

# SEYMOUR

JUNE 2023

explore more



RODNEY ATKINS



LONESTAR



RYAN DANIEL

LIVE STAGE  
AN AIR FORCE ENTERTAINMENT PRODUCTION

Patriot  
Fest



# YOUR PLACE AT THE BEACH

## Themed weeks throughout the month

Fort Fisher Air Force Recreation Area will be hosting themed weeks during the month of June. Interested guests may pre-register in the Reception Center for all programs requiring fees.

### June 4 - 10: Retro Week

- SUN - Night Swim, 6 to 8pm, free
- MON - Driftwood Boat Craft, 2pm, \$2 per person
- TUES - Game Night, 6 to 8pm, free
- WED - Flicks and Frosties, 8pm, \$2 per person (Back to the Future)
- THURS - Hermit Bunker Hike, \$4 per person
- FRI - Kayak Paddle, 7pm, ages 12 & up, \$6 each, 11U, \$3 each
- SAT - Ghost Crab Hunt, 9pm, free

### June 11 - 17: Week on the Water

- SUN - Beach Yoga, 8am, \$13 per person
- MON - Standup Paddle Boarding, 10am, \$15 per person
- TUES - Watercolor Painting, 2pm
- WED - Surf Fishing, 10am, \$10 per person
- THURS - Fisherman's Combo, 10am, \$10 per person
- FRI - Ice Dye T-shirts, 2pm, \$14 per person
- SAT - Sunset Paddle, 7:30pm, \$15 per person

### June 18 - 24: Pirate Week (Recommended for ages 4-12)

- SUN - Become a Pirate Day, 10am, \$5 per person
- MON - Gem Mining, \$5 per person
- TUES - Tie Dye Bandanas, \$4 per person
- WED - Pirate Cruise, advance ticket purchase required
- THURS - Pirate Knots, 10am, free
- FRI - Sea Games at the Pool, 1 to 2pm, free
- SAT - Treasure Hunt, \$4 per person

### June 25 - 30: Turtle Week

- SUN - Turtle Day, 10am to 4pm, free or minimal fee activities
- MON - Beach Cleanup, 10am, free
- TUES - Leather Bracelet & Necklace Craft, 2pm, \$10 per person
- WED - Turtle-themed BINGO, 2pm, \$5 for six games per person
- THURS - Wooden Turtle Painting, 2pm, \$15 per person
- FRI - Film on the Lawn, 8:30pm, free (Finding Dory)

### Coming July 1 - 2: Independence Day Weekend

- SAT - Watermelon Eating Contest, 11am, free
- Red, White and Blue BINGO, 2pm, \$5 for six games per person
- SUN - Water Gun Tie-Dye T-shirt, \$14 per person
- Live music: Lynne and the Wave, 6 to 8pm, free
- Celebration Paddle, 7:30pm, \$15 per person

For more information, call 910-500-6465.



## FSS Scramble

### PLAY. ENTER. WIN.

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

LLIEODREVYI



GDGEOEALHR



ETGLETRUNRE



RLAATEEHCKB



SIYLERKMEPD



AFCATKBL



ALLKIWSBH





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---

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---

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SWEDISH • DEEP TISSUE • HOT STONE • PRENATAL • THAI

# MASSAGE THERAPY

*email for appointment*

mdiaz@elysiummassage.net

*Swedish*  
30/60/90-MIN/2-HR  
\$30/\$45/\$80/\$100

*Deep Tissue*  
60/90-MIN/2-HR  
\$70/\$95/\$115

*Hot Stone*  
60/90-MIN/2-HR  
\$75/\$85/\$105

*Prenatal*  
30/60/90-MIN  
\$30/\$45/\$80

*Thai Oil*  
60/90-MIN  
\$70/\$90

*Elysium  
Signature  
Massage*  
60/90-MIN  
\$100/\$110

TOP THREE METHODS  
COMBINED

**CASH/CHECK/CARD**  
**PRE-PAY AT THE MAIN**  
**FITNESS CENTER**

*Massage service by appointment at*

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IS A PHONE CALL OR CLICK AWAY!



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



— BUYING OR  
SELLING A HOME?

LET'S WORK TOGETHER!

Buying or selling a home can be a stressful process if you don't have the right real estate agent. My job is to listen to your needs and wants in your real estate transaction and deliver above and beyond service to make it as stress-free as possible. I specialize in new construction home purchase.



REAL ESTATE AGENT

CONTACT: DENNIS HEWITT

DAHEWITTREALTOR@GMAIL.COM  
862-219-9805







### 400-meter Dash Challenge Winners

When the Fitness Center presented a challenge to see who could run the fastest lap around the track in April, Mr William Goggin and Mrs Karen Goggin stepped up. The fleet-footed duo proved they had what it took to secure their place at the top and take home the coveted, special edition, insulated tumblers in recognition of their feat.

## Monthly Fitness Challenge

### June: The Push-up Boss

Here's a fun challenge—Now through the end of the month, participants will have two minutes to attempt to complete as many push-ups as possible with Fitness staff supervision. The person who completes the most push-ups wins. The top male and female winners for the month will receive special edition, commemorative, insulated tumblers.

The challenge can only be attempted once per participant, during Fitness Center manned hours.

For more information, see Fitness Center staff or call 919-722-0420.

## Free aerobics classes

Monday - Friday

Fitness Center

### WEEKLY LINEUP OF CLASSES

Monday

1:00pm

Zumba

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.

# WARRIOR RUCK

**JUNE 9**  
**7AM**

Fitness Center

Load your backpack with at least 10% of your bodyweight to take your normal walk up a notch.

