

SEYMOUR

MAR 2024

explore more

MARCH 16 • DEBDEN PARK • 10AM - 1PM

SEYMOUR
READINESS RALLY



It's a Willy Wonka

EASTER EGGSTRAVAGANZA

Egg Hunt · Games · Activities for All



MARCH 30
10AM TO 1PM

Hunt times:

0 - 3 years	10:30am
4 - 6 years	11:00am
6 - 8 years	11:30am
9 - 12 years	12:00pm
12 and up	12:30pm



FSS Scramble

PLAY. ENTER. WIN.

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

KLCYU

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YOUTH CENTER
919.722.0502

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FB.COM/SJAFB.FAMILY

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PHANTOM LANES

919.722.0350

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Air Force Art Contest for
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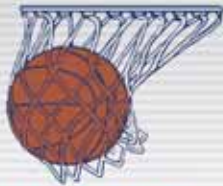
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SLAM DUNK DOUBLE POINTS! MARCH MONDAYS



USE YOUR MILITARY STAR CARD AT EXPRESS STORES EVERY MONDAY IN MARCH AND RECEIVE **4 POINTS PER \$1!***



VALID EVERY MONDAY IN MARCH!



APPLY NOW
AT YOUR LOCAL EXCHANGE OR SCAN
THE QR CODE TO APPLY AT MyECP.COM

*VALID 03/05/2014 - 03/31/2014, at Express facilities at Air Force Exchange Service locations. Earn 4 points per \$1 on all Express purchases every Monday in March. Limited time offer. Excludes www.expresschange.com, commissaries, Exchange Marketplace, MEY, MEX, CDA and DCA. Double points will be awarded within 30 days of purchase. Excludes miles & driving log or credit.

AUTO HOBBY EVERYDAY PRICES= **BIG** SAVINGS ON OIL CHANGES WEDNESDAY - SUNDAY 10:00AM TO 4:30PM



Local cost comparison on synthetic oil change service with filter:
Competitors charge \$81-\$85
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2024 AIR FORCE ART CONTEST

MARCH 1 - APRIL 30



Enter your **2D & 3D** Artwork at forcesupport.awardsplatform.com

WIN UP TO \$500 IN AMAZON GIFT CARDS IN EACH CATEGORY:

Youth 6 - 8 | Youth 9 - 12 | Youth 13 - 17 | Adult Novice | Adult Accomplished

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HEALTH®
Wayne

Where *Compassion* Meets Excellence



Purple Up!

FOR MILITARY KIDS

FRIDAY
APRIL 19
2024

Advertise in the **Seymour Explore More** magazine's Purple Up! April issue

- Promote your business
- Give a special shout-out

Wear purple on April 19 to honor military kids. Purple symbolizes all branches of the military as it is a combination of all their colors: green, blue and red.



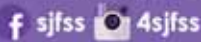
Claim your April ad space by March 10! 919-722-7154 or 8532

SEYMOUR

explore more

Purple Up! LIMITED TIME SPECIAL
—ADVERTISE YOUR BUSINESS—
SUPPORT MILITARY KIDS
\$30 PER AD • 3.5 X 2 INCHES

#purpleupwayne #purpleup #momc #purpleupsjfs #purpleupseymour



www.sjfs.com

4 FSS MARKETING • SEYMOUR JOHNSON AFB

Spring

STOP & SHOP

VENDOR FAIR

APRIL 13
9:00 AM - 2:00 PM

1138 ROSEWOOD RD
GOLDSBORO

<https://buytickets.at/thebridgewomensgathering/1119522>

SIGN UP TO BE A VENDOR



HOPE EXTENDED

HOME
MADE
CRAFTS

Scan here to enter.



ENTER FOR A CHANCE TO WIN AN EXCHANGE SHOPPING SPREE*

Two (2) Grand Prize Winners: \$5,000 Exchange Gift Card
Ten (10) First Prize Winners: \$1,000 Exchange Gift Card
Ten (10) Second Prize Winners:

Oracle Red Bull Racing Official Teamline Carry-on Bag A \$277 value each.



2/\$6
Red Bull, 12-oz.



Enter 3/01/24 - 4/30/24
shopmyexchange.com/sweepstakes



Parents,
Save money
 with **Kinderspot**
 care we can share.

Offering and finding short term child care can be difficult.
Kinderspot makes it easier.



