

SEYMOUR

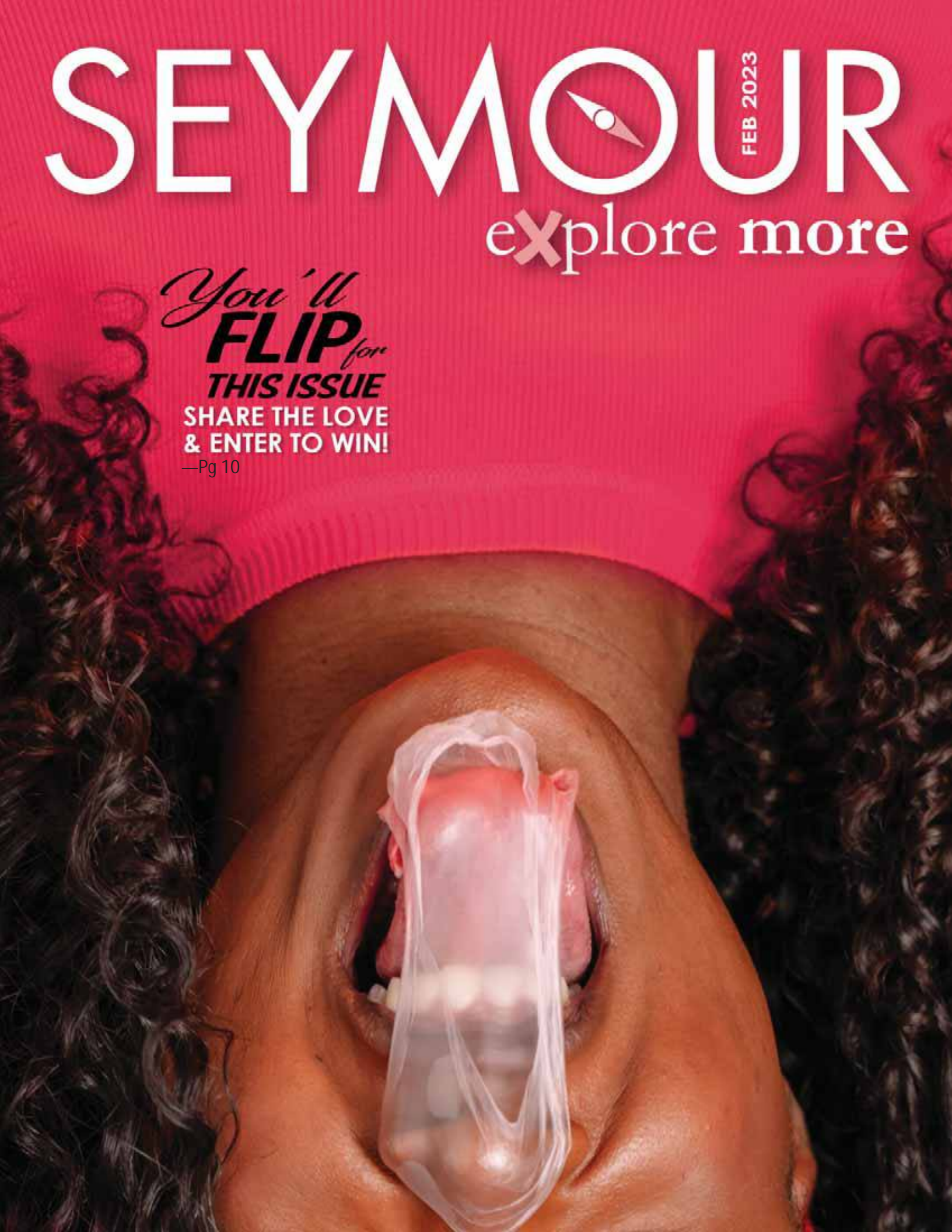
FEB 2023

explore more

You'll
FLIP *for*
THIS ISSUE

**SHARE THE LOVE
& ENTER TO WIN!**

—Pg 10



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COUPLES SPIN CLASS

The couple that spins together, wins together.



FEB 13
MONDAY 5PM

FITNESS CENTER AEROBICS ROOM
SCAN CODE TO SIGN UP
LIMITED CLASS SIZE

*Spin with your
significant other
and enter our
Valentine's
prize drawing*



Fitness Center
919-722-0420

sjfss.com • fb.com/sjafb.fitness



Fitness Challenge Pull Up Challenge All Month

Here's a fun challenge—one minute to perform as many pull ups as possible under Fitness Center staff supervision. The person with the highest score at the end of the month wins. Only one attempt per person.

All Star Basketball Tournament Feb 17 • 7 to 10pm Youth Center

The Teen Council and Keystone Club host an All Star Basketball Tournament as part of the next Teen Late Night event. Ages 13-18 years old, and still in school, are invited to come out and show their skills on the court.

