncwildlife.org - reference " 2 Sept at Howell Woods" in email
- If qualified as noted above, provide your WRC Customer Number (located above your name on your hunting license) PRIOR to a GSO start date to confirm placement on the roster.
- Qualified individuals will be selected on a first come, first served basis. Each workshop is limited to 30 participants.
- Request a reservation ONLY if you plan to attend and not if you "might" attend to avoid vacancies.

NEW TO HUNTING?


SCAN ME

## FREE WORKSHOP

 SICN UP IN ADVANCEQuestions? Outdoor Recreation 919.722.1104


Commissaries are leading the Feds Feed Families DOD effort to encourage employees, patrons to participate in donations to food banks, pantries.

## To learn how you can contribute, scan code



AIR FORCE RESERVE

Part Time Career-Locations in every State-Great Pay-Training-Tuition Assistance-Tricare-Retirement

Contact your Air Force Reserve Career Counselor

Office: (919-722-2259)
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.

COMEENJOYAN ADULT FIELD DAY GEARED TOWARDS TEAM BUILDING ANDFRIENDLY OOMPETITION

## ACTIVITIES:

| SOCCER | AXE THROWING |
| :--- | :--- |
| VOLLEYBALL | IODGEBALL |
| KICKBALL | TUG-D-WAR |
| HOME RUN DERBY | E-SPORTS |
| PICKLEBALL | 3PT SHOOTOUT |
| and |  |
| more! |  |


| 722-0420 | s.jFss.com |
| :---: | :---: |

DITR ExGLUSIIE SHOP ENENT २०\% OFF YOUR ENTIRE PURCHASE

## 

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## NEED AN ITEM NOT AVAILABLE IN-STORE?

Ask a Store Associate about ordering an item(S) throuph our ScoreMORE Klosk, located inside the stare. Pecewe aros discount, plus free shipping valid on the date[s) listed below. Some exclusions apply

## (6)

## 20 OFF Faman THE STORE



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, Gonel


Seymour Johnson AFB offer valid 8/18/2023 - 8/21/2023 For more offers, click on the Dick's Sporting Goods ad on www.sjfss.com



L to R: Cujo Beaulieu, Boards Liquori, Rifle Ashley, Suspect Milliron, Slidah Smith, Breaux Menard, Flash Ives, CA\$H Dorfman, Snake Brennan, Austin Forgey, Zachary Readdick, and Tim Baker. Not pictured: Dish Petrie, Coach M ckenzie, Panic M unoz, Reheat Richards, Rush Bohdel, Dive Carter. Atlas O'Shea, Quickdraw Strong, Zombie Minnix, Colin Lane, Eric Wiggins, Quickdraw McGraw, Jordan Turok, and Zombie Johnson.

## 2023 Intramural Softball Champs Fitness Center

Be sure to give a hearty "Congratulations" to the 335FS on their well deserved victory in the 2023 Softball Tournament! After an impressive season with 76 games played, the Chiefs displayed exceptional skill and teamwork, finishing with an outstanding record of 11-2!
A huge commendation goes out to each member for their hard work and dedication. We are proud to have such talented athletes among us. Well done, Chiefs!

## Wayne

## Where Compassion Meets Excellence



## SJAFB AEROBIC CLASSES

| Monday | $\begin{aligned} & \text { 1:00pm } \\ & 4: 30 \mathrm{pm} \end{aligned}$ | Zumba Sweatmasters |
| :---: | :---: | :---: |
| Tuesday | $\begin{aligned} & \text { 8:30am } \\ & 11: 30 \mathrm{am} \end{aligned}$ | Seymour Muscle Yoga |
| Wednesday | $\begin{aligned} & \text { 7:30am } \\ & \text { 4:30pm } \\ & 6: 00 \mathrm{pm} \end{aligned}$ | Run Developme Sweatmasters Yoga |
| Thursday | 11:30am | Zumba |
| Friday | 4:30pm | Sweatmasters |
|  |  |  |
| $2(0) 23$ |  |  |
| 4 Aise: 1 , |  |  |
| Sill | URDA $5 a M 20$ | AUG. 12 1815PM |

Need childcare? Pre-register by Aug 9 for Give Parents a Break, ages 6 wks-12yrs, in the CDC, 919-722-1198, or Youth Center, 919-722-0502. Call for details.