Low impact, high cardio

2-mile ruck

Scan code to sign up



sjfss.com | /sjafb.fitness

919.722.0420



EVERY SEASON STARTS AT



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FOR SEYMOUR JOHNSON AIR FORCE BASE

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# SEYMOUR STRONG

WEIGHT/POWERLIFTING COMPETITION

**JUNE 15** 3PM

Fitness Center, Multifunctional Room

- BENCH PRESS
- DEADLIFT
- SQUATS

Awards for top three male & female competitors (Ages 18+)



SCAN ME

TO SIGN UP



FITNESS & SPORTS

919.722.0420

[sjfss.com](http://sjfss.com) [fb.com/sjafb.fitness](https://fb.com/sjafb.fitness)



FITNESS & SPORTS

# TRIPLE THREAT SPRINT TRIATHLON

**AUG 5 • 8:00AM**

[sjafb-triplethreat2023.eventbrite.com](http://sjafb-triplethreat2023.eventbrite.com)  
PRE-REGISTER BY JULY 29

**FREE**  
Scan to Sign Up & for Map of Route



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

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

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

[fb.com/sjafb.fitness](http://fb.com/sjafb.fitness)  
919-722-0420  
[sjfss.com/fitness-sports-center](http://sjfss.com/fitness-sports-center)

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LIVE STAGE  
AN AIR FORCE ENTERTAINMENT PRODUCTION

30 JUNE

# Patriot Fest

6-10 PM

Debden Park



RODNEY ATKINS



LONESTAR



RYAN DANIEL

- Food
- Carnival Rides
- Vendor Fair
- Airmen VIP Tent
- Fireworks

SEYMOUR JOHNSON AIR FORCE BASE  
**FORCE**  
SUPPORT SQUADRON

FSS Contact Info:  
Phone 919-722-8684  
Facebook [www.facebook.com/sjfss](http://www.facebook.com/sjfss)  
Website [www.sjfss.com](http://www.sjfss.com)



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**JULY 7**  
**8AM EAGLES LANDING**

- Patriotic Costume Contests for all ages
- Prizes for costumes and top performers

**722-0420**

[sjfss.com](http://sjfss.com) || [fb.com/sjafb.fitness](https://fb.com/sjafb.fitness)



INDEPENDENCE DAY CELEBRATION

## Patriot Fest VENDOR FAIR

June 30 • 6 to 8pm • Debden Park

*Great opportunity for artists & craftsmen. Sell your goods!*

**NOW ACCEPTING VENDOR APPLICATIONS SIGN UP BY JUNE 23**

**10' X 10' SPACE WITH TABLE & CHAIR: \$25**

ADDITIONAL TABLES & CHAIRS AVAILABLE FOR A FEE

MAXIMUM OF 16 VENDORS  
FIRST COME, FIRST REGISTERED BASIS  
TO AVOID PRODUCT COMPETITION

TO ASK ABOUT SPACE AVAILABILITY & REQUEST AN APPLICATION  
**CALL CPPO AT 919-722-8684**

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Office: (919-722-2259)  
[Katrina.Jones.6@us.af.mil](mailto: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.



# DESIGNER BAG

# BINGO

THURSDAY  
**JULY 27**

Doors open • 5pm  
 Bingo • 6 to 8pm



Ages 18+  
 \$40 • 2-book  
 min. purchase  
 \$15 • each  
 additional book  
 \$7 • early bird

All prizes are  
 authentic designer  
 handbags, clutches,  
 wallets, etc.

**30-player minimum**  
**SIGN UP BY JULY 25**

**EAGLES LANDING 722.8684**

sjfss.com  
 fb.com/sjafb.fun

\*Event subject to cancellation if minimum required players are not registered by cutoff date. Call or drop by Eagles Landing/CPPO.

## First & Third Wednesday Bingo

June 7 & 21 • 6pm  
 Eagles Landing

The Community Programming & Partnership Office hosts Bingo on the first and third Wednesday of each month in the Pegasus Room. Play is open to ages 18 and up; 12-player minimum.

Card sales begin at 5pm with a 2-book minimum purchase of \$10 per player (no splitting). Additional books are \$4 and Early Bird cards are \$2 each. Cash prizes awarded. Call 919-722-8684 for more details.

## Music Bingo

June 14 & 28 • 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. Players listen to popular songs to mark titles on their cards. The first player to get five songs in a row wins a prize.

## Brainstormer Trivia

June 23 • 6pm  
 Mustang Taproom

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

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



**TOYOTA**  
*of Goldsboro*

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CAPE FEAR RIVER

**LAZY RIVER Tubing**

LILLINGTON, NC

**JUNE 24**  
8:00AM-AGES 13+  
R4R ONLY  
**\$800 EA**

**SIGN UP**  
OUTDOOR REC  
1385 S ANDREWS ST  
919.722.1104  
Cost includes transportation + river tubing  
Float may last 2-5 hours pending water levels  
Water shoes recommended  
Lunch in Lillington after tubing

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**Zip Lining**  
WATERFALL EXPEDITION

**JULY 22**  
10AM TO 5PM

AGES 13+  
R4R RecOn  
**\$1000 EA**  
TRANSPORTATION INCLUDED

The ultimate adventure ...  
explore nature like never before

- 8 tree-to-free ziplines
- 3 suspension bridges
- 3 spiral staircases
- Spectacular view of Carver's Falls

Sign up by July 14 • Outdoor Rec, 1385 S. Andrews St.  
919.722.1104 • sjfss.com • fb.com/fun

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## Cosmic Bowling Weekends @ Phantom Lanes

Phantom Lanes offers glow-in-the-dark, Cosmic Bowling on Fridays at 10pm and twice on Saturdays, 2:30 and 9:30pm. Bowlers can 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 every Friday and Saturday night to Single Airmen and their "plus one," ages 18 and up.

For more information, call 919-722-0350.

## Juneteenth Holiday Bowling June 19 • 1 to 7pm Phantom Lanes

Celebrate this Freedom Day with family and friends in Phantom Lanes. Bowl for just \$2 per game; rental shoes are also \$2.

