

SEYMOUR

JULY 2022

explore more



CELEBRATING RED, WHITE & YOU IN '22

GOOD OLD SUMMERTIME • CAMPS • CLASSES • CONCERTS +

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JULY-SEPT 2022

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7/8 THE OLD NORTH STATE || 7/22 8-TRACK MEMORIES

8/12 MASSIVE GRASS || 8/26 MANY EVERYTHINGS

9/9 THE RHYTHM BONES || 9/23 PHANTOM PLAYBOYS

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DSN: 722.8532
Address: 1600 Wright Brothers Ave,
Bldg 3010, 2nd Fl, Rm 228

Scavenger Hunt

Help Stevie find these items by writing the correct page number in the space.

- | | |
|------------------|-----------------------|
| ___ bat | ___ flip flops |
| ___ bomb pop | ___ hot dog |
| ___ boogie board | ___ missile |
| ___ bowtie | ___ shark |
| ___ bunting | ___ shovel |
| ___ cone | ___ Statue of Liberty |
| ___ dragonfly | ___ umbrella |
| ___ flamingo | ___ USA |

Name three kinds of masks found in these pages?

Under cover – How many can you find?
Write the number in the space.

- | | |
|----------------|----------------|
| ___ ballcaps | ___ sunglasses |
| ___ straw hats | ___ top hats |

Share your answers with us for a chance to win a prize! Email 4fss.marketing@us.af.mil or reach us on [Facebook.com/sjfss](https://www.facebook.com/sjfss)



Happy 4th of July! Thanks for all you do. Red, white and YOU came through!



When we put out the call for patriotic photos on facebook.com/sjfss, Team Seymour delivered. The American pride shines through, page after page in this issue made possible by you. There were too many to name everyone, though we do want to recognize Lucky Few Photography for the courtesy photo selected for this month's cover. (You can find her on Facebook. No Federal endorsement intended.)

Stevie the Squirrel had such a blast looking at all the photos, he wants you to have a good look, too. Be sure to check out his Scavenger Hunt on page 4.

All American Pet Photo Day is coming

Share your favorite pet photos on July 11

First, follow us on facebook.com/sjfss. Then charge up your phone or camera and be ready to take adorable pictures of your pets. Every pet gets included, from the four-legged furry kind to the feathery, slithery, scaly companions. Keep an eye on our social media to know where to share.

P.S. If you don't have a Facebook account, you may email your pet photos to 4fss.marketing@us.af.mil



Proceeds support Habitat for Humanity of Goldsboro-Wayne



Habitat for Humanity of Goldsboro-Wayne

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

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EVERY SEASON STARTS AT



SPECIAL OFFERS

FOR SEYMOUR JOHNSON AIR FORCE BASE

Celebrity Bartender

July 8 • 3 pm • 919-722-4914

Mustang Taproom

Mark your calendars for this month's Celebrity Bartender event in the Mustang Taproom. Normally held on the first Friday, we've adjusted to the second Friday due to the Family Day on July 1, when the Mustang Taproom will be closed. Come out and support our Celebrity Bartender.

Seymour Social

July 19 • 5 pm

919-722-1123

Eagles Landing

Is your significant other on a deployment, remote tour or extended TDY? If the answer is "yes," then Seymour Social is for you.

Seymour Social is a free, quarterly dinner and social event hosted by the Airman & Family Readiness



Center with Hearts Apart families in mind. These family-friendly events, include activities for the children, and provide opportunities to connect with other military families.

Take a break from cooking and dishes; enjoy dinner with us. Make new friends and have a good time. Seymour Social is open to all with base access; first come, first served. The dinner lasts until the last plate is served.

Fly By Movie

July 21 • 4:45 pm • 919-722-5298

Southern Eagle Dining Facility

The Community Programming and Partnership Office (CPPO) and your food service crew present a free viewing of **FLAGS OF OUR FATHERS**, the life stories of the six men who raised the flag at The Battle of Iwo Jima, a turning point in WWII. Rated R — seating is first come, first served.