Competitions include 3-point shooting, ball handling and dunking. There will be music, food and fun!

This is a free event for Youth Programs members and guests.



You can BE FIT in the New Year with tips, resources from Exchange Online Hub

The Army & Air Force Exchange Service is making sure military communities have health and fitness resources at their fingertips all year with the online BE FIT 360 Hub.

The Exchange's BE FIT 360 program focuses on holistic wellness. The BE FIT 360 Hub offers all the tools for a healthy lifestyle in one place, including workout videos, fitness tips, healthy eating guidance, links to active-wear and gear, wellness information and more.

"The BE FIT Hub is a bulked-up, all-in-one resource for making healthier choices," said Seymour Johnson BX store manager Leazel Williams. "With the Hub, the Exchange can be a partner in helping keep those New Year's Resolutions all year long."

The BE FIT 360 Hub, which is updated often with new workouts, nutrition and wellness content, can be found at ShopMyExchange.com/BeFit.

SPRING SPORTS

REGISTRATION OPENS FEB 1

5-6YR TEE-BALL \$50 PER PLAYER

7-12YR BASEBALL

7-12YR SOFTBALL

5-12YR SOCCER



COACHES NEEDED IN ALL SPORTS

sjfss.com

YOUTH CENTER 722.0502

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Free aerobics classes

Monday - Friday
Fitness Center

WEEKLY LINEUP OF CLASSES

Monday

11:00am Spin Class
4:30pm **Sweatmasters***

Tuesday

11:30am Yoga

Wednesday

11:30am **Healthy Hustle***
4:30pm **Sweatmasters***

Thursday

11:30am Zumba

Friday

4:30pm **Sweatmasters***

*Fitness Improvement Programs

(FIP): These programs target personnel to support fitness activities to meet Department of Air Force (DAF) fitness standards for aerobic fitness, muscular strength, and circumferential tape measurement.

Healthy Hustle - Provides guided run workouts to train on cardio endurance, proper running form and meet cardio standards for DAF PT assessments.

Sweatmasters - Provides a high intensity interval training that will challenge your cardiovascular endurance and strength designed for meeting DAF PT assessments.

Zumba - A total workout that mixes low and high-intensity moves for an interval-style dance fitness party combining all elements—fitness cardio, muscle conditioning, balance, and flexibility.

Yoga - The class offers yoga poses and gentle movement sequences to help improve the body movement patterns, breathing techniques and guided relaxation.

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

During hard financial times, the Exchange brings value to the base community

According to the Bureau of Labor Statistics, consumer prices rose 6.5% last year. As the cost-of-living increases, the Army & Air Force Exchange Service is prioritizing savings for Airmen and their families with everyday military-exclusive pricing and tax-free savings.

Seymour Johnson Exchange shoppers, including retirees, disabled Veterans, and Department of Defense and Coast Guard civilians, can shop name brands such as LG, Bose, Yeti, Hydro Flask, Gap, Old Navy, American Eagle, Aerie and more at up to 20% off the manufacturer's suggested retail price.

Service members and their families can save even more on everyday essentials including kitchenware, home goods, clothing and household products by choosing Exchange-exclusive brands such as Exchange Select and Simply Perfect.

"It matters where you shop," said Exchange store manager Leazel Williams. "The Seymour Johnson Exchange is all in to ensure that those who serve receive more for their money when using their hard-earned benefit at the BX or online."

For added savings, shoppers can use their MILITARY STAR® card to save 5 cents per gallon at Express gas stations and take 10% off at Exchange restaurants while earning rewards points that add up to even more savings. New cardholders also receive 10% off their first-day purchases.

The MILITARY STAR card is accepted at all military exchanges and commissaries and offers:

- One low APR, regardless of credit score.
- Free shipping at ShopMyExchange.com and myNavyExchange.com.
- No annual, late or over-limit fees.
- Budgeting tools such as Pay Your Way Plans, which give shoppers fixed monthly payments at reduced interest.

Honorably discharged Veterans can also use their hard-earned benefit to shop tax-free at ShopMyExchange.com.

Shoppers not only save at the Exchange, they give back. 100% of Exchange earnings support military communities. In the last 10 years, the Exchange benefit has provided \$3.5 billion in earnings worldwide to critical on-installation Quality-of-Life programs.



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 **ASHLEY**

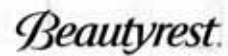
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72 months 0% APR is based upon credit approval. Cannot be combined with any other offer or promotion. Some exclusions may apply. See your sales associate for complete details. No Federal endorsement of advertiser(s) intended.

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.....

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97 ⁵⁰	four
130 ⁰⁰	three
195 ⁰⁰	two
390 ⁰⁰	one



Prices include transportation, hotel (reg. \$130), 2-day lift ticket (reg. \$150) and rental equipment (reg. \$78).

SAVE now. R4R eligible, sign up at Outdoor Recreation.

