

SEYMOUR



JAN 2023

Look inside for
**Solutions to
Resolutions**

explore more

Your guide to
**All Things
4 FSS & a**

**Happy
New
Year**

2022 ... THAT'S A WRAP!



Go Big or Go Gnome CPPO closes out year with a card challenge

Join us in congratulating this creative team from the Official Mail Center (OMC) on their win in the recent Holiday Card Challenge hosted by the Community Programming & Partnership Office.

Story Time

Tuesdays • 11am • Base Library

The base library offers weekly story times designed for preschool age children on each Tuesday. All with base access are welcome.

Bundles for Babies

Jan 19 • 9am to 12:30pm • Eagles Landing

Bundles for Babies is a class that's funded by the Air Force Aid Society (AFAS) for new and expectant active duty parents. Participants will learn about local resources, get helpful tips on budgeting and caring for newborns, and connect with other expecting parents. Each participating family receives a \$50 gift card from AFAS. Class size is limited. Call the Military & Family Readiness Center at 919-722-1123 to sign up.



2023

HELLO BABY NEW YEAR

This personification of the passage of time represents the "rebirth" of the past year into the next.

LET'S PLAY A GAME

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

AHPYP

○					
---	--	--	--	--	--

CEREGE

	○				
--	---	--	--	--	--

EPIRDA

				○	
--	--	--	--	---	--

PCELKI

					○
--	--	--	--	--	---

NEKOASIEMR

		○							
--	--	---	--	--	--	--	--	--	--

UHSROLASG

							○		
--	--	--	--	--	--	--	---	--	--

MLOSYB

		○			
--	--	---	--	--	--

F		T						T			
---	--	---	--	--	--	--	--	---	--	--	--

CONTENTS

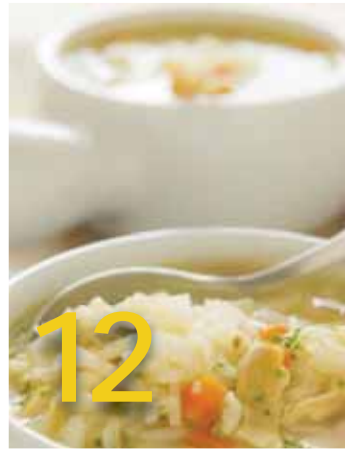


19 Spouse Reintegration + Operation Deployed Hearts Workshops



8

Brake service that won't break the bank
Limited time offer from the friendly professionals at Auto Hobby.



12

Happiness is ...
hot soup on a cold day. Celebrate National Soup Month with 4 FSS.

4 **Fitness**
SMART goals + challenges to keep you motivated throughout the year

8 **Fun**
"Save the Dates" you won't want to miss

11 **A "must read" for volunteers**
Act now so you don't miss out

13 **Food**
Find out what FSS is cooking up for you

14 **Movie listing**
Free showings in the Sabre Cinema and more

15 **Family**
Benefits of the Exceptional Family Member Program and more

20 **Force Support**
Hard Charger Awards

21 **Employment Opportunities**
Resume classes + job search tips

22 **Directory + FSS Facility Map**
4 FSS facilities + base resources at a glance

res•o•lu•tion

noun

1. a firm decision to do or not to do something
2. the quality of being determined or resolute



SMART goals

Setting specific, measurable, attainable, relevant and timely (S.M.A.R.T.) objectives is key to planning the steps to meet your long term goals,

Specific — Be clear and specific about what you want to accomplish.

Measurable — Set milestones to track your progress. Keep goals quantifiable.

Attainable — Work towards a goal that is challenging but possible.

Relevant — Ensure your goals resonate with who you are and what you want.

Timely — Include an end-point to keep you motivated.

SOUND FAMILIAR?

NEW YEAR'S RESOLUTIONS

Resolutions have been synonymous with the turning of the year since Julius Caesar urged subjects to commit to personal improvement that first New Year's Day in 45 B.C. ... or so the story goes.

Exercising more, losing weight and cutting down on food or eating more healthy are some of the most common New Year's resolutions, according to research. This seems reasonable following the overindulgence of the holidays and party season. Small changes in your diet can make a big difference. Exercising more can make you feel better physically and mentally.

Did you make any resolutions?

DON'T GIVE UP

Did you know the second Friday in January is known as Quitters Day? Supposedly that's the fateful day when most quitters motivations begin to falter. Don't be a statistic.

You've got this! We've got you.