Did you know free movies are shown in the DFAC on the third Thursday of each month? Follow us on the "SJAFB Food" Facebook page for updates.

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BOWLER BURGER SPECIAL

1/2 lb Hand-Patted Angus Patty topped with Swiss Cheese, Grilled Onions, Lettuce, Tomato, Pickles, Onions, and Mushrooms

WEDNESDAYS
7 am - 8 pm

1290 Andrews St | www.sjfss.com/10-pin-cafe | fb.com/sjafb.food

COMBO
\$9

BURGER
ONLY
\$6.75



PHANTOM
LANES

Mondays

Chicken Parmesan Melt

Breaded chicken with marinara and melted mozzarella cheese served on grilled sourdough — while supplies last. Combo with fries and drink \$6.75

Tuesdays

Tacos Trio

Three hard or soft tacos with your choice of chicken or beef — while supplies last. Combo with fries and drink \$5.25

Wednesdays

Specialty Burger

Serving all your favorites. Your choice of the following burgers: Bowler Burger, Smoky Bacon Cheddar, Swiss n Mushroom, Pepper Jack Bacon (PJB) or The Four Alarm — while supplies last. Combo with fries and drink \$6.75

10-Pin Café Specials

Fridays

Sloppy Joe

You may need some extra napkins to go with this hearty Sloppy Joe sandwich — while supplies last. Combo with fries and drink \$6.25 (sandwich only \$4.00)

All Day, Everyday

Pizza, Pins & Pop

You bring the party of four and Phantom Lanes provides the pizza, drinks, shoe rental and two hours of bowling for one low price — \$40. This deal is available when lanes are open, yet not during Cosmic Bowl times. See bowling staff for details. Reservations are suggested. Please call 919-722-0350.



July 20

National Hot Dog Day

Get a 1/4-pound hot dog with fries and a drink for \$5.00 for a limited time. (1/4-pound hot dog alone is \$2.75, a regular hot dog is \$1.75) Toppings available; additional charges may apply.



SINGO

**2ND & 4TH WEDNESDAY
OF EACH MONTH
4 TO 6PM • FREE TO PLAY!**

New, exciting musical spin on BINGO!

Listen to popular songs to mark titles on your card.

First player to mark **5** songs in a row **WINS!**

PRIZES FOR EACH OF **3** ROUNDS

**EAGLES LANDING
1240 ANDREWS ST
919.722.8796**

**MUSTANG
TAPROOM**

**SJFSS.COM
FB.COM/SJAFB.FOOD
FB.COM/SJAFB.FUN**

Musical Drag Bingo

**July 15 • 7 pm
919-722-8547
Eagles Landing**

Get ready Team
Seymour for
an evening of
entertainment
you won't forget!

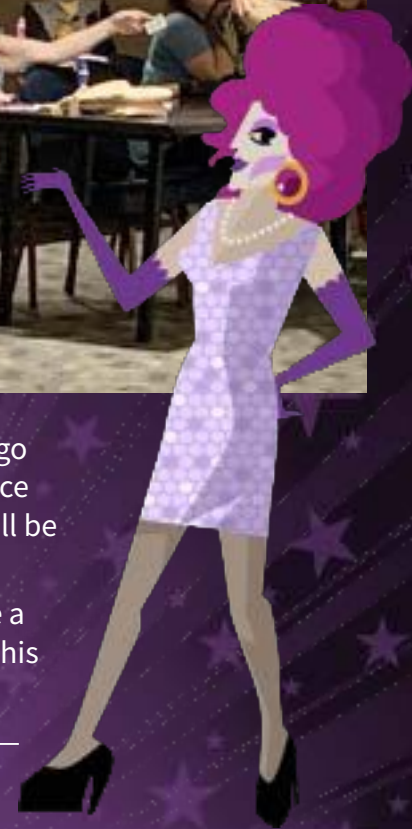
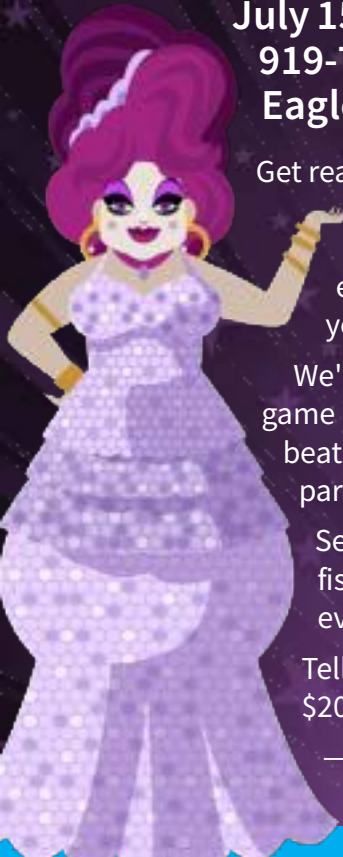