# Deep Sea Fishing



\$2000 pp, R4R, ages 5 and up\*

Includes transportation, admission, half day bottom fishing, gear, bait, ice boxes, etc.  
Food available for purchase in Galley

5:00am to 5:00pm

JUNE 4  
JULY 16  
JULY 30  
AUGUST 13  
AUGUST 27



Sign up at Outdoor Rec • 1385 S. Andrews St.  
919.722.1104 • sjfss.com • fb.com/fun

## Information, Tickets & Travel 1385 S Andrews St • Outdoor Rec

The base's Information, Tickets & Travel (ITT) program is a valuable resource for information on vacation destinations and discounted tickets. Save now on tickets to Disney World, Universal Studios, Busch Gardens and more! For ticket availability and more information, please call 919-722-1104 or stop by.



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# SINGLE PERSON HANG GLIDING

KITTY HAWK KITES, OUTER BANKS

JUNE 17  
7:30AM TO 5:30PM  
SIGN UP BY JUNE 12



\$30pp includes transportation, entry, all gear and 3-hour beginner's hang gliding lesson. Space is limited; must be R4R SAPI eligible (unmarried). Sign up in Eagles Landing.  
CPPO 919-722-8684 sjfss.com | fb.com/sjafb.fun



## Food Council Meeting

June 14 • 1:30pm • Southern Eagle DFAC

There will be a Food Advisory Council meeting in the dining facility's Highlands Room for anyone with base access.

This informal event is highly recommended for dorm residents, as upcoming events will be discussed. Join the open forum; feedback is welcome. For more information, call 919-722-5298.

## Hearts Apart Community Dinner

June 20 • 5pm • Eagles Landing

All with base access are invited to a free dinner in support of our deployed and remote affected families. There will be kid-friendly activities. First come, first served. For more information, call the Military & Family Readiness Center at 919-722-1123.

## SCAN FOR MENUS

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



## Barn Quilt Painting

July 13 | 5:30pm | Mustang Taproom

FREE: R4R Deployed Affected

- Open to Air Force Active Duty + immediate family members (4 months prior to deployment and up to 1 year following deployment)
- Open to spouse + 1 guest while member is deployed (orders required)

\*\$20\*: Class fee for all others

All materials and instruction included. Food & Beverages available for sale.

CALL 919-722-8684 TO SIGN UP BY JULY 11



sjfss.com | fb.com/sjafb.fun

**WINGMEN WEDNESDAY**

**JUNE 21**  
4:30 TO 6:30PM  
WINGS & DRINK SPECIALS

**MUSTANG TAPROOM**

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



WINGS PROVIDED BY FIRST COMMAND

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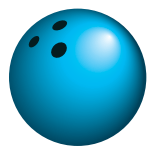




f /sjafb.food sjfss sjfss.com



# JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p><b>MONTH LONG FITNESS CHALLENGE</b> The Push-up Boss</p>	 <p><b>Youth Center</b> More info on page 9</p>	 <p><b>Two free games/day</b> Family passes available!</p>	<p><b>Carefully</b> lift the staples and remove this handy calendar to place on your fridge or bulletin board</p> 
<p>4</p> <p>Deep Sea Fishing 5am Splash Pad Open Daily 9am to 7pm Retro Week @ Fort Fisher</p>	<p>5</p>  <p>Zumba 1pm Sweatmasters 4:30pm Red Pin Bowling 5pm</p>	<p>6</p> <p>Airman's Attic 10am-1pm Open to All Ranks Taco Tuesday, 10-Pin Café Story Time 11am</p>	<p>7</p>  <p>Regular Season Pool Hours Begin Nighttime Bingo 6pm</p>
<p>11</p>  <p>Week on the Water @ Fort Fisher</p>	<p>12</p> <p>Zumba 1pm Sweatmasters 4:30pm Red Pin Bowling 5pm</p>	<p>13</p> <p>Taco Tuesday, 10-Pin Café Story Time 11am</p>	<p>14</p> <p>Sum. Reading Kickoff 1pm Food Council 1:30pm Music Bingo 5pm First Time Vehicle Owners Class 6:30pm</p>
<p>18</p>  <p><b>Father's Day</b> Pirate Week @ Fort Fisher</p>	<p>19</p>  <p><b>Juneteenth</b> Holiday Bowling 1 to 7pm</p>	<p>20</p>  <p>Newcomers Orientation 8am Hearts Apart Community Dinner 5pm</p>	<p>21</p>  <p>Wingmen Wednesday 4:30pm Nighttime Bingo 6pm</p>
<p>25</p>  <p>Turtle Week @ Fort Fisher</p>	<p>26</p> <p>Zumba 1pm Teen Pride Club 4pm Sweatmasters 4:30pm Red Pin Bowling 5pm</p>	<p>27</p> <p>Taco Tuesday, 10-Pin Café Story Time 11am</p>	<p>28</p> <p>Healthy Hustle 11:30am Summer Reading Activities for ages 7-12 1pm Sweatmasters 4:30pm Music Bingo 5pm</p>



THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>All You Can Bowl Airman's Attic 10am-1pm Open to All Ranks Get to Know FCC 11am</p>	<p>2</p>  <p>Free movie 6pm Cosmic Bowling 10pm</p>	<p>3</p> <p>Airman's Attic 12-2pm Open to All Ranks Mustang Taproom 3pm Free movie 3pm</p>
<p>8</p> <p>ABCs of PCSing 9am Discovery Center 10am Zumba 11:30am Pay Off Student Loans 1pm</p>	<p>9</p> <p>Warrior Ruck 7am Yoga 11:30am Free movie 6pm Cosmic Bowling 10pm</p>	<p>10</p> <p>NAF Yard Sale 10am at Fort Fisher Free movie 3pm Give Parents a Break 6pm Cosmic Bowling 9:30pm</p>
<p>15</p> <p>Zumba 11:30am Seymour Strong Competition 3pm Fly By Movie Night 4:30pm</p>	<p>16</p>  <p>Free movie 6pm Cosmic Bowling 10pm</p>	<p>17</p>  <p>Hang Gliding 7:30am Free movie 3pm</p>
<p>22</p> <p>Discovery Center 10am Zumba 11:30am Creative Writing for Teens 5pm</p>	<p>23</p> <p>Brainstormer Trivia 5:45pm Teen Late Night: End of School Bash, Splash &amp; Paint 7pm Free movie 6pm</p>	<p>24</p> <p>Lazy River Tubing 8am Cosmic Bowling 2:30pm Free movie 3pm Cosmic Bowling 9:30pm</p>
<p>29</p>  <p>Zumba 11:30am Creative Writing for Teens 5pm</p>	<p>30</p>  <p><b>Patriot Fest:</b> Independence Day Celebration &amp; Vendor Fair 6pm</p>	