919.722.1104

sjfss.com • fb.com/sjafb.fun

Nighttime Bingo

Feb 1 & 15 • 6pm

Eagles Landing

The Community Programming & Partnership Office hosts Bingo (75-ball American version) on the first and third Wednesday of each month in the Pegasus Room of Eagles Landing. 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

Feb 8 & 22 • 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.

Singing is not required, though you might want to. Players listen to popular songs to mark titles on their cards. The first player to mark five songs in a row is declared the winner. There are prizes for each of three rounds.



Winter Fun at the Beach

Feb 18 • 10am to 4pm

Fort Fisher AF Recreation Area

Heading down to Kure Beach for the first long weekend of the year? Check out the Sandcastle Rec Hall at the Fort Fisher Air Force Recreation Area. Visit the new craft room, participate in programs, watch movies, play arcade, board games, ping pong and more!

See the Reception Center for details and registration; open to valid ID holders and sponsored guests. Call 910-500-6465.



Presidents Day Bowling Special

Feb 20 • 1 to 7pm

Phantom Lanes

Celebrating Presidents Day, Phantom Lanes offers holiday bowling rates of \$2 per game and \$2 shoe rental.

The 10-Pin Café will be open from 1 to 6pm.

Cosmic Bowling

Weekends/Date Nights

Phantom Lanes

Phantom Lanes offers glow-in-the-dark, Cosmic Bowling on Fridays at 10pm and twice on Saturdays, 2:30pm and 9:30pm. Bowlers will 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 to Single Airmen and ladies, ages 18 and up. For more information, visit www.sjfss.com/bowling-center or call 919-722-0350.



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Career Counselor

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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.

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.

Feb 3 • 6pm • Jurassic World: Dominion

PG-13 • 2022, Action/Adventure/Sci-Fi, 2h 27m

Feb 4 • 3pm • Napoleon Dynamite

PG • 2004, Comedy, 1h 36m

Feb 10 • 6pm • Smile

R • 2022, Horror/Mystery/Thriller, 1h 55m

Feb 11 • 3pm • Shang-Chi and the Legend of the Ten Rings

PG-13 • 2021, Action/Adventure/Fantasy, 2h 21m

Feb 17 • 6pm • The Matrix Resurrections

R • 2021, Action/Sci-Fi, 2h 28m

Feb 18 • 3pm • Venom: Let There Be Carnage

PG-13 • 2021, Action/Adventure/Sci-Fi, 1h 37m

Feb 24 • 6pm • Thor: Love and Thunder

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

Feb 25 • 3pm • Up

PG • 2009, Action/Adventure/Comedy, 1h 36m



Global Movie Day

Feb 11

Coinciding with Oscar season, Global Movie Day is held on the second Saturday in February. This day was established for film fans to celebrate the power movies have to reach, connect and inspire people around the world.

Fly By Movie

Feb 16 • 4:30pm Southern Eagle DFAC

Don't miss the free showing of "King Richard" starring Will Smith. This PG-13 movie provides a look at how tennis superstars Venus and Serena Williams became who they are after the coaching from their father Richard Williams, portrayed by Smith.

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.

You'll Flip for This ... Gumball Day/Valentine's GIVEAWAY Share the love for 4 FSS

Just in time for Valentine's Day, 4 FSS is **giving away some bling** from Barnes Jewelers*. To enter, you'll need to flip the cover of this magazine, position it over your mouth and nose, snap a selfie as such and share. Submit entries to 4fss.marketing@us.af.mil or comment on related post at www.facebook.com/sjfs no later than 11:59pm, Feb 12, 2023.**

*No Federal endorsement intended.

**Base access required to claim prize(s).

The Community Programming & Partnership Office and Military & Family Readiness Center present ...

• ALWAYS BET ON DEAD. •



IMMERSIVE EXPERIENCE

MARCH 11 • 6:30 TO 9:30PM

CALL CPPO TO PRE-REGISTER • RESERVATIONS CLOSE MARCH 3

COST INCLUDES ADMISSION, FOOD AND ONE DRINK

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Give Parents a Break childcare available for ages 6 wks-12 yrs

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CDC 919.722.1198

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CPPO

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reservations suggested

PHANTOM LANES

All day, everyday

— when lanes are open, except during Cosmic Bowling.

Get pizza, drinks, shoes and 2 hours of bowling for your foursome — just \$40!