We're talking about a glittering, glamorous and fabulous musical bingo game hosted by the charming Michelle Michaels. She'll be dropping fierce beats as players test their music knowledge to fill their cards. There will be party games, loud tunes, prizes and a lot of fun!

Seating is limited, so sashay, purse first in to Eagles Landing to save a fistful of singles and get your advance tickets before they're gone. This event is for ages 18 and up.

Tell all your squirrel friends, cost includes admission and game play — \$20 in advance or \$25 at the door on event day (subject to sell out).

— No Federal endorsement intended or implied.



Nighttime Bingo

July 6 & 20 • 6 pm

919-722-8796

Eagles Landing

Traditional Bingo with a caller is played for cash prizes in the Pegasus Room on the first and third Wednesday of each month. Play is open to all with base access, ages 18 and up.

Card sales begin at 5 pm with a minimum buy-in of \$10 for two books. Additional books are \$4 each. No splitting between players please. Early Bird cards are \$2 each. Dabbers are available for purchase, \$1 each.

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

Triple T Bingo

Thursdays • 3 to 10 pm

919-722-4914

Mustang Taproom

Try your luck at quick pick bingo or what we call Tap Tabs, which are individual, sealed bingo cards that you can play for \$1 per game on any given day. Come in on Thursday, and you'll get 30 Tap Tabs for just \$25! Score some good bingos and win some cash!

This style of play is self-paced using a sheet of pre-selected numbers as reference. Prize levels vary depending on the game pattern.

Bring your own dabber or purchase one from the house. See bartender for details. Be sure to ask about the second chance drawing.



Celebrate your special occasion with us!

MILITARY DISCOUNTS

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Birthday Parties • Bachelorette Events • Team Building • Date Nights • Kid's Parties

919-273-8007

For Questions & Party Bookings



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Sunday 1200-1800

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available for sale.*

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Visit our website for more information

<https://www.commissaries.com/shopping/store-locations/seymour-johnson-afb>

D&D Boot Camp

July 15 • 4 pm • July 16 • 12 pm
919-722-5825 • Base Library

Dungeons & Dragons, or commonly referred to as D&D or DnD, is a best selling, fantasy tabletop, role-playing game. It engages the players in storytelling and teamwork.

The base library offers individuals, 18 and over, an opportunity to learn to play D&D. This is a beginner course for people who want to learn the game or for those who have not played in awhile. Limited slots are available.

Participants will meet on Friday the 15th to set up the characters and plan for play the following day.

Refreshments will be provided.

Please scan the code then complete the registration process.



RECHARGE FOR RESILIENCY

Sip & Art

AGES 18+

THURSDAY
JULY 28
4PM

SPACE IS LIMITED



INTRODUCTION TO STAINED GLASS

R4R Single Airmen (SAPI): \$35⁰⁰
All others: \$70⁰⁰ per person

Food & Beverages available for sale

RSVP to CPP0 • 919.722.8547
Eagles Landing • 1240 Andrews St
sjfss.com • fb.com/sjafb.fun



No federal endorsement of sponsor intended



UNITED STATES AIR FORCE

PHOTO

CONTEST

Celebrating Traditions

In honor of the 75th Air Force Birthday, the Air Force Photo Contest theme this year will be “Celebrating Traditions.” Family, military and cultural traditions help create closeness and a sense of belonging and identity. Traditions bring meaning to celebrations and connect us through special bonds.