- July 6
  - Spouse Reintegration
- July 7
  - Independence Color Run
- July 8
  - Give Parents a Break
- July 13
  - Bundles for Babies
  - Car Buying Class
  - LibCon: Fandom Frenzy
  - Barn Quilt Painting
- July 16
  - Deep Sea Fishing
- July 19
  - Nat'l Hot Dog Day
- July 20
  - Credit Management
- July 21
  - Brainstormer Trivia
- July 22
  - Ziplining
- July 25
  - Civilian Resume Class
  - Federal Resume Class
- July 27
  - Vesting in TSP
  - Designer Bag Bingo



# POOL DAYS

Olympic Pool located behind the Fitness Center

## MAY/JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						MAY 27
28	29	30	31	JUNE 1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## AUGUST/SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	SEPT 1	2 / 3

### YELLOW DAYS

LAP SWIM (18+) 1100-1200

OPEN SWIM 1200-1800

### GREEN DAYS

OPEN SWIM 1100-1700

ADULT SWIM 1700-1800

Outdoor Recreation | [sjfss.com](http://sjfss.com) | [fb.com/sjafb.fun](https://fb.com/sjafb.fun)

CALL (919) 722-1104 FOR MORE INFORMATION



# Military Star cardholders save at the pump year-round

Gas prices may fluctuate, but one thing stays constant for the Seymour Johnson community: fuel savings with the Military Star® card.

Airmen, retirees, military families, and other authorized shoppers who use their Military Star card at Seymour Johnson Army & Air Force Exchange Service Express save 5 cents on every gallon of gas.



“With the Military Star card, the savings add up,” said BX store manager Leazel Williams. “The fuel discount is one of the everyday ways the card helps Seymour Johnson shoppers’ trim costs.”

In 2022, the fuel discount saved cardholders worldwide more than \$3 million, part of the \$435 million annual benefit Military Star pro-

vided to the military community through exclusive card offers and benefits.

Cardholders also earn unlimited 2% in rewards on purchases and receive additional card perks, such as:

- 10% off all first-day purchases for new cardholders.
- Free shipping on all ShopMyExchange.com orders.
- The lowest flat-rate APR among store cards—rate is offered to all cardholders upon account approval.
- No annual, late or over-limit fees.
- Reduced-interest deployment plan with no payments required for eligible cardholders.

Shoppers who use MILITARY STAR and patronize the Seymour Johnson Exchange—including Express—not only save but give back, as 100% of Exchange earnings are reinvested in the military communities it serves. In the last 10 years, the Exchange has provided \$3.5 billion in earnings worldwide for critical on-installation Quality-of-Life programs that make life better for service members and families.



Exceptional Family Member Program (EFMP) families enjoyed a morning of horseback riding and reading to the USO therapy dogs in May.



US Navy Lt Amanda Lee, the first female Blue Angel poses with fans during EFMP family time at the recent air show.

**DAILY + SEASON POOL PASSES**

- \$12 Daily
- \$40 Family (2)
- \$65 Family (3)
- \$90 Family (4)
- \$110 Family (4)
- \$20 EACH ADDITIONAL FAMILY MEMBER

**OLYMPIC POOL BEHIND FITNESS CENTER OUTDOOR REC 919.722.1104**

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Welcome to  
**WAYNE COUNTY**

Agriculture, Industry, Air Force

**PROUD HOME OF SEYMOUR JOHNSON AIR FORCE BASE SINCE 1942!**



# 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.

**June 2 • 6pm • 9 to 5**  
PG • 1980, Comedy, 1h 49m

**June 3 • 3pm • Indiana Jones and the Raiders of the Lost Ark**  
PG • 1981, Action/Adventure, 1h 55m

**June 9 • 6pm • Black Hawk Down**  
R • 2001, Action/Drama/History, 2h 24m

**June 10 • 3pm • Toy Story**  
G • 1995, Animation/Adventure/Comedy, 1h 21m

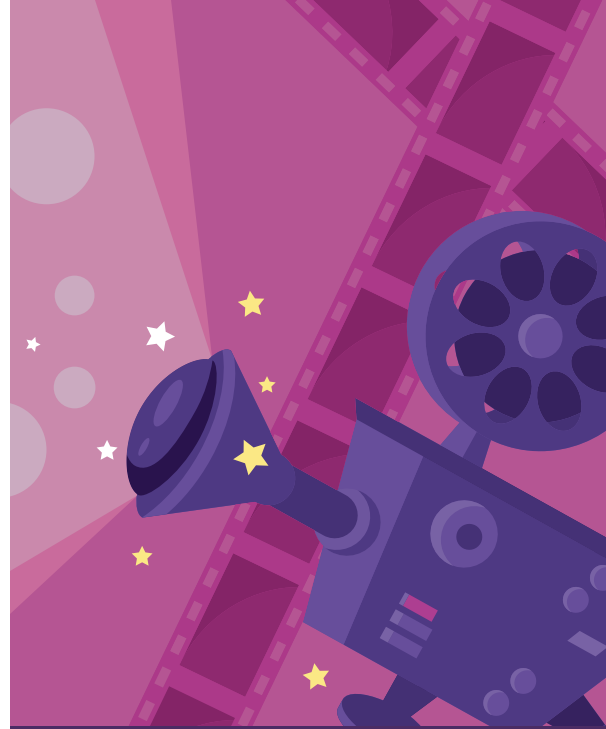
**June 16 • 6pm • The Woman King**  
PG-13 • 2022, Action/Drama/History, 2h 15m