919.722.0350

sjfss.com

f /sjafb.fun

WINGMEN WEDNESDAY

FEB 15
4:30 - 6:30PM

FIRST 30 CUSTOMERS GET FREE WINGS
ELIGIBLE PATRONS GET A TICKET FOR WINGS REDEEMABLE ON EVENT DAY ONLY

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f /sjafb.food sjfss.com

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MON-FRI
6 TO 10:30AM



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919.722.0394

MON-FRI
6:30AM TO 1PM



10-PIN CAFÉ
1290 ANDREWS ST
919.722.0349

MON-THU 7AM TO 8PM
FRI 7AM TO 11PM
SAT 9AM TO 10:30PM



MUSTANG TAPROOM
1240 ANDREWS ST
919.722.8547

WED-FRI
3 TO 10PM



National Hot Breakfast Month

Start your day with a hot, fresh breakfast made your way. They say it's the most important meal of the day! Did you know you can call ahead to the 10-Pin or Compass Café for convenient takeout? Curbside service is even available.

If you're more of a pastry and coffee/specialty drink type, check out Seymo Joe to Go—the convenient drive thru across from the Connect 4 building.

National Pizza Day

Feb 9 • 7am to 8pm
10-Pin Café

Celebrate one of America's all-time favorite foods, all day, in the bowling center. Enjoy a fresh, hot pizza, made to order and available by the pie or individual slices. Dine in or takeout.

Presidents Day Lunch

Feb 20 • 10:30am to 1:30pm
Southern Eagle Dining Facility

Join us for a special lunch menu in honor of Presidents Day. The dining facility is open to all with base access.

Hearts Apart Dinner

Feb 21 • 5 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.

Did you know ...
National Pancake Day is celebrated on Feb 21



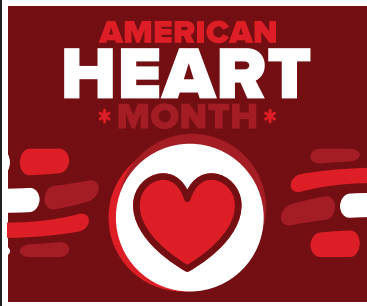
FEBRUARY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY



MONTH LONG FITNESS CHALLENGE
Maximum PULL UPS
in one minute

1 
Youth Sports registration
Healthy Hustle 11:30am
Nighttime Bingo 6pm

5

6 
Spin Class 11am
Sweatmasters 4:30pm
Red Pin Bowling 5pm

7
SEND A CARD TO A FRIEND Day
Story Time 11am
Yoga 11:30am

8
EFMP Roundtable 11am
Healthy Hustle 11:30am
Sweatmasters 4:30pm
Music Bingo 5pm

12



Big Game Day
RANDOM ACTS OF KINDNESS Week

13 
Couples Spin Class 5pm

14 **HAPPY Valentine's Day**
Story Time 11am
Yoga 11:30am

15 
Wingmen Wednesday 4:30pm
Nighttime Bingo 6pm

19

20 **HAPPY President's Day**
Holiday Lunch 10:30am
Bowling Special 1pm


21 
Newcomers Orientation 8am
Hearts Apart Dinner 5pm

22 
Library Littles
Craft Club 11am
Sweatmasters 4:30pm
Music Bingo 5pm

26











Winterplace Ski Trip

27 
Spin Class 11am
Sweatmasters 4:30pm
Red Pin Bowling 5pm

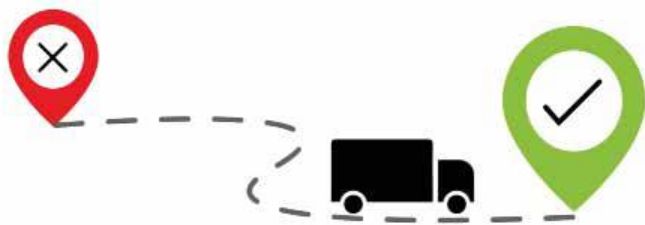
28



THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p><i>HAPPY.</i> <i>Groundhog</i> <i>DAY.</i></p> 	<p>3</p> <p>National Bubble Gum Day - Free gumball upon request in Phantom Lanes</p>  <p>Free movie 6pm</p>	<p>4</p>  <p>Ice Cream for Breakfast Day</p> <p>Free movie 3pm</p>
<p>9</p> <p>National Pizza Day</p> <p>ABCs of PCSing 9am</p> <p>Discovery Center 10am</p> <p>Zumba 11:30am</p>	<p>10</p>  <p>Sweatmasters 4:30pm</p> <p>Free movie 6pm</p> <p>Cosmic Bowling 10pm</p>	<p>11</p> <p>Give Parents a Break 9am</p> <p>Cosmic Bowling 2:30pm</p> <p>Free movie 3pm</p> <p>Cosmic Bowling 9:30pm</p>
<p>16</p> <p>Zumba 11:30am</p> <p>Fly By Movie Night 4:30pm</p> <p>Board Game Night 5pm</p>	<p>17</p>  <p>Free movie 6pm</p> <p>Teen Late Night: All-Star Basketball Tournament 7pm</p>	<p>18</p> <p>Winter Fun at the Beach 10am</p> <p>Cosmic Bowling 2:30pm</p> <p>Free movie 3pm</p> <p>Cosmic Bowling 9:30pm</p>
<p>23</p>  <p>Mock Interview by appt</p> <p>Discovery Center 10am</p> <p>Arm-Knitting Class 5:30pm</p>	<p>24</p> <p>Sweatmasters 4:30pm</p> <p>Free movie 6pm</p> <p>Cosmic Bowling 10pm</p>	<p>25</p> <p>Winterplace Ski Trip</p> <p>Cosmic Bowling 2:30pm</p> <p>Free movie 3pm</p> <p>Cosmic Bowling 9:30pm</p>
<p>Carefully lift the staples and remove this handy calendar to place on your fridge or bulletin board</p> 	<p>SCAN THE QR CODE for convenient access to the SJFSS website and Facebook pages where you'll find more information on these and other great programs and events!</p>	