Participants may enter up to two images. Photographs may be entered in only one category. Photographs will be judged by an expert panel based on Impact, Creativity, and Technical Excellence. Entries will be accepted Aug. 1–31 via <https://forcesupport.awardsplatform.com>. Prizes will be awarded to the top three entrants in each category. Only one prize awarded per entrant.



First Place: \$500 Amazon Gift Card
 Second Place: \$400 Amazon Gift Card
 Third Place: \$300 Amazon Gift Card

Categories include: Adult Novice, Adult Accomplished, Youth Child (age 6 to 8), Youth Pre-Teen (ages 9 to 12), and Youth Teen (ages 13 to 17). Submissions for the youth categories must be made on behalf of the minor photographer by the legal parent or guardian.

Photographs must be submitted as high-quality JPG/JPEG or PNG files, and must be 300 dpi when saved at approximately 8.5” x 11” (3600 px minimum width required). Files may not exceed 9MB in size.

Winners will be notified via the email provided during the submission process.

Please visit, like, follow and share the Air Force Photo Contest Facebook Page ([airforcephotographer](https://www.facebook.com/airforcephotographer)), and on Instagram [@airforcephotographer](https://www.instagram.com/airforcephotographer). Updates, photographer stories, tips, and special features will be posted weekly.

★ *Lola's Vintiques* ★



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IN JULY!



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10 am - 6 pm
Saturday
12 pm - 6 pm

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Preteen Camps

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

July 5-8

From Head to Toe

Youth will create designs on caps and sneakers using fabric paints, glue, glitter, sequins, jewels, etc. to personalize their projects. \$55

July 11-15

The Chocolate Factory

Youth will learn to properly melt and mold chocolate. They will experience the art of chocolatiers by making several dipped treats. As a bonus, they will learn to write in chocolate using an ice and hot chocolate technique. \$55

July 18-22

Fine Arts

This camp introduces youth to drawing and painting. They will experiment with drawing faces and things in nature. Campers will learn to blend colors to make a background and paint an object or subject with acrylic paint. \$45

July 25-29

Science Camp

Youth will explore the wonderful world of science. They will receive hands-on learning through experimenting and problem solving. This will surely be a fun and rewarding experience. FREE

Aug 1-5

Sports Camp

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

Aug 8-12

Sculpting and Molding

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

Aug 15-19

Ice-Ice Baby

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



Teen Camps

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

July 5-8

Cupcake Wars

Teens will learn different health and wellness skills through baking techniques. They will apply skills and creativity to bake and decorate cakes. Participants will learn to make frosting, use piping bags and much more. The week concludes with "Cupcake Wars" judged by the Youth Center staff. \$55

July 11-15

Pamper Me

Join in some fun, relaxing crafts and meditation. Dive into health and wellness; explore how to keep in touch with your mind, body and soul. Use your creative skills to make soaps, candles, nail art, and gift baskets. \$45

July 18-22

Sew Your Own

Teens will learn to sew beginning with basic stitches and working into using patterns and making a project to take home. This camp teaches valuable life skills, team building, and problem solving. \$55

July 25-29

Science Camp

Teens will explore the wonderful world of science. They will receive hands-on learning through experimenting and problem solving. This will surely be a fun and rewarding experience. FREE

Aug 1-5

Sports Camp

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

Aug 8-12

STEM

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

Aug 15-19

Money Matters

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

Summer Reading Program

Ongoing-Aug. 3 • 919-722-5825

Base Library

If you signed up for the Summer Reading Program (SRP) at <https://seymourjohnson.beanstack.org/reader365>, remember to log your reading through July 27 to earn rewards.

Don't miss out—

Story Time (0-6 yrs old) • Tuesdays • 11 am

SRP Program (7-12 yrs old) • Wednesdays • 1 pm

• Teen Night/Game Night • July 21 • 5 to 7 pm

Join the fun of game night for ages 12-16 in the library. We'll have board games, play charades, cornhole, bingo, etc.