## Class Descriptions

Seymour Muscle - Begin or restart your fitness journey with our beginner group strength class. We'll introduce and use common strength training equipment to help you build muscle and burn fat! Sweat Masters* - Provides a high intensity interval training that will challenge your cardiovascular endurance and strength designed for meeting DAF PT assessments. *Fitness Improvement Program (FIP)
Zumba - A total workout that mixes low and high-intensity moves for an intervalstyle dance fitness party combining all elements-fitness cardio, muscle conditioning, balance, and flexibility.
Yoga - A class connecting the body, breath and mind using physical postures, breathing exercises and meditation to improve overall health.
For more information, please call the Fitness Center at 919-722-0420.

## Intramural Flag Football Aug 21 • 1pm (Coaches Meeting) Fitness Assessment Cell

Flag football lovers! Here's your chance to register. The Fitness Center's 2023 Intramural Flag Football registration is now open. Game play will take place at the Bryan Multi-Sports Complex. Sign up by Aug 21.
You're alone? No worries. We'll find you a team. Reach out to our Fitness and Sports POCs: SSgt Oliver, SSgt Guzman, or SrA Artis at 919-722-0420.

## Memorial Tribute 5K Run <br> Sept $8 \cdot 8$ am Mustang Taproom (Start/Finish)

The Fitness Center will host a run in memoriam of our U.S. military personnel who gave the ultimate sacrifice. Pre-registration will be available on Eventbrite. Follow SJAFB Fitness on Facebook for more details or call 919-722-0420.


## FREE DONATION PICKUP

IS A PHONE CALL OR CLICK AWAY!


Donate your used furniture, appliances and other home goods.


Habitat for Humanity of Goldsboro-Wayne

## REUSE•RECYCLE•DONATE•SHOP

Tuesday: 9 am to 5 pm (Donations only)
Wednesday-Saturday: 9 am to 5 pm
124 E Mulberry St, Goldsboro (919) 736-9550
www.habitatgoldsboro.org

## First \& Third Wednesday Bingo

Aug 2 \& 16 - 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 details.

## Music Bingo <br> Aug 9\& $23 \cdot 5$ to $6 p m$ Mustang Taproom

Experience a fun, musical spin on the popular game of Bingo at the M ustang 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.

## Brainstormer Trivia <br> Aug $25 \cdot 6 \mathrm{pm}$ Mustang Taproom

Gather your team and put your brains together for six rounds of trivia! Different themes each month. FSS gift card prizes for first and second place winners!

Teams may consist of up to six people. Sign up in the Mustang Taproom beginning at 5:45pm.

# 304 N Oak Forest Road, Goldsboro, NC 27534 (866) 795-8205 | www.deaconjoneshyundai.com 



## CAMPFIRE COOKOUT

 - Date, Night AUG 31 • 5:30 TO 7:30PM
wwwsifss.com FB.COM/SIFSS

SEYMO JOE TO GO
1514 GOODSON ST 919.722.3104

MON-FRI 6 TO 10:30AM

## COMPASS CAFÉ

1385 S. ANDREWS ST
919.722.0394

MON-FRI 6:30AM TO 1PM

10-PIN CAFÉ
1290 ANDREWS ST 919.722.0349

MON-THU 7AM TO 8PM

## MUSTANG TAPROOM

1240 ANDREWS ST 919.722.8547

WED-THU 3 TO 8PM FRI 3 TO 10PM FIRST SAT 3 TO 8PM

MON-FR

## FRI 7AM TO 11PM SAT 9AM TO 10:30PM



## Campus Dining for ESM

## Select 4 FSS Facilities

Airmen assigned to Essential Station M essing (ESM ) may take advantage of campus dining and pay with their Common Accesss Cards (CAC) for eligible items at the 10 -Pin Café and Compass Café. Some items excluded; see menus for more information.