Coming SOON

- March 1
 - Row Challenge
- March 2
 - Get to Know FCC
- March 8
 - Info/Job Fair
- March 10
 - Spouses Orientation
 - Mario Switch Night
- March 11
 - Give Parents a Break
- March 11
 - Marbles Experience
- March 15
 - Wingmen Wednesday
- March 16
 - Food Advisory Council
- March 17
 - St Patrick's Color Run
- March 18
 - Winter Fun
- March 21
 - Newcomers Orientation
 - Civilian Resume
 - Federal Resume
 - Hearts Apart Dinner
- March 23
 - Birthday Meal
- March 31
 - Teen Late Night



EDUCATION & TRAINING HAS **Moved**

NOW LOCATED IN BLDG 3611, 1195 CANNON AVE
Formerly the Airman Leadership School facility

The Seymour Johnson AFB Education Center provides educational opportunities and counseling services to active duty, Air Force members, DoD civilian employees, adult family members, and military retirees. We have on-base colleges offering undergraduate and graduate courses. See website for a list of on-base institutions.

HOURS OF OPERATION
Monday-Wednesday, Friday: 8am to 4pm
Thursday: 8am to 12:30pm
- Afternoon by appointment only

Hours vary for on-base institutions. Please contact the college or university for their hours of operation.

PHONE: 919.722.5800 WEB PAGE: sjfss.com/education-training

Time to register for March 2023 college classes!

Whether you are attending an on-base or off-base college, contact your advisor now or visit your college's website to register for upcoming classes. And don't forget to submit your Tuition Assistance (TA) request.

Military TA is available for Active Duty, Guard and Reservist personnel. MilTA must be submitted no later than seven days prior to the term start date. Contact the Education Center to get started.

Phone: 919-722-5800

Email: 4fss.fsde@us.af.mil

Web: <https://www.sjfss.com/education-training>

Career and Career Conditional full-time appropriated fund employees may be eligible for Civilian TA. See myPers for additional information.

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- Online Graduate

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*Build SKILLS - Improve STRENGTH -
Become the VERY BEST VERSION of yourself!*



*Two days of instruction & activities
to build resilience muscles —*

Open to all, 30 seats max!

MARCH 27-28

7:30am to 4:30pm

EAGLES LANDING: PEGASUS ROOM

- ✓ Team Building
- ✓ Balancing Work, Life & Command
- ✓ Money, Stress & Developing a Spend Plan
- ✓ Problem Solving Techniques
- ✓ Adverse Childhood Experience, Why it Matters!
- ✓ Sleep & Nutrition


“

*You are not born with a fixed amount of resilience. Like a muscle,
you can build it up, draw on it when you need it.*

SHERYL SANDBERG

”

To register, call or email Candie Young.

 919-722-4492

 candace.young.5@us.af.mil

RESILIENT

SCHOLARSHIPS FOR MILITARY CHILDREN

Now accepting
applications for the
2023 school year

Opening Dec 12, 2022.
Closing Feb 15, 2023.



HOW TO APPLY

All applications will be submitted online only.

Apply at www.militaryscholar.org



Scholarship program of Fisher House Foundation



Scholarships launch

The Air & Space Forces Association (previously known as the Air Force Association) is now accepting applications to all of its scholarship programs!

In 2022, AFA contributed more than \$230,000 to Airmen, Guardians, their spouses, and their children through 12 unique scholarships. The scholarships help fund college tuition, flight school, dental school, Arnold Air Society and Silver Wings, and even full rides to certain universities.

The deadline for all scholarship applications listed below is April 30, 2023, 11:59pm EDT. Interested candidates may apply online at www.afa.org/scholarships.

Col Aaron Burgstein Memorial Scholarship

Provides \$1,000 annually to minor dependents of Active, Guard, Reserve, veteran, or retired members of any service branch pursuing a degree at an accredited college or university.

Capt Jodi Callahan Memorial Scholarship

Provides \$2,000 to USAF/USSF Active Duty or full-time Guard or Reserve personnel pursuing a master's degree in a non-technical field.