**June 17 • 3pm • Sing 2**  
PG • 2021, Animation/Adventure/Comedy, 1h 50m

**June 23 • 6pm • The Unbearable Weight of Massive Talent**  
PG-13 • 2021, Action/Comedy/Crime, 1h 47m

**June 24 • 3pm • Up**  
PG • 2009, Animation/Adventure/Comedy, 1h 36m

**No movies on June 30 & July 1**



## Fly By Movie

**June 15 • 4:30pm**  
**Where the Crawdads Sing**  
PG-13 • 2022, Drama/Mystery/  
Romance, 2h 5m

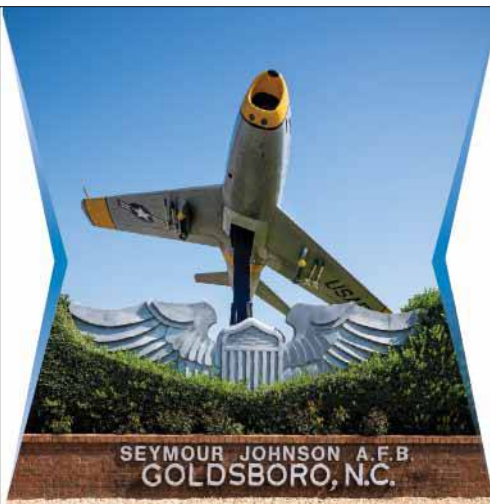
### Information

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.

For more details, call the dining facility at 919-722-5298.



EXPERIENCE  
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www.goldsboronc.gov  
919-580-4362

**JAMZ OUT**  
*Juneteenth*  
EMANCIPATION DAY  
SATURDAY, JUNE 17<sup>TH</sup> • 3PM - 8PM  
92.7 JAMZ GOLDSBORO





### Beach Days: Thursdays All Month

Put on your island wear and paint one of our dozens of nautical paintings. We'll provide the tunes, the sketches and some of those good vibrations!

### Summer Kids Camps begin June 12!

Ages 5-18 get to learn the tricks of the trade while having loads of fun! Arts and crafts, painting lessons, inspiration and dance-offs!

### DIY Pop Portrait

Come paint your very own pop portrait! We'll show you the tips and techniques to achieve that Andy Warhol aesthetic.

Gift your favorite teacher with a special painting: Kids 13 & under paint for \$25; 7 or more kids paint for \$20 each.

Ask about our Military Discount & Team Building



Check out our calendar online



2808 Cashwell Dr • Goldsboro, NC 27534 • 919-273-8007  
[wineanddesign.com/goldsboro](http://wineanddesign.com/goldsboro) • [fb.com/wndgoldsboronc](https://fb.com/wndgoldsboronc)

## Airman's Attic: Open to All Ranks

June 1 & 6/July 11 & 13\* • 10am to 1pm  
 June 3/July 8\* • 12 to 2pm

**\*Closed July 1-7 for the holiday**

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.

# NAF PROPERTY YARDSALE

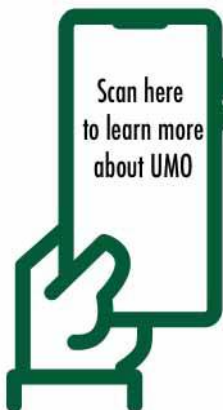
**SATURDAY • JUNE 10 • 8AM-3PM • FORT FISHER**

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• CLASSES BEGIN SOON! •



# Find Your Voice



[www.ila.org/dodsummerreading](http://www.ila.org/dodsummerreading)



## DoD MWR Summer Reading Program

*Find Your Voice!* is the theme for the DoD MWR Libraries 2023 summer reading program.

We use our voices to share stories and express ourselves. Our voices include not only the sounds we make, but the words we write, the art we create, and the movements we perform. Summer at the library is the perfect place to explore and find your own voice.

In partnership with iREAD Summer Reading, library programs will include activities, graphics, crafts, reading lists, incentives, and much more for children, teens, and adults.

The benefits of summer reading are clear. National research finds that students who participate in library summer reading programs scored higher on reading achievement tests at the beginning of the next school year than those who did not participate. DoD MWR Libraries provide the resources and experiences to bridge this summer gap, while inspiring literacy and life-long learning.

### JUNE 14 - JULY 26 • BASE LIBRARY

Registration opens on June 1. Sign up your youth or family online at [seymourjohnson.beanstack.org](http://seymourjohnson.beanstack.org) then log your reading and activities beginning on June 14, to earn rewards.

**Mondays (6/26, 7/10 & 7/24) • 4 to 6pm**

*Find Your Voice!* Teen Pride Club meeting

**Tuesdays • 11am**

Story time and craft for ages birth to 6 years

**Wednesdays • 1pm**

Activities for ages 7 - 12 years

**Thursdays (6/22, 6/29, 7/6 & 7/20) • 5 to 7pm**

*Find Your Voice!* Creative Writing for Teens

**Aug 2 • 11am to 1pm**

Celebration Party at the library



## Ebony H. Brooks Author

writer, blogger, podcast host,  
philanthropist, business woman,  
active duty service member

Books available in hard cover,  
paperback and electronic format

Follow me



Let's Talk: The Journey  
to Moving Forward



ms.ehb



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[www.ebonyhbrooks.com](http://www.ebonyhbrooks.com)





# SUMMER -CAMP-

## **Ages 10-15** **9am to 12pm**

Sign up by the Wednesday prior to each camp. Call or stop by the Youth Center.

Do you need to drop off your youth before camp begins? We offer pre-camp dropoff for ages 10 and up, starting at 7:30am for an additional \$15 per week.