## SCAN FOR MENUS

- 


## TUESDAY

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

FALL BOWLING LEAGUES NOW FORMING
Sign up at Phantom Lanes Pre-bowl meetings start on Aug 25
13

Deep Sea Fishing (FULL)
Smash-Up Comedy Tour 5pm
20

## 27

MONTH LONG FITNESS CHALLENGE Fitness Guru Quiz
YOUTH FAL SPORTS REGISTRATION Ends Aug 25
7

Art Camp Week 9am
Zumba 1pm
Sweatmasters 4:30pm
Red Pin Bowling 5pm
14

STEM Camp Week 9am
Zumba 1pm
Sweatmasters 4:30pm
Red Pin Bowling 5pm
21
Intramural Flag Football Coaches M eeting 1pm Zumba 1pm
Sweatmasters 4:30pm
Red Pin Bowling 5pm
28

## $2 U M^{B} A$

Zumba 1pm
Sweatmasters 4:30pm
Red Pin Bowling 5pm

1
Seymour M uscle 8:30am Airman's Attic Closed
Taco Tuesday, 10-Pin Café
Story Time 11am
Yoga 11:30am
8
Seymour M uscle 8:30am
Airman's Attic 10am
Taco Tuesday, 10-Pin Café
Story Time 11am
Yoga 11:30am
15


Newcomers Orientation 8am
Hearts Apart Dinner 5pm
22
Seymour Muscle 8:30am
Airman's Attic 10am
Taco Tuesday, 10-Pin Café
Story Time 11am
Yoga 11:30am
29
Seymour Muscle 8:30am Airman's Attic 10am

Taco Tuesday, 10-Pin Café
Story Time 11am
Yoga 11:30am

2
Run Development 7:30am SRP Celebration 11am

Sweatmasters 4:30pm Nighttime Bingo 6pm Yoga 6pm
9


Music Bingo 5pm Penny-a-Pin Bowling 5pm 16


Wingmen Wednesday 4:30pm Nighttime Bingo 6pm

## 23

Run Development 7:30am Sweatmasters 4:30pm
Music Bingo 5pm
Penny-a-Pin Bowling 5pm Yoga 6pm
30

Run Development 7:30am
Sweatmasters 4:30pm
Penny-a-Pin Bowling 5pm Yoga 6pm

## THURSDAY



Sept 2

- Deer Hunting 101

Sept 2-3

- End of Summer

Celebration at Blakeslee

## Sept 8

-M emorial Tribute 5k

## Sept 9

- Give Parents a Break
- Summer Concert

Sept 13

- Job Fair

Sept 14

- HeartLink
- Holiday Spending Class

Sept 16

- Air Force Birthday Half M arathon

Sept 18

- Craft Exchange

Sept 22

- Brainstormer Trivia
- Summer Concert

Sept 26

- Civilian Resume Class
- Federal Resume Class

All You Can Bowl
Airman's Attic 10am
Zumba 11:30am
What's Cooking? Campfire Cookout Date Night 5:30pm

| Operation Bug Out 9am <br> Sweatmasters 4:30pm <br> Cosmic Bowling 10pm | R4R Single Airman Trip <br> Cosmic Bowling 2:30pm <br> Cosmic Bowling 9:30pm |
| :--- | :--- |
| 25 | 26 |
| Warrior Games 8am <br> Brainstormer Trivia 5:45pm <br> Free movie 6pm <br> Summer Concert 6:30pm | Fosmic Bowling 2:30pm <br> Cosmic Bowling 9:30pm |

## Now Showing in the Sabre Cinema

The Community Programming \& Partnership Office (CPPO) hosts FREE movies in the Sabre Cinema each weekend, unless otherwise posted.