WHAT YOU NEED IS SOME STICK-TO-ITIVENESS

Persistence. Determination. Tenacity.

Make those fitness resolutions stick by setting SMART goals, writing down your goals, getting an accountability buddy, properly fueling your body, changing things up from time to time, and taking fitness classes that fire you up.

The Fitness Center offers a variety of classes, Monday - Friday. They offer everything from gentle yoga poses to the Zumba dance party, and Boot Camp's high intensity interval training.

Keep your eye on the prize.



January's Fitness Challenge Free Throw Madness

Here's a fun challenge for all you hoopsters—one minute to land as many free throws as possible with Fitness Center staff supervision. The person with the highest score wins. Only one attempt per person.

First Run of the Year New Year, New Me Run/Walk Jan 13 • 3 pm • Fitness Center

Save the date! The Fitness Center is kicking off the new year with a run/walk at the 2-mile trail. Get set to join us and wear your "brightest, shiniest" clothes to bring in the new year glowing!

Sign up in the Fitness Center or show up on event day. Fun for all ages.





Schedule time for self-care

Get in touch with massage therapy in 2023! Its many benefits include stress-relief and relaxation, pain management, improving circulation, boosting focus and immune function.

Meet Marisa

“What I strive to do in my practice is tailor each massage for each client,” says Marisa, a massage therapist since 2009. “I also enjoy teaching my clients about self-care and how beneficial it can be to their overall health. It can leave you feeling rejuvenated and looking at the world with new eyes. So while making your new year’s resolutions, be sure to make time to relax and get a massage.”

Massage therapy sessions with Marisa are available by appointment only in the Connect 4 building. Email mdiaz@elysiummassage.net to schedule an appointment, then pre-pay (cash/check/card) at the Fitness Center. Gift certificates are available.

“
*Like exercise,
massage does
more for you if
you engage in it
regularly ...
even a monthly
treatment can
help*
”

Services

SWEDISH MASSAGE

Long, broad strokes to aid relaxation, improve circulation, ease muscle aches and tension. Great for melting the stressors of everyday life.

30-min/\$30 60-min/\$45 90-min/\$80 120-min/\$95

DEEP TISSUE MASSAGE

Promotes recovery of injured or strained muscles. This intense, pressure massage is recommended for chronic pain and muscle tension.

60-min/\$70 90-min/\$95 120-min/\$115

HOT STONE MASSAGE

Similar to a Swedish massage with the benefit of hot stones to help soothe tired, sore muscles. Rejuvenating.

60-min/\$75 90-min/\$85 120-min/\$105

ELYSIUM SIGNATURE MASSAGE

Mixture of Swedish, Deep Tissue and Hot Stone with Aromatherapy

60-min/\$100 90-min/\$110

PRENATAL MASSAGE

Light to moderate massage strokes performed during second and third trimesters with expectant mom lying on her side or flat on a pregnancy pillow. —If high risk, a doctor’s note is needed for massage.

30-min/\$30 60-min/\$45 90-min/\$80

THAI OIL MASSAGE

Similar to Deep Tissue but with a range of pressure, combining muscle compression, joint mobilization, and range of motion stretching to improve flexibility and circulatory health. The therapist uses hands, knees, legs and feet to move you into a series of yoga-like stretches.

60-min/\$65 90-min/\$90

ENHANCEMENTS

Thai Oil \$15

Hot Stone \$15



EVERY SEASON STARTS AT



SPECIAL OFFERS FOR SEYMOUR JOHNSON AIR FORCE BASE

CLICK on the DSG ad on sjfss.com for discount coupons.

COMMISSARY
CLICK 2GO



Pay with your
MILITARY STAR card
at online* checkout.

*Payment option not available on the mobile app.



shop.commissaries.com



DEMOCKO CHIROPRACTIC

- Chiropractic adjustments for all ages
- Medication-free pain relief from injuries

\$40
FIRST VISIT
includes exam,
adjustment and
x-rays (if needed)

We can see you today!

TWO LOCATIONS:

1802 E Ash St
Goldsboro, NC 27540
919-735-2205

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



**DEMOCKO
CHIROPRACTIC**

\$25
ADJUSTMENTS



MILITARY DISCOUNTS!

demockochiropractic.com | fb.com/DemockoChiropractic



Revved up for the Year Ahead

Who's excited for 2023? There's so much to look forward to, including the return of the Wings Over Wayne Air Show! The event will be headlined by the U.S. Navy Blue Angels and will take place on May 20-21. Also performing will be Air Combat Command's F-22 Raptor Demo Team. Save the date.