Mike and Gail Donley Spouse Scholarship

Provides \$2,500 annually to encourage Air Force or

Space Force spouses worldwide to pursue higher education.

Lt Col Romeo and Bass Ferretti Scholarship

Provides \$5,000 to minor dependents of Air Force Active Duty, Reserve, or Air National Guard enlisted Airmen pursuing an undergraduate STEM degree.

Col Loren J. and Lawona R. Spencer Scholarship

Provides three \$5,000 scholarships for Air Force or Space Force personnel (Active Duty, civilian, or full-time National Guard or Reserve) to pursue graduate-level education in management and administration in preparation for senior-level leadership roles.

John C. and Blanche L. Lindsay Memorial Scholarship

Provides one \$2,500 scholarship to a child of members of the United States Air and Space Forces who is pursuing a college degree.

Dr. Sydell Perlmutter Gold Memorial Scholarship

Provides a renewable \$5,000 annual scholarship (for a total possible award of \$20,000) to the daughter of Active, Guard, or Reserve Air Force or Space Force members pursuing a bachelor's degree in a STEM field.

Delta Dental Grants

Provides five \$2,000 scholarships and grants to military spouses, military dependents, and transitioning

Scholarships launch — continued

service members for the advancement of oral health and wellness.

Trident University Full Scholarship

Provides full-tuition scholarships to current AFA members pursuing bachelor's or master's degrees at Trident University. Both current and prospective students are eligible.

Tuskegee Airmen Memorial Scholarship

Provides \$1,000 to current and former members of the Air and Space Forces, Air National Guard, and Reserve, and their spouses and children to pursue a college degree or flight training.

Destin Flight Works Pilot Training Scholarship

Funded by Vertol Systems Company, Inc., this program provides one AFA member per year up to \$10,000 toward pilot training courses, instructor fees, and aircraft rental, leading to a private pilot's license at the Destin Flight Works school in Destin, Florida.

General Henry H. Arnold Education Grant

Applications for the 2023-2024 academic year are now available through April 30, 2023.

The General Henry H. Arnold Education Grant program, also known as the Hap Arnold Grant, is the centerpiece of Air Force Aid Society (AFAS) education support. The application process for the Arnold Education Grant serves as the platform for other key education support opportunities at the Society.

The Hap Arnold Grant is competitive in its need-based selection criteria and is uniquely tailored to recognize the proper weighing of family income and education costs.

Grants ranging from \$500 to \$2,000 are awarded to eligible Air Force and Space Force dependents each year. The specific amount awarded correlates to a student's particular level of financial need.

For eligibility and more information, visit <https://afas.org/haparnoldgrant/>

TSSC COLLEGE SCHOLARSHIPS

2023-2024

Applications open now!

The Seymour Johnson AFB Spouses Club is accepting applications for our annual scholarship campaign

Applications can be downloaded from our website. Click on the Scholarships tab!



Scholarships are open to both dependent children and spouses of SJAFB affiliated military

Contact us at: tssc.scholarships@gmail.com

Scholarships are available in 3 categories:

- High School Seniors
- Current College Students
- Current College Spouses



APPLICATIONS MUST BE POST MARKED NO LATER THAN March 5th, 2023

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2022 FAMILY CHILD CARE

Provider of the Year

Kristen Jackson
DAF Certified FCC Provider



Kristen Jackson has been a Department of the Air Force (DAF) certified Family Child Care (FCC) provider at Seymour Johnson Air Force Base since February 2016. Her FCC journey started when she noticed a lot of car traffic at her neighbor's house on base. She was surprised to learn that her neighbor was an FCC provider.

With a background in the medical field, childcare was an easy bridge for Kristen to cross. She still works at the hospital a few nights during the week; continues her higher education; and attends track meets, cheer and dance competitions with her own children. She is the mother of three children--a senior, a sophomore, and a fourth grader—and two Great Danes.

KJacks Playhouse now operates off base, maintains her DAF FCC certification, holds a 4-star state license, and is in the self-study process of earning accreditation through the National Association for Family Child Care (NAFCC). She says this process has helped her focus on areas that she can improve





RIGHT: Family Child Care Coordinator Geraldine Horton presents Kristen Jackson with the 2022 Family Child Care Provider of the Year award.



upon to make her program better. "My proudest moments are seeing the children learn, develop and meet all their age-appropriate milestones. Their families have become a part of my family," says Kristen.

"Kristen provides the consistency every base needs," shares Geraldine Horton, Family Child Care Coordinator. "It warms my heart to know I was part of Kristen's initial licensing process in 2016. Kristen has achieved great success as a certified provider, and that takes a lot of dedication."

Lynn Lepley, Community Child Care Coordinator adds, "Kristen whole-heartedly supports military families! She supports Extended Duty Care, PCS Care, Military Spouse Appointment Care, and Home Community Care for the monthly UTA weekends. Kristen is

“ *Their families have become a part of my family.* —KRISTEN JACKSON ”

a great mentor to newly certified providers. Her effort extends to texting and checking on them daily, offering advice and sharing her experiences with them."