M ovie-goers are welcome to bring their own snacks; no alcoholic beverages please.
Friday night ficks are at 6 pm, while Saturday matinees are at 3 pm .
Aug 4 • 6pm • The Super Mario Bros. Movie
PG•2023, Adventure/Comedy, 1h 32m
Aug 5•3pm • Toy Story 3
G•2010, Adventure/Family, 1h 43m

## Aug 11 - 6pm • A Thousand and One

R•2023, M ystery, 1h 56m
Aug 12•3pm • Trolls
PG • 2016, Family/ M usical, 1h 33m

## Aug 18 - No Movie

Aug 19 - No Movie
Aug 25 • 6pm • Dungeons \& Dragons: Honor Among Thieves PG-13 • 2023, Action/Adventure/Comedy, 2h 14m

## Aug 26 • 3pm • Trolls: World Tour

PG • 2020, Animation/Adventure/Comedy, 1h 31m


SrA Hunter Blume was the lucky winner of a golf cart in a drawing held following the Patriot Fest event in June.


SrA Britton Puksich scored a new XBox game system by entering a drawing at the Airmen VIP Tent during Patriot Fest 2023.


## Fly By Movie

Aug 17 • 4:30pm
Plane
R • 2023, Action/Thriller, 1h 47m
The Southern Eagle Dining Facility (DFAC) hosts a free, monthly Fly By M ovie Night on the third Thursday.
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.


SrA Alexander Belew took home a new PS5 game system by entering a drawing at the Airmen VIP Tent during Patriot Fest 2023.


919-722-8684 • www.sjfss.com • fb.com/sjfss

## Family Friendly • Free Event!

## Shoppers can win a 2023 J eep Rubicon in latest sweepstakes

Seymour Johnson Exchange shoppers can enter for a chance to win a 2023 Jeep Rubicon and a ride-along experience with offroad racing star Casey Currie in the M onster Energy Casey Currie Jeep Sweepstakes.
One grand-prize winner will receive a customized 2023 Jeep Rubicon 392 and a ride-along experience in Johnson Valley, Calif., including hotel, airfare, transportation and spending cash. The grand prize will also include a $\$ 7,200$ American Express gift card, bringing the grand prize total value to more than $\$ 100,000$.
Fifty runners-up will receive a $\$ 100$ Exchange gift card.
"The Exchange is thrilled to team with M onster Energy to bring another sweepstakes to the military community, with exciting prizes and a chance to ride with motorsports star Casey Currie,"

## About the performers

## Derek Hughes

The live performances of celebrated conjurer, "Stand Up M agician" Derek Hughes, have been lauded by audiences and critics alike, with the New York Times calling him "thoroughly entertaining." Hughes has performed his magic on MTV, VH1, Comedy Central, CW's Penn \& Teller: Fool Us and the Ellen DeGeneres Show. He's a consulting producer on TRUtv's hit magic series, "The Carbonaro Effect" and was a top ten finalist on NBC's "America's Got Talent."

## rePercussion

rePercussion is an extraordinary high-energy comedy drumming event! Going beyond drumming, they blend sight, sound, and comedy to stage an intensely entertaining, mind-blowing, yet customizable experience. Blurring the lines between electronic music, drum line, rock, and slapstick, these artists uniquely combine drumming, comedy, and crowd interaction.
Each show is one-of-a-kind, perfectly tailored to the audience through per-former-audience interactions. Crowds quickly get engaged, creating a lasting impression! rePercussion holds the World Record for leading the largest Air Drum Ensemble. Impressive, right? As a group, rePercussion has performed for hundreds of thousands of people in venues worldwide, including Dubai, India, Hong Kong and Omaha! Members have been seen on The Gong Show, America's Got Talent (for 2 seconds!), and VH1 India. They've also shared the stage with Imagine Dragons, 21 Pilots, Stone Temple Pilots, Pentatonix, and Kelly Clarkson.