## **Basketball Skills** **June 20-23**

Learn basic basketball skills such as how to dribble, shoot, pass and defense skills. (\$65)

## **Basketball Competition** **June 26-30**

Use your skills to scrimmage one another, 5 vs 5; free throws, lay-ups, and shooting contests. (\$65)

## **Pokémon Camp** **July 5-7**

Learn reading, math, social and brainstorming skills while playing the biggest card game in the world, Pokémon! Learn how to battle and master new strategies. Win prizes and challenge your friends. (\$45)

## **The Chocolate Factory** **July 10-14**

Learn to properly melt and mold chocolate. Experience the art of chocolate by making several dipped treats, plus a bonus ice and hot chocolate technique for writing with chocolate. (\$65)

## **Sew Your Own** **July 17-21**

Learn basic sewing skills, starting with basic stitches, using patterns and making your own project to take home. This camp teaches valuable life skills, team building and problem solving. (\$65)

## **Grill Camp** **July 24-28**

Explore how to cook on an outside grill! Learn to grill a variety of meats, prep and season, as well as learning the correct temperatures for cooking. (\$65)

## **Fun Fitness Camp** **July 31-Aug 4**

Challenge yourself in a variety of games and activities. Learn to use your motor skills effectively, to be a team player, to follow game rules and fair play. (\$65)

## **Art is Everything** **Aug 7-11**

This is not your "usual" art camp. Explore sculpting, acrylic painting, molding, cultural art, mosaics and more. (\$65)

## **STEM Camp** **Aug 14-18**

Explore science, technology and math skills to build and design 3D objects;

experiments that will blast off with fun! This camp is packed full of team building, leadership, self-discipline, planning and organizing skills. (\$65)

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## **Ages 13-18** **10am to 12pm**

## **Mechanics Camp** **June 27 + July 11**

Learn the basic ins and outs of maintaining vehicles at this day camp. Transportation will be provided from the Youth Center to the base Auto Hobby shop. Learn basic mechanical skills. (\$15)

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## **Ages 7-14** **9am to 12pm**

## **Flag Football Camp** **July 17-21**

Learn the fundamentals of flag football: speed and agility, offensive/defensive drills, route running, flag pulling, catching and competition play. (\$65)

## **Soccer Camp** **July 24-28**

Learn the fundamentals of soccer: passing, shooting, dribbling, controlling the ball and competition play. (\$65)

**919-722-0502**





## Kids Bowl Free

Now - Sept 4 • Phantom Lanes

Sign up now on [www.kidsbowlfree.com](http://www.kidsbowlfree.com) to register your child, ages 2 through 15, for free games of bowling through Labor Day. Family passes are available; some restrictions apply. See website for more details or call the bowling center at 919-722-0350.

## End of School Bash, Paint and Splash

June 23 • 7 to 10pm • **Teen Late Night!**

Youth Center

Come on out and enjoy a night full of splatter painting and dancing in foam hosted by the Keystone Club and Teen Council. There will be food and fun for ages 13-18 (still in high school). The "cost" of admission is a dry or canned food item and a parent's email.

Wear old clothes. This event will get messy and wet, but oh so fun!

## Next up, Southeast Regionals

We'll be cheering for Jayva C on June 15!

Jayva C, as you might recall from our last issue, represented Seymour Johnson AFB as the Youth of the Year at the North Carolina state level competition for Boys & Girls Club members. She won! Jayva is the new, North Carolina State Military Youth of the Year!

Join us in congratulating Jayva and sending all good vibes as she journeys to Atlanta, Ga. this month for the southeast regionals competition. Youth of the Year is a premier recognition program celebrating the extraordinary achievements of Club members. Each year, one exceptional Club member is selected to be the National Youth of the Year. This person serves as an exemplary ambassador for the Boys & Girls Club youth and as a strong voice for all the nation's young people.

Along with the state title, Jayva won a \$5,000 scholarship from the Boys & Girls Club of America. Jayva has been a member of the SJAFB Youth Programs for two years. "She is strong, resilient and determined to make a difference in the future of youth," says Michelle Jones, Teen Coordinator.



## Give Parents a Break

June 10 • 6 to 10pm

July 8 • 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 by close of business on Wednesday before the event date to sign up.

## Discovery Center

June 8 & 22 • 10am

Kiddie Hawk Playground

Parents, bring your preschool age children to the Discovery Center on the second and fourth Thursday of each month for volunteer-led activities. Enjoy stories, crafts, coloring, and other fun activities.

The theme for the June 8 event will be "Dinosaurs," presented by our friends at USO North Carolina.

Follow the 4th Force Support Squadron on Facebook for updates.

*If we had all stuck with our first dreams, we would be stuck in a world of princesses and aliens. So whatever your dream is right now, if you haven't achieved it, you have not failed.*

— JAYVA C



## ABCs of PCSing

June 8 • 9am • Family Life Center, Room 100

Are you preparing for a permanent change of station (PCS)? The Military & Family Readiness Center hosts a workshop designed to help you successfully navigate the PCS maze by helping to minimize stress, confusion, and hardships often associated with moving.

To sign up for this helpful class, call the M&FRC at 919-722-1123.

## Strategies, Paying Off Student Loans

June 8 • 1pm  
M&FRC Conference Room

Paying off Student Loans is intended to provide awareness of student loan debt management strategies. Learners can improve their current financial situations, avoid student loan delinquency and default, and repay student loans as quickly and inexpensively as possible. To sign up for this class, call 919-722-1123.

## Newcomer's Orientation

June 20 • 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 the M&FRC at 919-722-1123.

## Spouse Reintegration

July 6 • 5pm • Eagles Landing

The Military & Family Readiness Center and supporting agencies present information how spouses can reconnect with their returning deployed and remote tour members. Other topics include reconnecting your spouse and children, mental health preparedness, and the purpose of the deployed member's reintegration. Refreshments will be provided.