• Special Guests • July 27 • 1 pm

We are excited to have some special guests from the NC Museum of Natural Sciences coming to talk about nature and share about the museum! Fun for all ages.

Save the date: Summer Reading Program Celebration • Aug. 3

Summer Programs for EFMP Families

RSVP to 919-722-7337

• Aquarium Excursion • July 15 • 11 am

Mark your calendar to join EFMP-Family Support in the Youth Center gym for a special presentation by the North Carolina Aquariums. Representatives from the Pine Knoll Shores location will be bringing some of their reptile friends to "show and tell."

• STEAM Robotics Event • July 30 • 9 am to Noon / 1 to 4 pm

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

Kids Bowl Free Summer Program

Ongoing-Sept 3 • 919-722-0350

Phantom Lanes

It's free and easy to sign up.

Register kids ages 2-15 at www.KidsBowlFree.com to get two

free games of bowling per day. Standard shoe rental rates apply.

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





Give Parents a Break

July 9 • 9 am to 1 pm
CDC & Youth Center

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

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



Deployment/Remote Assignment Child Care Support Provided in DAF certified Family Child Care homes

The Deployment/Remote Assignment Child Care Support allows families 16 hours for pre-deployment, 16 hours each month of the deployment/remote assignment, and 16 hours post deployment. DAF FCC Deployment Child Care Support may be used once the member has orders and ends 60 days upon return from the deployment. DAF FCC Remote Assignment Child Care may be used each month the member is on remote assignment.

A limited amount of free child care is available to dependents of active duty or Reserve/Guard members in an active duty status assigned to Seymour Johnson Air Force Base. The member must be in direct support of a contingency operation over 30 days or on a remote assignment.

Call the Family Child Care office at 919-722-7194 for details on registering for and utilizing this benefit.



Seymour Savers!

ONLY
\$30!

Take advantage of our advertising special in the Seymour, Explore More Magazine!

Only available in the April, July, Sept & Nov editions.

Best for small businesses who don't need continuous advertising, those who are hoping to expand their audience by offering a special coupon or discount, and/or those who are looking to support programs/events at Seymour Johnson Air Force Base.

Sample Ad Size

We can design your ad!

- Ads are 3.5 inches x 2 inches
- Filetype: JPG, PNG, or PDF
- Reach the military market
- Contact us by the 10th of the month prior to publication

Email me today to get started!

Cici - sponsor4fss@gmail.com

The purchasing of these specially discounted ads helps to enhance Morale, Welfare, and Recreation (MWR) programs on base during the month of publication and as an advertiser, you are guaranteed promotion of your products, services, and businesses directly to an otherwise hard-to-reach military market

All ads must include the following disclaimer:

"Paid Ad. No Federal endorsement of advertiser intended."

www.sjfss.com || Facebook.com/sjfss || 919-722-7154

cl o cfpe bo

Happy 4th of July!

WEEKEND HAPPENINGS

SATURDAY 7/2

- 1 PM — Get in the patriotic spirit by decorating a golf cart. Bring your own or rent a Fort Fisher golf cart (\$35/24hrs). Feel free to bring your own decorations.
- 2 PM — Golf Cart Parade. Showcase your cart in a parade around Fort Fisher.
- 6 PM — Free entertainment on the KP Fisher Stage: 440th Army National Guard Band Enjoy the Sax Quartet and Brass Quintet. Bring lawn chair or blanket for comfort.

SUNDAY 7/3

- 10 AM — Paddle on the Cape Fear River (\$15/person). Kayak along the river, guided by our recreation staff, to enjoy the marshes and scenery. Single or tandem kayaks available.**
- 6 PM — Cornhole Tournament at the Cottage Courtyard (\$10/team). Participate in a friendly competition amongst fellow FFAFRA guests. First place and runner-up prizes will be awarded. Players must be 18+ to participate. **

MONDAY 7/4

- 10 AM — Watermelon Canvas Painting (\$10/person).**
- 1 PM — Watermelon Eating Contest (Free). Compete against a timer to see how much you can eat.
- 7 PM — Sunset Tunes (Free). Enjoy live music at the Riverview Restaurant while watching the sunset.