# SWEDISH • DEEP TISSUE • HOT STONE • PRENATAL • THAI <br> Misssace mexy email bor appointment mdiaz@elysiummassage.net 

## swedish 30/60/90-MIN/2-HR ${ }^{\text {s }} 30 /$ /545/s80/s100

Deep Tissue 60/90-MIN/2-HR 570/595/s 115
Hot stone 60/90-MIN/2-HR 575/\$85/s105 prenatal 30/60/90-MIN ${ }^{5} 30 / 545 /{ }^{5} 80$ Thai Oil 60/90-MIN s70/590

CASHICHECKCARD
PRE-PAYAT THE FITNESS CENTER

##  <br> 를1150-98.3 <br>  <br> Goldsboroi's Greatsish hits <br> GOLDSBORODAIIYNEWS



EXPERIENCE

## MORE

From a revitalized downtown to a thriving arts and culture scene, there's so much more to see and do in Goldsboro than meets the eye.

> GOLDSBねR
> EMORE DOMORE SEMOUR

wwy goldbboonc.cgov 919-580-4362


Special group prices for teachers and team building Join colleagues for a break from the grind, and dive into a beautiful painting of your choice. We'll save the party room and picnic table for youl

## Paint an adorable door hanger or welcome sign

Take home a custom entryway piece made by you; impress your guests and have a memory to cherish year-round for only $\$ 45$.
Take a break from the weekly workload
Experience your own personal heaven with some good wine, good music, and good painting. All skill levels welcome and encouraged We'll teach the techniques of the masters while celebrating what you bring to the table.

Who needs day care? Kids Art Camps keep the summer vibes going with loads of fun for ages 6-18.

## Ask about our Military Discount



Check out our calendar online

[^0]
## HOLIDAY PARTY LOTTERY

Aug 3 * 1 PM Eagles Landing * 1-2 POCs per Squadron * * Pick dates for holiday parties . *Bring payment to secure venue , - Call CPPO 722-8684,


# CANale Making 

## Sept $28 \cdot 5 \mathrm{pm} \cdot$ Ages $18+$ Mustang Taproom



Make your own upcycled CANalle Choice of scents and wicks

R4R Deployed Affected Personnel: $\$ 10 /$ All Others: $\$ 20$ Cost includes material $+a$ beverage - Limited spots Call or stop by Eagles Landing to sign up by Sept 19 ylswiv $919.722 .8684-240$ Andrews St 0 HPROM siss.com/ficom/sjafifun


# BIRTHAU :OOULIE PRBIT PRCHRGES 

## THE SPMRE

Bowling, shoe rental, soft drinks plu's handpainted pin for autographs

All of the above plus table setup and choice of Kids Combo Meals

## REGULAR BOWLING

Saturdays
12:00 to 2:00pm
COSMIC BOWLING
Saturdays
2:30 to 4:30pm

## PH ANTESM

## FALL LEAGUES

## NOW FORMING

## TUESDAY MIXED LEAGUE

Starts Sept $5 \cdot 6: 30 \mathrm{pm}$
Pre-bowl meeting Aug $29 \cdot 6 \mathrm{pm}$

## WEDNESDAY MORNING LADIES

Starts Sept 6 • 9:30am
Pre-bowl meeting Aug 30•9:30am

## WEDNESDAY LADIES NIGHT OUT

Starts Sept 6•6pm
Pre-bowl meeting Aug 30•6pm

## THURSDAY NIGHT EXTRAMURAL

Starts Sept 7 • 6:30pm
Pre-bowl meeting Aug 31 • 6:30 pm

## FRIDAY NIGHT MIXED

Starts Sept 8 - 7pm
Pre-bowl meeting Aug $25 \cdot 7 \mathrm{pm}$

## SATURDAY YOUTH USBC

Starts Sept 9•9:30am
Pre-bowl meeting Aug $26 \cdot 9: 30$ am

## PH ANTESM

## Youth Aviation \& Robotics Aug 4•9am to Noon•Youth Center

Seymour Johnson will host an active Aviation Day, for military students in grades 7-12.
We will have:

- Hands-on activities in mechanical/electrical engineering
- Robot demos from FIRST Tech Challenge, FIRST Robotics, Battlebots and EOD
- Flight simulators from Civil Air Patrol
- VR F-15 Trailer
- VR Learning Lab Trailer with the History of Flight
- M eet female aviators and learn about their gear
- Learn about the Girl Launch program and Organization of Black Aviation Professionals Please come out and join in the activities. If you have questions, please contact the School Liaison Program, 919-722-5810 or email cristy. barnes-williams@us.af.mil. Space is limited.
 MONDAY-FRIDAY • 9AM TO 4PM FLAG FOOTBALL • 5-6, 7-8•\$50 SOCCER • U6, U8, U10, U12, U14 •\$50 START SMART SOCCER • $4 \cdot \$ 50$ - MUST BE 4 YRS OLD BY SEPT 1

1035 LANGLEY AVE - 919.722.0502
PLEASE CALL TO VOLUNTER


Participants receive a "deployment bag" with FREE school supplies. Sign up by Aug 16. Call the M\&FRC for details. 919-722-1123

9 am to 1 pm


## Summer Camps 9am to Noon • Youth Center

Sign up by the Wednesday prior to each camp. Call or stop by the Youth Center.
Do you need to drop off your youth before camp begins? We offer pre-camp dropoff for ages 10 and up, starting at 7:30am for an additional $\$ 15$ per week.

## Art is Everything

## Aug 7-11

This is not your "usual" art camp. Explore sculpting, acrylic painting, molding, cultural art, mosaics and more. (\$45)

## STEM Camp <br> Aug 14-18

Explore science, technology and math skills to build and design 3D objects; experiments that will blast off with fun! This camp is packed full of team building, leadership, self-discipline, planning and organizing skills. (\$45)

## Summer Reading Program

 CELEBRATION!
## Base Library August 2nd @ 11am

Come celebrate with a big party to mark the success of the program.


## Story Time <br> Tuesdays • 11 am • 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.
For more information, call 919-722-5825.

## Craft Supply Exchange Sept 18-23•10am to 6pm • Library

The Base Library will collect donations of craft supplies from Aug 28 through Sept 15. Donations will then be sorted and art supplies grouped into collections in preparation for the Craft Supply Exchange.
Those with base access who donate supplies may enjoy early access to the event.
To learn more about the Craft Supply Exchange, call 919-722-5825.

## 통․ | LOCAL OFFICE

RBouny sesilligGet your discount today.


740 Greenville Blvd SE | Greenville 252-999-7288
geico.com/greenville-lawrence

[^1]
## Moving Out of the Dorms Class

Aug 2 or 17•2pm | Aug 31•9am<br>Military \& Family Readiness Center

Dorm residents, have we got a class for you! Get essential financial tips so you can effectively move out of the dorms.
Sign up for this informative class, by calling 919-722-1123.

## ABCs of PCSing

Aug 10•9 to 11 lam
Family Life Center, Room 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.

## Home Buying Workshop <br> Aug $10 \cdot 1$ to 2pm <br> Military \& Family Readiness Center

Find out what it is you need to know before purchasing a home. Space is limited. Please call the M \&FRC at 919-722-1123 to enroll.

## Give Parents a Break

## Aug $12 \cdot 9$ am 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, M ilitary \& 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 to sign up.

## Newcomer's Orientation

Aug $15 \cdot 8 \mathrm{am}$ to 1 pm Eagles Landing
The M ilitary \& 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.
For more information, call the M \&FRC at 919-722-1123.

# Community Dinner 

## Aug $15 \cdot 5 \mathrm{pm}$ Eagles Landing

All with base access are invited to a FREE dinner in support of our deployed and remote affected families. There will be kid-friendly activities. First come, first served.

For more information, call the M ilitary \& Family Readiness Center at 919-722-1123.

## Holiday Spending

Sept $14 \cdot 1$ to 2:30pm M\&FRC Conference Room

Do you want to be better prepared financially at holiday time? Join M ilitary \& Family Readiness Center staff for this workshop on how to make the most of your money for the holidays. Call 919-722-1123 to sign up.