We thank you, Kristen, for your professionalism and commitment to our FCC program, and congratulations for being voted our FCC Provider of the Year!



**Airman's Attic:
Open to All Ranks**
Feb 2 & 7 • 10am to 1pm
Feb 4 • 12 to 2pm

The volunteer-run shop opens to E-6 and below on Tuesdays and Thursdays, 10 a.m. to 1 p.m.

For more information or to volunteer, call the Military & Family Readiness Center at 919-722-1123.

Loan Closet
Based on need and availability

The Military & Family Readiness Center maintains a Loan Closet of basic household items available for loan to eligible personnel. This service is to help those awaiting arrival of household items during a permanent change of station.

Supplies are limited. For more information, call the Military & family Readiness Center at 919-722-1123.

**R4R
ARM**
Knitting
class

**THURSDAY
Feb 23
5:30pm**

**Knit a blanket with CPPO
in the Mustang Taproom**

Ages 18+ • RSVP 919-722-8684 • \$30 pp
or FREE for Deployed Affected Personnel (DAP)

- Open to Air Force Active Duty and their immediate family members (4 months prior to deployment and up to one year following deployment)
- Open to spouse plus one guest while member is deployed
- Deployment orders required



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7 days a week

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12:30 to 2:30pm
3:00 to 5:00pm

Saturday-Sunday

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1:00 to 3:00pm
3:30 to 5:30pm



**Kiddie Hawk
PLAYGROUND**

CALL 919.722.8684 sjfss.com/kiddie-hawk-playground
fb.com/sjafb.fun

ABCs of PCSing

Feb 9 • 9 to 11am • Eagles Landing

The Military & Family Readiness Center is here to help you successfully navigate the Permanent Change of Station (PCS) maze by helping minimize the stress, confusion and hardships often associated with moving.

Call 919-722-1123 to sign up for this class.

Newcomer's Orientation

Feb 21 • 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.

For more information, call 919-722-1123.

Spouse Orientation

March 10 • 9am to 1:30pm • Eagles Landing

New military spouses and those new to the base are invited to a Spouse Orientation: Heart Link event where they can learn about base resources and connect with other spouses. Participants will be treated to lunch and a base tour.

For child care availability, to reserve your slot or ask questions, call the Military & Family Readiness Center at 919-722-1123.

Discovery Center

Feb 9 & 23 • 10am

Kiddie Hawk Playground

We are committed to encouraging child and parent creativity, connection, and growth throughout the year. With this commitment, a play group has been developed for children, ages birth to five years old, and parents in the new Kiddie Hawk Discovery Center.

The volunteer-led group is scheduled to meet on the second and fourth Thursdays of each month at 10am for various activities.

Give Parents a Break - Day Out

Feb 11 • 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 before close of business on Feb 8.

EFMP Roundtable Meeting

Feb 8 • 11am

Connect 4

The Exceptional Family Member Program (EFMP)-Family Support Coordinator invites all EFMP family members to an informal roundtable meeting. This will be an in-person event to provide attendees a chance to meet others. Coffee will be provided or you may bring your own. Sip and chat, stay a while. For more information, call 919-722-7337.

EFMP Marbles Sensory Experience

March 11 • 10am to 3pm
Downtown Raleigh

The Exceptional Family Member Program (EFMP) will host a STEAM Sensory experience day at Marbles Kids Museum. The event is free for EFMP members to attend with RSVP to 919-722-7337.

Marbles Kids Museum is located at 201 E. Hargett St. Raleigh, NC 27601. (No Federal endorsement intended)

— *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 Library team. Pictured from L to R, MSgt Brandon Hollman, Ms Kaci Harrison, CMSgt Jason Brandy, Dr Kathleen Parrish, Lt Col Kirchner, Kim Webb, Mark Lee, Bekah Hux, Phyllis Lindemuth, and Natalie Copeland. Not pictured: Mickey McAlduff

RIGHT: Lt Col Kirchner presents an individual Hard Charger Award to SrA Michael Artis of the Southern Eagle Dining Facility.



Congratulations!

Mock Interview

Feb 23 • 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 a time slot. Participants need to have a job ad and resume ready for the mock interview.

Info/Job Fair

March 8 • 10am to 1pm
Eagles Landing

The Military & Family Readiness Center proudly hosts Information Job Fairs throughout the year. The following 2023 schedule includes five dates:

- March 8
- May 10
- July 12
- Sept 13
- Nov 15

The job fairs are open to all with base access. A variety of local and regional recruiters and/or hiring authorities will be on-site.

Dress to impress and bring copies of your resume.

Call 919-722-1123 for more details.

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.