**Pre-register and pay in advance at the Reception Center



Fort Fisher
AIR FORCE RECREATION AREA

118 RIVERFRONT RD, KURE BEACH
910.500.6465

SJFSS.COM/FORT-FISHER-AF-REC-AREA
FB.COM/FORTFISHER FB.COM/SJFSS



Your Place at the Beach

Open Daily • 910-500-6465

Fort Fisher Air Force Recreation Area

Make time to explore "Your Place at the Beach," Kure Beach. Located just southeast of Wilmington, it's close enough for a day trip though you'll want to book a stay in one of it's spacious cottages. Additionally, there are lodge rooms, RV and tent sites open to authorized guests with proper DoD identification.

Situated between the scenic Cape Fear River and the Atlantic Ocean, Fort Fisher is a favorite amongst vacationers from all branches of service. As a benefit of being an active duty uniformed member (or family member of) assigned to or supported by Seymour Johnson Air Force Base, you can reserve your

place at the beach up to six months in advance! See "Reservations Priority" policy on www.sjfss.com/fort-fisher-af-rec-area

Some of the amenities of Fort Fisher include a shallow draft boat launch, fishing pier, pet kennels, equipment rental center, meeting room, gift shop with sundries as well, and public beach access. If you happen to be going for the day and want to park on-site then walk across the street to the beach, be sure to check in at the Reception Center. You'll need to show proper ID to receive a parking pass.



Be aware there are public parking fees elsewhere on the island. Fort Fisher's recreation staff offers a number of programs to authorized participants all summer long.

Please sign up at the Rental Center at least one hour in advance. The Rental Center is colocated with the Reception Center at 118 Riverfront Road, Kure Beach. Children 16 and under must be accompanied by an adult. Programs are subject to change or be canceled; they require a minimum number of registered participants to be facilitated.

Summer Programs

Mondays • 2 pm

8" x 10" Canvas Painting — Paint your own Fort Fisher keepsake. \$15

Tuesdays • Times vary

Sunset Paddle — Watch the sunset from a canoe or kayak. \$15

Wednesdays • 2 pm

Driftwood Creations — Create a sea creature or Fort Fisher sign for the wall. \$10

Thursdays • 10 am

Cast Netting on the Pier — Learn how to cast net. \$10

Fridays • 2 pm

Tie-dye T-shirt — Create a one of a kind Fort Fisher T-shirt. \$15

Fridays • Times vary

Sunset Paddle — Watch the sunset from a canoe or kayak. \$15

Saturdays • Times vary

Movie on the Lawn — Bring your lawn chairs and blankets to watch a movie on the big screen. See Reception for showtime and movie. Free.

4th Saturday of the Month • 6 pm

Turtle Talks — Learn about sea turtles, their habitat, life cycle, and more. Located in the Cape Fear Room. Free.



Fitness Challenges

Weekly Workout of the Day

July 1-31 • 919-722-0420

Fitness Center

Throughout this month, the Fitness Center challenges you come in and successfully complete the workout of the day (WOD) in that specific week. WODs will rotate each week. A Fitness Center staff member must be present to track your progress.



Blackout Bingo

July 1-31

919-722-0413

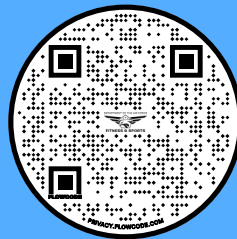
Family First Fitness

Our Bingo cards are filled with Wellbeats classes. Complete a class to dab the corresponding space on your card, just like in Blackout Bingo, and get a ticket to be entered in a drawing at month's end. Check in with Family First Fitness staff for details and to track participation.



Aerobics Calendar - July

Scan code to download the full schedule of classes ... Zumba, Yoga, Boot Camp, Spin, Body Sculpt, Core Conditioning, etc.