## MILITARY STAR card

—continued from page 4
military exchanges, commissaries, ShopM yExchange.com, myNavyExchange.com and ShopCGX.com.
Shoppers who use MILITARY STAR and shop the Seymour Johnson Exchange not only save but give back, as $100 \%$ of Exchange earnings are reinvested in the military communities it serves. In the last 10 years, the Exchange worldwide has provided $\$ 3.5$ billion in earnings for critical on-installation Quality-of-Life programs that make life better for service members and families.

For more information on M ILITARY STAR, visit the Exchange or https://aafes.media/M ilStarPA.

# Welcome guide 




## Shoppers can win a 2023 J eep Rubicon <br> —continued from page 17

said Seymour Johnson BX store manager Leazel Williams. "The Exchange is always honored to offer these unique experiences to service members and their families."
No purchase is necessary to enter or win. Eligible shoppers can enter at ShopM yExchange.com/sweepstakes through Sept. 30. Honorably discharged Veterans who have confirmed their eligibility to shop online can enter, too. Veterans can visit ShopM yExchange.com/vets to learn more. Department of Defense and Coast Guard civilians and retirees can also enter.
Winners will be randomly selected by Oct. 6.

## Mock Interview

 Aug 24 - 10am to 2pm Virtual WorkshopBoost your interview skills by participating in this free class. Call the Military \& Family Readiness Center at 919-722-1123 for an individual appointment. Participants need to be prepared with a job ad and resume for the mock interview.

## Federal Resume Writing \& Job Search

 Sept 26 - 10 to 11:30am Connect 4, Classroom BParticipants 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 USAJ obs website. Call 919-722-1123 to sign up.

## Civilian Resume

Sept 26 - 1 to $2: 15 \mathrm{pm}$ Virtual Workshop
Learn to write an effective resume that may open the door to your next career. Call 919-722-1123 to sign up.

## Job Listings

Did you know the Military \& Family Readiness Center maintains a Jobs Board where new openings are posted regularly? Check it out at https://sjjobs.jobboardhq.com. Sign up today to find a job you can feel passionate about and an environment where you can fulfill your career ambitions.
If you have a Facebook account, www.facebook.com/sjjobs is another great source.

## Hard Charger Awards



ABOVE: 4th Force Support Squadron Commander Lt Col Timothy Kirchner presents the Hard Charger Team Award and traveling lightning bolt to the Compass Café Catering team. Left to right: Kayla Pillar, Kaylee Davis, Lt Col Kirchner, Judine Heidicker, Michael Davis, Gloria Black, Alisha Cook and CMSgt Jason Brandy.
 Reid. Middle: SSgt Margaret Brown, Daniel Hornbuckle, MSgt M arrisa Joseph, Chantaysia Martinez, Doris Jones, CM Sgt Jason Brandy, Maj Nathan Beckler, SrA Isaac Yancy. Bottom: A1C Justin Roman, Amn Jomair Demetaiz, SSgt Deja King, Chanelle Rodrigo, SSgt Alyana Vasquez, SSgt Sheila Smith.
LEFT: Lt Col Kirchner presents SSgt Deja King of the Southern Eagle Dining Facility with an individual Hard Charger award.

## Congratulations!



- 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, $2^{\text {nd }}$ 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, $1^{\text {st }} \mathrm{Fl}$

- 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, $2^{\text {nd }} \mathrm{Fl}$
- Marketing
919.722.8532 • fb.com/sjfss 1600 Wright Brothers Ave, $2^{\text {nd }}$ 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, $1^{\text {st }} \mathrm{Fl}$

- 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, $2^{\text {nd }} \mathrm{Fl}$, 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

| SJAFB Trails |
| :--- |
| $1 / 4$ Mile Track |
| 2 Mile Track |
| 5K Plus Track |
| 1.3 Mile Hospital Trail |
| Off Road Trail |

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