## Bundles for Babies

July 13 • 9am to 12:30pm  
Eagles Landing

The Military & Family Readiness Center presents a special program called Bundles for Babies for new and expectant parents. Gain helpful tips on budgeting and caring for newborns.

Each participating active duty Air Force family will receive a \$50 grant from the Air Force Aid Society. Light refreshments will be available. The session is limited to 30 parents. Pre-register by calling the M&FRC at 919-722-1123.

## Credit Management

July 20 • 1pm  
M&FRC

Get the knowledge you need to build and protect your credit health by participating in this class. Topics include wise and unwise use of credit, how to establish a credit history, credit scores and credit reports, how to reduce the cost of credit, and credit management strategies and resources. Call 919-722-1123 to sign up.

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## First-time Vehicle Owners

June 14 • 6:30pm  
Auto Hobby Shop

Class geared towards educating young or first vehicle owners on responsibilities, expectations and pitfalls of maintaining your vehicle. Call 919-722-1309 to sign up.

## Car Buying

July 13 • 5pm  
Eagles Landing

Buying a home is the most significant purchase many people will ever make. This course is designed to increase the knowledge and comfort level of first-time home buyers and serve as a refresher for repeat home buyers. Call 919-722-1123 to enroll in the workshop.



UPDATING ...

## Retirement 2.0

### Farewell David "Restart Your Computer" Hiatt



Second careers can be rewarding. Just ask David Hiatt. David is quite excited about his retirement. David retires on 7 July 2023, after 21 years of civil service. David's career with the 4th Force Support Squadron (4 FSS) has truly been remarkable. He began his career in civil service August 2002 with the 4th Communication Squadron and then was rifted and moved to 4 FSS in October 2003. He was successfully responsible for

the Information Systems for 400+ personnel over the years. He has never backed away from a challenge. We will miss his efficiency and good humor.

He says there have been quite a few changes to our squadron since becoming the 4 FSS IT Systems Manager. He still marvels at all the transitions, starting with the 4th Services Squadron and 4th Mission Support Squadron merging to become the 4th Force Support Squadron. Computers and operating systems changing quickly.

"We saw the Enlisted, Officers' Clubs, and golf course close their doors," said David. "Lodging moved to Non-Appropriated Funds and lost the working enlisted personnel. The dining facility moved from a NAF MOA to a contract."

"He made a significant impact to our organization regardless of the many changes," says Vernesha "Money Bags" Townsend, Resource Management Flight Chief. "He has truly been a friend and a mentor to all."

David plans to spend time with his family and travel. They have a trip to Ireland already scheduled. We wish his family well and to him a relaxing retirement.

## Get to Know FCC

June 1 • 11am to 1pm

Connect 4

What's the buzz about Family Child Care? Find out at this open house.

Learn how you can open your own business with little to no start-up costs, set your own flexible hours, and support the Wing mission.

Call 919-722-7194 to sign up.

## Teach a Kid

Do you love kids and have a special skill you want to share with base youth? Dance. Art. Martial Arts. Music. Zumba. Tutoring. Teach classes at the Youth Center. Set your own hours and rates.

Liability insurance up to \$300,000 is required. For more information, please call the Youth Center at 919-722-0505.

## Federal Resume Writing & Job Search

July 25 • 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

July 25 • 1 to 2:15pm

Virtual Workshop

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

Call 919-722-1123 to sign up.



# ARE YOU LOOKING FOR A NAF JOB?

Apply at [www.usajobs.gov](http://www.usajobs.gov)



# — *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 Fitness Center team. Front row (L-R): MSgt Christina Shine, SrA Jada Rush, SSgt Elisea Jones, SrA Xinyu Sun, Lt Col Kirchner, Ms Kaci Harrison, MSgt Jessica Leahy, and SMSgt Perla Hernandez. 2nd row (L-R): CMSgt Jason Brandy, SrA Izabella Walters, SrA Ronald Jumawid, TSgt James Hoglin, Maj Nate Beckler, and Mr Brent Marriner.



LEFT: Lt Col Kirchner presents an individual Hard Charger Award to SSgt Stephanie Santos of the Southern Eagle Dining Facility.



***Congratulations!***



## 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**  
919.722.8547 • 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)**  
919.722.8684 • 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**  
919.722.8684 • 1515 Goodson St  
fb.com/sjafb.family
- **Outdoor Recreation Adventure Park**  
919.722.1104 • 1385 S. Andrews St  
fb.com/sjafb.fun
- **Sabre Cinema**  
919.722.8684 • 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
- **Commercial Sponsorship**  
919.722.7155 • fb.com/sjfss  
1600 Wright Brothers Ave, 2<sup>nd</sup> Fl, Ste 228
- **Community Cohesion Coordinator (C3)**  
919.722.4697 • 1240 Andrews St
- **Connect 4**  
919.722.8684 • 1515 Goodson St  
fb.com/sjafb.fun
- **DEERS & ID Cards**  
919.722.8702 • fb.com/sjfss  
1600 Wright Brothers Ave, 1<sup>st</sup> Fl
- **Eagles Landing**  
919.722.8684 • 1240 Andrews St  
fb.com/sjafb.fun
- **Education & Training**  
919.722.5800 • 1195 Cannon Ave  
fb.com/sjfss
- **Family Child Care**  
919.722.7194 • 1515 Goodson St  
fb.com/sjafb.family
- **Honor Guard**  
919.722.7019 • 1175 Wright Brothers Ave
- **Library**  
919.722.5825 • 1520 Goodson St  
fb.com/sjafb.family
- **Lodging @ Southern Pines Inn**  
919.722.0385 • 1235 Wright Brothers Ave
- **Manpower & Organization**  
919.722.5336 • 1195 Cannon Ave, 2<sup>nd</sup> Fl
- **Marketing**  
919.722.8532 • fb.com/sjfss  
1600 Wright Brothers Ave, 2<sup>nd</sup> Fl, Ste 228
- **Military & Family Readiness Center**  
919.722.1123 • 1500 Vermont Garrison St  
fb.com/sjfss • fb.com/sjafrc
- **Military Personnel Section**  
919.722.8677 • fb.com/sjfss  
1600 Wright Brothers Ave, 1<sup>st</sup> Fl
- **Military School Liaison**  
919.722.5810 • 1515 Goodson St  
fb.com/schools.sj
- **NAF Human Resources**  
919.722.5939 • 1570 Wright Brothers Ave
- **Private Organizations**  
919.722.7289  
1600 Wright Brothers Ave, 2<sup>nd</sup> Fl, Ste 220
- **Professional Development Center**  
919.722.1149 - ALS  
919.722.5857 - Career Assistance  
1175 Wright Brothers Ave
- **School Age Care**  
919.722.0502 • 1035 Langley Ave  
fb.com/sjyouth