Let's get the year started, and possibly check off a resolution, by getting your car serviced. Look below for a great deal and more upcoming offers from the 4th Force Support Squadron.

Brake Service Special Offer

Jan 4-29 • Auto Hobby

Don't let worn brakes throw a wrench in your new year. Take advantage of Auto Hobby's Brake Service Special and save \$25 off each axle.

1/3 OFF for a limited time

Throughout the month of January, brake service is just \$50 per axle. Parts are not included.

Call Auto Hobby at 919-722-1309 to book an appointment. Open Wednesday-Sunday from 10 am to 6 pm, at 1295 Jabara Ave.

First & Third Wednesday Bingo

**Jan 4 & 18 • 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 5 pm 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

**Jan 11 & 25 • 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

**Jan 14 • 10am to 4pm
Fort Fisher AF Rec 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.

Martin Luther King Jr Day Bowling

**Jan 16 • 1 to 7pm
Phantom Lanes**

Marking the birthday of Martin Luther King Jr, Phantom Lanes is offering holiday bowling rates of \$2 per game and \$2 shoe rental.

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

Preschool Play Group (All Volunteer-run)

Jan 12 & 26 • 10am to Noon
Kiddie Hawk Discovery Center

New this year! A play group will open to children, ages birth to five years old, and parents in the new Kiddie Hawk Discovery Center at the Kiddie Hawk Playground. The group is scheduled to meet on the second and fourth Thursday of each month at 10 am and will offer various volunteer-led activities pending availability of organizers.

For more information, call the Community Programming & Partnership Office (CPPO) at 919-722-8486.

Join the Fort Fisher Turtle Circle
LIMITED TIME OFFER VALID DECEMBER 1 TO MARCH 31

RECEIVE 1 PUNCH PER VISIT OF 2 OR MORE CONSECUTIVE NIGHTS

Applies to RV and Cottage guests only; Lodge Rooms do not apply.

Off Season Rates Apply

COLLECT 3 PUNCHES AND GET A FREE NIGHT ON YOUR NEXT VISIT

Vacate for 24 hours minimum following your visit.

Stay a total of 3 separate occasions.

f /fortfisher

Fort Fisher
AIR FORCE RECREATION AREA

910.500.6465

sjfss.com/fort-fisher-af-rec-area



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.



RV STORAGE LOT

Cars to travel trailers, jet skis to boats, our RV Storage Lot accommodates vehicles up to 40-ft long. Limited spaces by reservation only.

AFFORDABLE MONTHLY RATES

\$25 on base residents / \$35 off-base residents



CONTACT OUTDOOR REC

for more information or to request a space—
outdoorrecreationsjafb@gmail.com or 919-722-1104

sjfss.com | fb.com/sjfss



Anyone can send troops Exchange gift cards

Anyone—including civilians—can spread cheer worldwide, bringing a piece of home to service members and their families with an Army & Air Force Exchange Service gift card.

Send a morale-boosting gift card, ranging from \$10 to \$500, to Soldiers, Airmen, Guardians, Sailors, Marines, military retirees or Veterans by visiting ShopMyExchange.com and clicking “Purchase Gift Cards” at the bottom of the page.

“The Exchange salutes heroes serving across the globe,” said Seymour Johnson Exchange store manager Leazel Williams. “Exchange gift cards can be used for virtually anything, including a meal or a new tablet for a video call with family.”

Service members can use Exchange gift cards at PXs and BXs worldwide. Gift cards can also be redeemed online at ShopMyExchange.com.



Give the purchasing power and convenience of the Exchange Gift Card. Gift cards and e-Gift cards never expire and may be sent to any recipient with Exchange privileges through the mail and email.



5K VIDEO GAME LEAGUE

NOV 2022 - FEB 2023



LOOKING FOR THINGS TO DO IN GOLDSBORO? TRY OUR WINTER ESPORTS LEAGUES FOR KIDS AND ADULTS!

FOR MORE INFORMATION, VISIT
WWW.UNBOXEDGAMING.COM



Free Donation
Pickup is a Phone
Call or Click Away!



Donate your used furniture,
appliances and other home goods.



Reuse • Recycle • Donate • Shop

Hours of Operation | 124 E Mulberry St
Tuesday: 9-5 (donations only) | 919-736-9550
Wednesday - Saturday: 9-5 | www.habitatgoldsboro.org

CALLING ALL VOLUNTEERS

IT'S TIME TO RECORD YOUR
VOLUNTEER HOURS FOR 2022!