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OPEN HOUSE

GET TO KNOW FCC

MARCH 2 • 11AM-NOON • CONNECT 4

Open your own business with little to no start-up costs.

Support the Wing mission by caring for children while working from home.

Set your own flexible hours. Recruitment and retention incentives!

Become a certified Family Child Care provider!

www.sjfss.com
fb.com/sjfab.family
RSVP 919.722.7194

FAMILY CHILD CARE OFFICE • LOCATED IN CONNECT 4 • 1515 GOODSON ST

FOOD & DRINK

- **10 Pin Cafe**
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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
- **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
- **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
- **Connect 4**
919.722.8915 • 1515 Goodson St
fb.com/sjafb.fun
- **DEERS & ID Cards**
919.722.8702 • fb.com/sjfss
1600 Wright Brothers Ave, 1st Fl
- **Eagles Landing**
919.722.8796 • 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 • 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
- **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**
919.722.0575
- **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

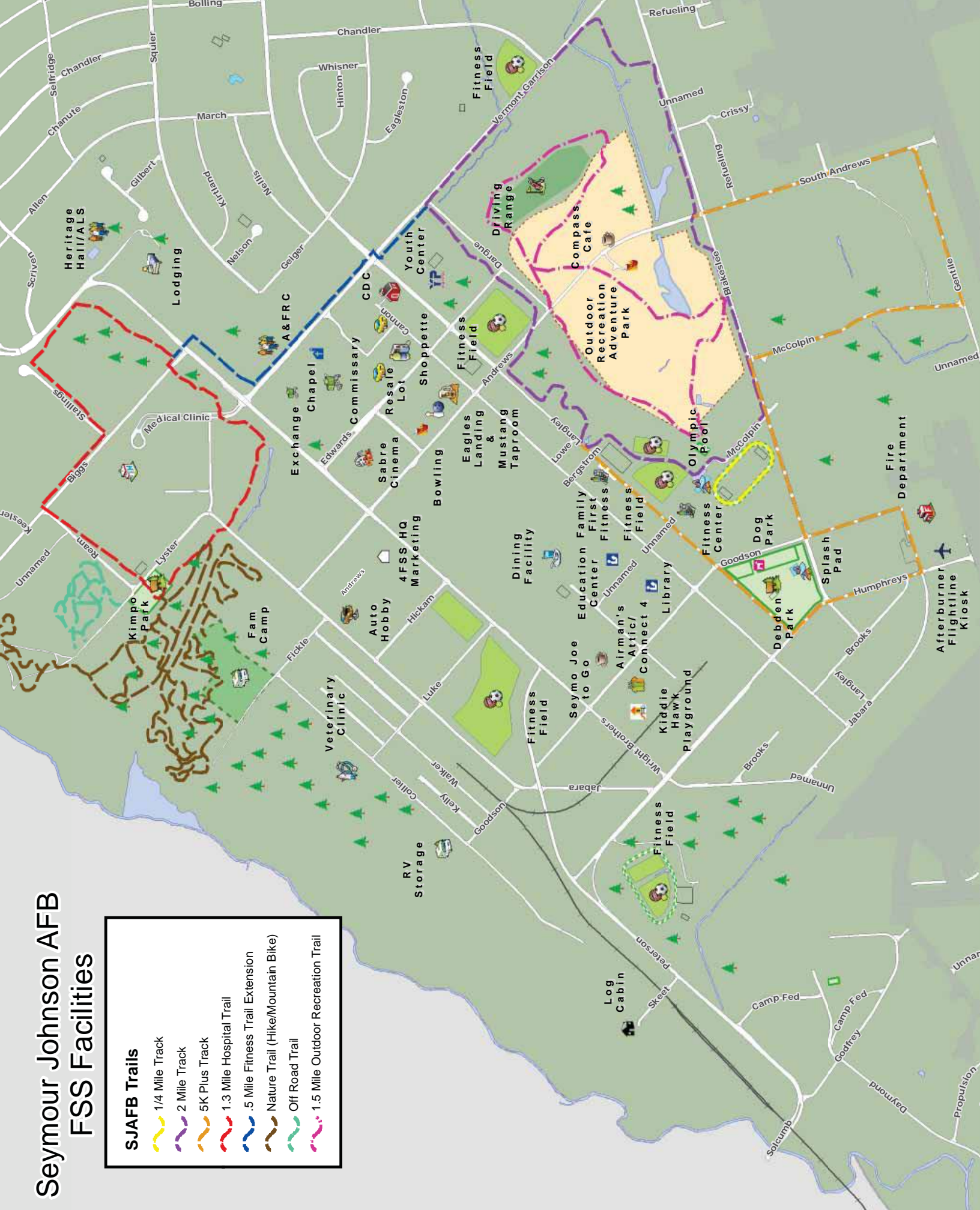
BASE SERVICES & RESOURCES

- **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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