- **Youth Programs**  
919.722.0502 • 1035 Langley Ave  
fb.com/sjafb.family
- **Vet Clinic**  
919.722.1465 • 1003 Collier Ave  
By appointment only

## BASE HELPING AGENCIES

- **Alcohol & Drug Abuse Prevention**  
919.722.1883
- **Chaplain/Chapel**  
919.722.0315 • 1505 Vermont Garrison St
- **Equal Opportunity**  
919.722.1180
- **Family Advocacy**  
919.722.7878
- **Health Promotion**  
919.722.0407
- **Medical Group Primary Care**  
919.722.1802
- **Mental Health Clinic**  
919.722.1883
- **Military Family Life Counselor**  
919.886.3346 - Adult  
919.886.3405 - Child
- **Military One Source**  
800.342.9647
- **Sexual Assault Response Coordinator**  
919.722.0154 • 919.722.0155  
919.722.7272 - Hotline









## BASE SERVICES & RESOURCES

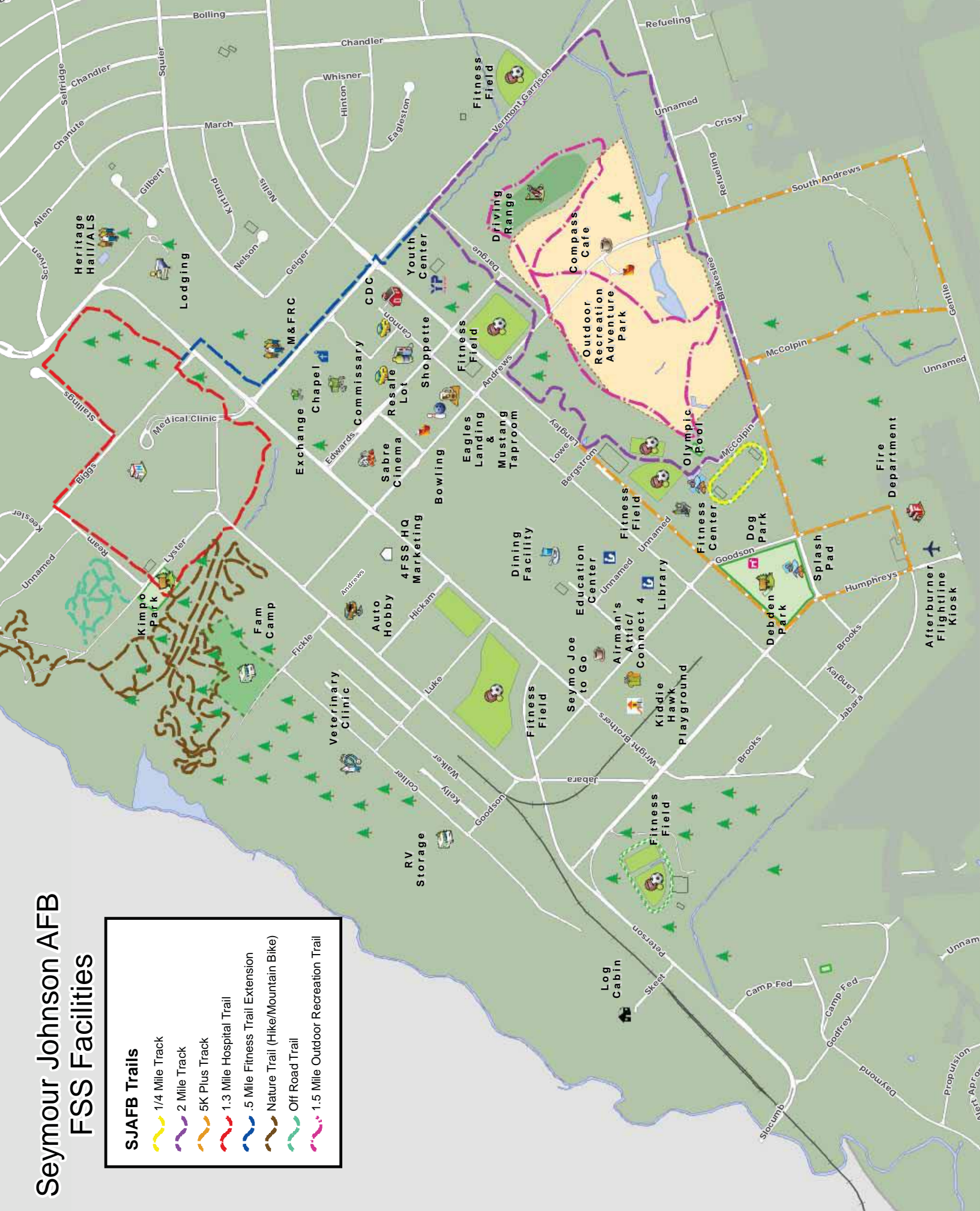
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- **Military Housing Office**  
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919.722.0364 • 600 Kenly Rd
- **Security Forces**  
919.722.8477 - Tip Line
- **Thrift Shop**  
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- **USO of NC - SJAFB Center**  
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- **Visitors Center**  
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1050 Wright Brothers Ave  
After hours visitor passes: go to the main gate on Berkeley Blvd

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