WE WANT TO SALUTE YOU FOR
ALL YOUR HARD WORK HELPING OTHERS

SCAN CODE OR VISIT
[SURVEYMONKEY.COM/R/HS6KZK6](https://www.surveymonkey.com/r/HS6KZK6)
ENTER BY JAN 31, 2023



HOURS CAN BE COUNTED AS
INDIVIDUAL OR AS A GROUP



QUESTIONS?
CONTACT LEE WRIGHT
MILITARY & FAMILY
READINESS CENTER
919-722-1123

LEE.WRIGHT@US.AF.MIL

GEICO | LOCAL OFFICE

PROUDLY SERVING OUR BRAVE MILITARY



Get your discount today.



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

No official U.S. Army or Department of Defense endorsement is implied. Some discounts, coverages, payment plans, and features are not available in all states, in all GEICO companies, or in all situations. GEICO contracts with various membership entities and other organizations, but these entities do not underwrite the offered insurance products. Discount amount varies in some states. One group discount applicable per policy. Coverage is individual. In New York a premium reduction may be available. GEICO may not be involved in a formal relationship with each organization; however, you still may qualify for a special discount based on your membership, employment or affiliation with those organizations. GEICO is a registered service mark of Government Employees Insurance Company, Washington, DC 20076; a Berkshire Hathaway Inc. subsidiary. © item 1 GEICO 21_655770455



Soup's On!

January is National Soup Month

There's nothing better than a hot, delicious bowl of soup to chase away the winter blues. It's nutritious, too!

We're All Souped Up

Compass Café @Outdoor Recreation

Celebrating National Soup Month, the Compass Café will be serving a soup of the week for every week of the month.

All soups will be served in 16-ounce bowls with choice of biscuit, dinner roll or cornbread muffin and a fountain drink for \$7.50.

WEEK 1: Jan 3-6

Chicken and Rice Soup

WEEK 2: Jan 9-13

Potato Soup

WEEK 3: Jan 17-20

Classic Chili — Toppings include cheddar, sour cream and jalapenos if desired

WEEK 4: Jan 23-27

Vegetable Beef Soup



Hamming it Up

10-Pin Café @Phantom Lanes

We'll bowl you over with a delicious serving of Ham and Potato soup. Pair it with a classic grilled cheese for a comforting meal to satisfy the heartiest of appetites.

SCAN FOR MENUS



Hearts Apart Dinner

Jan 17 • 5 pm • Eagles Landing

Free dinner and kid-friendly activities especially for our deployed and remote affected families. First come, first served.

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



MUSTANG TAPROOM

1240 ANDREWS ST
919.722.8547

WED-FRI
3 TO 10PM



Campus Dining for ESM Members

Select 4 FSS Facilities

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



National Cheese Lover's Day

Jan 20 • 10-Pin Café @ Phantom Lanes

Order fries and receive an upgrade to cheese fries for just 25 cents more upon request—all day.

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.

Jan 6 • 6pm • JUJUTSU KAISEN 0: THE MOVIE

PG-13 • 2021, Fantasy/Action, 1h 45m

Jan 7 • 5pm • MINIONS

PG • 2015, Animation/Adventure/Comedy, 1h 31m

Jan 13 • 6pm • THE SHINING

R • 1980, Drama/Horror, 2h 26m

Jan 14 • 3pm • FANTASTIC BEASTS: THE SECRET OF DUMBLEDORE

PG-13 • 2022, Adventure/Family/Fantasy, 2h 22m

Jan 20 • 6pm • THE BATMAN

PG-13 • 2022, Action/Crime/Drama, 2h 56m

Jan 21 • 3pm • CLIFFORD THE BIG RED DOG

PG • 2021, Animation/Adventure/Comedy, 1h 36m

Jan 27 • 6pm • FIRESTARTER

R • 2022, Drama/Horror/Sci-Fi, 1h 34m

Jan 28 • 3pm • BEETLEJUICE

PG • 1988, Comedy/Fantasy, 1h 32m



Did you know ...

National Popcorn Day is celebrated on Jan 19

Fly By Movie

Jan 19 • 4:30pm

Southern Eagle Dining Facility

Dinner and a movie? 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.

Follow us on the "SJAFCB Food" Facebook page to find out this month's movie title. Any guesses?