FALL SPORTS REGISTRATION

MONDAY-FRIDAY
9AM TO 4PM SIGN UP JUNE 15-AUG 15



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

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

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

SWEDISH • DEEP TISSUE • HOT STONE • PRENATAL • THAI

MASSAGE THERAPY

email for appointment

mdiaz@elysiummassage.net

Swedish
30/60/90-MIN/2-HR
\$30/\$45/\$65/\$85

Deep Tissue
60/90-MIN/2-HR
\$60/\$80/\$100

Hot Stone
60/90-MIN/2-HR
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Car Buying Class

July 7 • 1 to 2 pm • 919-722-1123

Airman & Family Readiness Center

Are you thinking of buying a car? This free class takes you through the steps to making a wise purchase. Learn to adequately research the vehicle, determine your budget and negotiate effectively when purchasing an automobile. Please call the Airman & Family Readiness Center to pre-register.

Operation Deployed Hearts: Focus on Reintegration

July 12 • 5 to 6 pm • 919-722-1123

Connect 4

The Airman & Family Readiness Center offers quarterly seminars, trainings and briefings to spouses of deployed service members, as well as those on remote tours. Operation Deployed Hearts workshops are designed to equip spouses with the necessary tools and information to help them transition through the pre-deployment, sustainment, and reintegration phases of deployments. There will be guest speakers and light refreshments. The Kiddie Hawk Playground will be open with limited supervision for those who need to bring their children.

Bundles for Babies

July 14 • 9 am to 12:30 pm

919-722-1123

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 and connect with other expecting parents. Each participating family receives a \$50 gift card from AFAS. Class size is limited. Call the Airman & Family Readiness Center to sign up.

Spouse Education and Employment Seminar

July 20 • 11:30 am to 12:30 pm • 919-722-1123

Southern Eagle Dining Facility (DFAC)

This seminar, led by Airman & Family Readiness Center staff, provides military spouses an opportunity to learn about



employment and education resources. Lunch is available for purchase from the DFAC. Please call to register.

Communication and Deployment Dinner

July 21 • 5 to 6 pm

Eagles Landing:

Pegasus Room

Deploying military members and their significant others are invited to a free dinner and seminar hosted by the Airman & Family Readiness Center. Techniques for maintaining effective communication during deployment will be discussed. To sign up, please call 919-722-1123.

Federal Resume Class

July 27 • 10 to 11:30 am

Airman & Family Readiness

Airman & Family Readiness Center staff reveal tips and tricks in this seminar to help potential applicants navigate the USAJobs website. Class participants will learn to effectively write federal resumes for government jobs. Call A&FRC at 919-722-1123 to register.

Civilian Resume -Virtual Class

July 27 • 1 to 2:15 pm

Geared for military spouses, transitioning military members, and retirees, the virtual Civilian Resume class can help jobseekers learn to write effective resumes to open doors to new careers. For more information, call A&FRC at 919-722-1123.

Stay Tuned

COMING NEXT MONTH

● **SUMMER READING CELEBRATION**

Aug 3 || Library Patio

● **FAMILY FRIDAY CRAFTING FUN**

Aug 26 || Mustang Taproom

● **SUMMER CONCERT SERIES: MASSIVE GRASS**

Aug 12 || Fort Fisher AF Rec. Area

● **SUMMER CONCERT SERIES: MANY EVERYTHINGS**

Aug 26 || Fort Fisher AF Recreation Area

● **GIVE PARENTS A BREAK**

Aug 13 || CDC + Youth Center

● **TRIPLE THREAT TRIATHLON**

Aug 27 || Starts at Olympic Pool

● **LAZY RIVER FLOATING**

Aug 13 || Outdoor Recreation

● **TANDEM SKYDIVING R4R TRIP**

Aug 27 || Outdoor Recreation

● **YOUTH ROBOTICS G-FORCE ROBOTICS**

Aug 16 || Youth Center

● **PLEASURE ISLAND TURTLE TALKS**

Aug 27 || Fort Fisher AF Recreation Area

● **SIP & ART: BARN QUILT PAINTING**

Aug 25 || Mustang Taproom

● **DEEP SEA FISHING TRIP**

Aug 28 || Outdoor Recreation



Follow us online for more information about these and other events/programs.
[FACEBOOK.COM/SJFSS](https://www.facebook.com/SJFSS) || [WWW.SJFSS.COM](http://www.sjfss.com)