BERKSHIRE HATHAWAY HomeServices
McMillen and Associates Realty

FIND YOUR DREAM HOME

CRYSTAL LOVE
VETERAN'S SPOUSE
CELL: 919-273-5571
OFFICE: 919-778-7500
crystal@themcmillengroup.com

Let me help you buy or sell your home.
Schedule your appointment today!

©2021 BHH Affiliates, LLC. An independently operated subsidiary of HomeServices of America, Inc., a Berkshire Hathaway affiliate, and a franchise of BHH Affiliates, LLC. Berkshire Hathaway HomeServices and the Berkshire HomeServices symbol are registered service marks of Columbia Insurance Company, a Berkshire Hathaway affiliate. Equal Housing Opportunity.

How the Exceptional Family Member Program Can Benefit You and Your Family

A strong support system makes everything easier and is especially important when you have a family member with special needs. Finding and coordinating medical or educational services can be challenging. Add in the demands of military life, and it can quickly feel overwhelming. The Exceptional Family Member Program is a critical part of your support network. The EFMP's goal is to help military families with special needs thrive.

Ways EFMP can help your family

Find and tap into community resources, services and programs that will meet their needs.

Provide information and referrals and help your service member's family develop a family services plan.

Offer training and other support to help your service member's family be their own best advocate.

Provide a warm hand-off to EFMP-Family Support at the next installation when your service member PCSes.

For more information, call 919-722-7337.

Give Parents a Break - Day Out

Jan 7 • 9am to 1pm
CDC + Youth Center

The Air Force Aid Society (AFAS) provides funding for eligible parents to take a few hours break from their children, ages 6 weeks - 5 years, at no cost with voucher.

Eligible families must be referred by one of the following: squadron commander, first sergeant, chaplain, Family Advocacy, Military & Family Readiness Center, Child Development or Youth Centers.

Those who need care yet do not qualify for funding, 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 Jan 4 for more information or to enroll.

New Library Entrance

Headed to the Base Library? Be sure to use the designated parking lot and "new in '22" patron entrance on the Library wing of the building. The former entrance is now for students and staff of the Wayne School of Technical Arts.

The library opens Monday-Wednesday and Friday from 10 am to 6 pm, Thursday: 10 am to 7 pm, and Saturday: 10 am to 5 pm, excluding holidays. Any questions? Call 919-722-5825.



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



EFMP 101

Jan 11 • 11am • Webinar

Are you new to the Exceptional Family Member Program (EFMP) and want to know more? Register to participate in the upcoming EFMP 101 and discover what you need to know about EFMP-Family Support, Tricare, EFMP-Medical, and the School Liaison.

Call 919-722-7337 to sign up and receive the webinar link.

Newcomer's Orientation

Jan 17 • 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.

Credit Management

**Jan 12 • 1 to 2pm
M&FRC Conference**

This class provides learners with the knowledge to build and protect their credit health. Topics include wise and unwise use of credit, how to establish a credit history, credit scores and reports, how to reduce the cost of credit, management strategies and resources.

Call 919-722-1123 to sign up. Space is limited.

Vesting in Thrift Savings Plan

**Jan 19 • 1 to 2pm
M&FRC Conference**

This course is intended for Airmen under the Blended Retirement System, who are approaching two years of service. Learn what it means to vest in the Thrift Savings Plan (TSP) and how your contribution can be matched, up to a maximum of 5% of your basic pay.

Call 919-722-1123 to sign up. Space is limited.

ONLINE TUTOR ASSISTANCE

Get free help from a professional tutor anytime you need it. Tutors are online 24/7. Eligible dependent children of military personnel can take advantage of this program and get help with more than 16 subjects!

EXPANDED ELIGIBILITY

Those eligible to use this service are as follows:

- Active duty Air Force service member
- Active/full-time Air National Guard member
- All dependent children and spouses of eligible
- Wounded Warrior service members
- Survivor, Killed in Action
- DoD Civilian personnel

APPLY TODAY

Go to tutor.com/military then click on the applicable service branch button or the DoD Civilians button. Read the eligibility requirements on the tutor.com website. If eligible, check the "I certify ..." box and click "Yes, I'm eligible." Fill out the form and click on "Create Account."

For more services, see Base Library page: acc.ent.sirsi.net/client/en_US/s-johnson/

Scholarships for military children

The Scholarships for Military Children program was created in recognition of the contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community.

Five hundred scholarship grants, each for \$2,000, will be awarded for the academic school year 2023-2024. There is at least one recipient selected at every commissary location where qualified applications are received.

“ The online application period will close at 11:59pm Pacific Standard Time, Wednesday, Feb 15, 2023. ”

To learn more and review the scholarship eligibility requirements and the checklist of what's needed to complete an application, visit www.fisherhouse.org/programs/scholarship-programs/scholarships-for-military-children/



Scholarship program of Fisher House Foundation
No federal endorsement intended

• CLASSES BEGIN SOON! •

100% ONLINE, ON CAMPUS, & ON BASE OPTIONS

Choose from over 100 majors, minors, and concentrations with degree options for:

- Traditional Undergraduate
- Online Adult Undergraduate
- Online Graduate

Classes toward CCAF degree available at SJAFB.

Yellow Ribbon Program



University of
MOUNT OLIVE

For more information visit www.umo.edu



PAID ADVERTISING - NO FEDERAL ENDORSEMENT INTENDED

\$0
ENROLLMENT FEE
\$35/MONTH

\$10
NONMEMBER
DAILY FEE

JANUARY SPECIAL
2023 FITNESS STARTS HERE!

24/7 ACCESS • HUGE FREE WEIGHT AREA • CLASSES • CHILDCARE

T-SHIRT CHALLENGE
JANUARY 8-28

Free for members. Sign up at front desk.

WORK OUT
1 HOUR A DAY
5 DAYS A WEEK
FOR 3 WEEKS

Get in shape!

Membership includes huge assortment of classes to keep you motivated! (Nonmember \$5 drop-in fee)

Chisel • Yoga • Bodypump • Kickboxing • Zumba
Cardio Drumming • Pilates Abs • Cycle
Powertone • Circuits and more!

NEW IN JANUARY
Shockwave • Rowing



GOLD'S GYM - 1306 PARKWAY DRIVE - GOLDSBORO - (919) 759-2348

Spouse Reintegration

Jan 5 • 5 to 6pm

Eagles Landing

Supporting agencies providing information on how to reconnect with your spouse following a deployment or remote tour. Topics also include reconnecting your spouse with the children, mental health preparedness, and the purpose of the deployed member's reintegration.

Call 919-722-1123 to sign up.



Operation Deployed Hearts

Jan 10 • 5 to 6pm

Connect 4

The Military & Family Readiness Center offers quarterly workshops intended to equip spouses of deployed (and remote) service members with the necessary tools and information to help them transition through the various phases of deployment. This quarter's focus is Pre-Deployment.

The Kiddie Hawk Playground will be open with limited supervision during the briefing. Call 919-722-1123 to sign up.

January 2023 Webinar Series

The Military Child Education Coalition announces a series of Parent Education Webinars for military-connected parents and professionals who work in support of military-connected children.

The webinars are open to all interested participants and offer research based information and ideas. Mark your calendars and register for any webinar that fits your needs. Once you've registered, you will be able to view the live webinar or watch a recorded presentation after the recording is processed.

Webinars are presented live in Zoom, usually on Tuesdays and Wednesdays at Noon EST. Participants must register in advance for the live webinar presentation. See <https://www.militarychild.org/webinars>

Webinar Topics and Dates

Jan 10: 2123AF - Time Management Tips for Your Elementary Aged Kids

Jan 11: 2223N - Time Management Tips for Your Middle and High School Students

Jan 17: 2323AF - Staying Connected During a Service Member's Absence

Jan 18: 2423N - Identifying How Your Child Learns

Jan 24: 2523AF - Building Test Taking Confidence in Mobile Elementary Students

Jan 25: 2623N - Test Taking and Transition: Building Confidence in Middle and High School Students

Jan 31: 2723AF - A Conversation About Responsibility.org

For more information, contact Cristy Barnes-Williams, School Liaison, at 919-722-5810.

Video/Podcast Basics Class

Jan 26 • 5 to 6:30pm • Base Library

The Base Library invites teens to explore the creative world of making videos and podcasts. Mark Lee, Technical Information Specialist, will teach future podcasters how to use the library's media production equipment to create their own videos and podcasts.

Space is limited. Scan the code to register online or visit <https://airforcelibraries.libcal.com/event/10100304>.



— *Hard Charger Awards* —



ABOVE: Lt Col Timothy Kirchner, 4th Force Support Squadron Commander, presents the traveling lightning bolt, Hard Charger Team Award to the Food Services team during a recent morning Commander's Call. Pictured from L to R, SSgt Stephanie Santos, SrA Jessica Lanning, SSgt Michael Baez, SrA Michael Artis, SrA Nadia Sebai, SrA Brandy Lewis, A1C Hunter Pearson, SSgt Angel Bostic, A1C Gabriel Azevedo, and CMSgt Jason Brandy.