FOOD & DRINK

- **10 Pin Cafe**
919.722.0349 • 1290 Andrews St
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- **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
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- **Seymo Joe to Go**
919.722.3104 • 1514 Goodson St
fb.com/sjafb.food
- **Southern Eagle Dining Facility**
919.722.5294 • 3650 Pope St
fb.com/sjafb.food

RECREATION

- **Auto Hobby Shop**
919.722.1309 • 919.722.1308
1295 Jabara Ave • fb.com/sjafb.fun
- **Bowling, Phantom Lanes**
919.722.0350 • 1290 Andrews St
fb.com/sjafb.fun
- **Community Programming & Partnership Office (CPPO)**
919.722.8796 • 1240 Andrews St
fb.com/sjafb.fun
- **Connect 4**
919.722.8915 • 1515 Goodson St
fb.com/sjafb.fun
- **Eagles Landing**
919.722.8796 • 1240 Andrews St
fb.com/sjafb.fun
- **Family First Fitness**
919.722.0413 • 1410 Langley Ave
fb.com/sjafb.fitness
- **Fitness & Sports Center**
919.722.0420 • 1500 Langley Ave
fb.com/sjafb.fitness
- **Fort Fisher Air Force Recreation Area**
910.500.6465 • fb.com/fortfisher
118 Riverfront Rd, Kure Beach
- **Kiddie Hawk Playground**
919.722.8796 • 1515 Goodson St
fb.com/sjafb.family
- **Outdoor Recreation Adventure Park**
919.722.1104 • 1385 S. Andrews St
fb.com/sjafb.fun
- **Sabre Cinema**
919.722.8796 • 919.722.8684
3740 Edwards St • fb.com/sjafb.fun
- **Splash Pad** (seasonal)
919.722.1104 • 919.722.7437
Debden Park • fb.com/sjafb.fun
- **Swimming Pool** (seasonal)
919.722.1104 • 919.722.7437
1500 Langley Ave • fb.com/sjafb.fun

4 FSS SERVICES & RESOURCES

- **Airman's Attic**
919.722.7181 • 1515 Goodson St
fb.com/sjfss
- **Airman & Family Readiness Center**
919.722.1123 • 1500 Vermont Garrison St
fb.com/sjfss • fb.com/sjafrc
- **Barbershop**
919.722.7760 • 1240 Andrews St
- **Casualty & Survivors Benefits Plans**
919.722.7192 • 1600 Wright Brothers Ave
- **Child Development Center**
919.722.1198 • 919.722.1199
1030 Langley Ave • fb.com/sjafb.family
- **Civilian Personnel Section**
919.722.0117 • 1570 Wright Brothers Ave
fb.com/sjfss
- **Community Cohesion Coordinator (C3)**
919.722.4698 • 1240 Andrews St
- **Commercial Sponsorship**
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1600 Wright Brothers Ave, 2nd Fl, Ste 228
- **DEERS & ID Cards**
919.722.8702 • fb.com/sjfss
1600 Wright Brothers Ave, 1st Fl
- **Education & Training**
919.722.5800 • 1195 Cannon Ave
fb.com/sjfss
- **Family Child Care**
919.722.7194 • 1520 Goodson St, Rm 101
fb.com/sjafb.family
- **Honor Guard**
919.722.7019 • 1055 Camp Fed Lane
- **Library**
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- **Lodging @ Southern Pines Inn**
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- **Manpower & Organization**
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fb.com/sjfss
- **Marketing**
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1600 Wright Brothers Ave, 2nd Fl, Ste 228
- **Military Personnel Section**
919.722.8677 • fb.com/sjfss
1600 Wright Brothers Ave, 1st Fl
- **Military School Liaison**
919.722.5810 • 1520 Goodson St
fb.com/schools.sj
- **NAF Human Resources**
919.722.5939 • 1570 Wright Brothers Ave
- **Private Organizations**
919.722.7284
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/sjyouth
- **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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