ABOVE: Lt Col Kirchner presents the Hard Charger Team Award certificate to the Food Services team attending the afternoon Commander's Call. From L to R, SSgt Shelby Luttrell, SrA Darick Squire, MSgt Kaythi Rasay, TSgt Marris Joseph, TSgt Shimika Figaro, and CMSgt Brandy.



LEFT: Lt Col Kirchner presents an individual Hard Charger Award to SSgt Stephanie Fonke as CMSgt Brandy looks on.

Congratulations!



Respite Care Provider Openings Family Child Care

Exceptional Family Member Program (EFMP) families assigned to Seymour Johnson Air Force Base are in need of Respite Care Providers.

Respite Care providers provide care in the EFMP child's home. Dates and times are flexible, based on your schedule and availability.

Respite Care providers earn \$25 per hour for the children enrolled in EFMP; \$10 per hour, per sibling, ages 12 and under.

Call the Family Child Care (FCC) office at 919-722-7194 for more information.

Federal Resume Writing & Job Search

Jan 24 • 10 to 11:30am
Connect 4, Classroom B

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

Call 919-722-1123 to sign up.

Civilian Resume Webinar

Jan 24 • 1 to 2:15pm
Virtual

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

Call 919-722-1123 to sign up.

Employment Resources

Facebook: [fb.com/sjjobs](https://www.facebook.com/sjjobs)

Follow "Job Opportunities - Seymour Johnson AFB Community" on Facebook for regular updates on area job openings.

Jobs Board: <https://sjjobs.jobboardhq.com>

Sign up with us today to find the job you can feel passionate about and an environment where you can fulfill your career ambitions.

USAJobs: <https://www.usajobs.gov>

Visit this website to learn more about the federal hiring process and potentially land a job. With a USAJOBS profile, you can save jobs, automate job searches, and manage everything you need to complete your application, including resumes and required documents.

MySECO: <https://myseco.militaryonesource.mil/portal/>

The Department of Defense Spouse Education and Career Opportunities program provides education and career guidance to military spouses worldwide and offers comprehensive resources and tools for all stages of your career progression.

MSEP: <https://msep.jobs.militaryonesource.mil/msep/>

The Department of Defense Military Spouse Employment Partnership (MSEP) connects military spouses with hundreds of partner employers who have committed to recruit, hire, promote and retain military spouses.

MySTeP: <https://safe.menlosecurity.com/https://www.militaryonesource.mil/military-basics/wounded-ill-injured-and-caregivers/mystep-supports-the-military-transition-journey/>

The Military Spouse Transition Program (MySTeP) is made for YOU – a military spouse – to support and encourage you throughout your service member's time in the military. MySTeP will help you plan, prepare and be ready for the life your family wants after transitioning out of the military, whenever that time comes. The information, tools and programs highlighted in MySTeP will connect you with the right resources at the right time to help you successfully navigate military life at every stage of your service member's career.

MyCAA: <https://safe.menlosecurity.com/https://www.militaryonesource.mil/education-employment/seco/mycaa-scholarship/>

The My Career Advancement Account Scholarship is open to spouses of active-duty service members in pay grades E-1 to E-5, W-1 to W-2 and O-1 to O-2 who have successfully completed high school and have the ability to request tuition assistance while their military sponsor is on Title 10 military orders. Spouses married to members of the National Guard and reserves in these same pay grades are eligible. You can check your eligibility for the scholarship by visiting the MyCAA website and applying for an account.

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
- **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

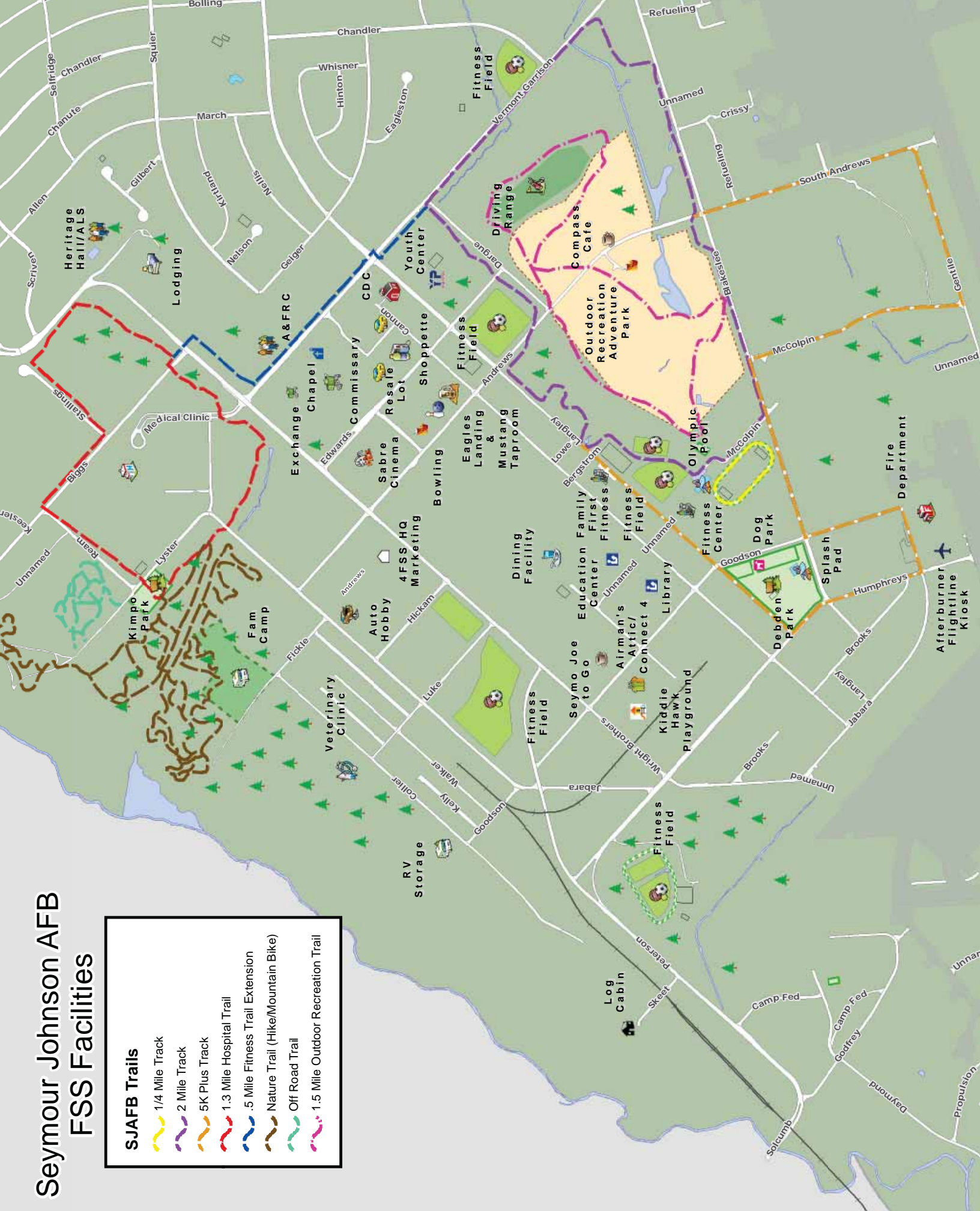
BASE SERVICES & RESOURCES

- **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

DISCLAIMER: Information in this magazine is current at the time of publication. All facility programs, event hours, prices and dates are subject to change without notice. Contact each facility for the most up-to-date information. The Seymour, Explore More magazine is prepared by the 4 FSS Marketing Department and is an unofficial publication of the Seymour Johnson community. Contents are not necessarily the official views, nor endorsed by the U.S. Government, the Department of Defense or the 4th Fighter Wing. No Federal endorsement of advertisers or sponsors is intended.

Seymour Johnson AFB FSS Facilities

SJAFB Trails	
	1/4 Mile Track
	2 Mile Track
	5K Plus Track
	1.3 Mile Hospital Trail
	.5 Mile Fitness Trail Extension
	Nature Trail (Hike/Mountain Bike)
	Off Road Trail
	1.5 Mile Outdoor Recreation Trail



Shop local in 2023



502B EASTGATE DRIVE
GOLDSBORO, NC 27534

MONDAY-FRIDAY
10:00AM TO 6:00PM



New Year, New Brands

10% MILITARY DISCOUNT

919.778.2765 • WWW.BARNESJEWELERS.COM

PAID AD. NO FEDERAL ENDORSEMENT OF ADVERTISER INTENDED.