- 1 **DOWNLOAD THE APP**
Become a verified user.
- 2 **OFFER AND/OR RENT A SPOT**
Week-long intervals can be offered and rented by children of the same age.
- 3 **CDC HANDLES THE PAYMENT**
Spot Renters pay their rate to the CDC directly, and Spot Holders are credited at their existing rate.



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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.

FANDOM FRENZY

WHEN:
APRIL 11
5PM - 7PM

GIVEAWAYS!!
FREE EVENT!!
ALL AGES!!

WHERE:
BASE LIBRARY

COSPLAY? YES!
SWORD DEMO
GAMES
CRAFT STATIONS

CONTACT:
722-5825 SJFSS.COM
FB.COM/SJAFB.LIBRARY



TEEN MARIO SWITCH GAME NIGHT

Teams of 2-4 playing Mario and other related video games.
Pizza, chips, and sodas provided - FREE!

MARCH 7, 2024
5PM - 7PM
BASE LIBRARY



sjfss.com 722-5825
fb.com/sjafb.library



NO FEDERAL ENDORSEMENT OF SPONSOR(S) INTENDED

SATURDAY, MARCH 16TH
YOUTH PROGRAM
10AM - 1PM

Saint Patrick's Day Scavenger Hunt

FIND A CLUE. TAKE A PICTURE. COME OUT AND ENJOY THE FUN FILLED DAY OF RIDDLES, SNACKS, AND GAMES FOR FREE!

722-0502
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DEPARTMENT OF AIR FORCE
YOUTH PROGRAMS
PAID AD. NO FEDERAL ENDORSEMENT OF ADVERTISER(S) INTENDED

RUSH HOUR KARTING & AXE THROWING

MARCH 23RD | 2PM

RHR ELIGIBLE - \$15 INCLUDES 1.5 HOURS OF GO KARTING AND AXE THROWING.

SIGN UP BY MARCH 15TH

PARTICIPANTS WILL BE TAKEN TO RUSH HOUR KARTING

919.722.8486
SJFSS.COM
FB.COM/SJAFB.FUN

Month of the Military Child

Let's Go Fly a Kite

April 5 | 4:30 to 5:30pm
Warrior Pines Log Cabin

\$5 per person includes a kit with materials to design your own kite

Sign up by March 29 • Outdoor Recreation
919.722.1104 • sjfss.com • fb.com/sjafb.fun

KEYSTONE
The Ultimate Teen Program

DEPARTMENT OF AIR FORCE
YP
YOUTH PROGRAMS

TEEN LATE NIGHT
MAD HOOPS
YOUTH CENTER

MARCH 22 // 7-10PM

FREE TO JOIN! COME SHOW OFF YOUR SKILLS!
WEAR YOUR FAVORITE TEAM APPAREL!

3 POINT, DUNK AND SKILLS CHALLENGES

722-0502 | SJFSS.COM

EXCHANGE
YOU MADE the GRADE
you get the REWARDS!

X
EXCHANGE
\$20 REWARDS!
Straight **A** students

X
EXCHANGE
\$10 REWARDS!
Average **B** students

ENTER FOR A CHANCE TO WIN A
\$2,000, \$1,500 OR \$500 REWARDS! GIFT CARD!
See an Associate for details and entry forms.

University of
MOUNT OLIVE

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ON CAMPUS,
& ON BASE
OPTIONS**

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- ✓ CLEP, DSST, & Pearson VUE Authorized Test Center
- Classes toward CCAF degree available

FOR MORE INFORMATION, VISIT
WWW.UMO.EDU

PAID ADVERTISING - NO FEDERAL ENDORSEMENT INTENDED

Winter FUN

in the Sandcastle Rec Hall

SATURDAY, MARCH 16

11am to 9pm

118 Riverfront Rd, Kure Beach • 910-500-6465
www.sjffs.com/blakeslee • fb.com/blakesleeafra



Themed Crafts

Participate in Programs

Watch Movies

Play Arcade, Board Games,
Ping Pong & More!

Story Time Tuesdays • 11am Library

The Base Library offers weekly story times designed for preschool age children on each Tuesday. Parents/guardians and children with base access are welcome. For more information, call 919-722-5825.

HAPPY Easter

MARCH 30-31

A weekend of fun activities and programs
for valid ID holders and sponsored guests
at *Your Place at the Beach!*

SATURDAY

11:00am to 8:00pm

Ongoing movies, arcade games &
Spring crafts in the Rec Hall

1:00pm

DIY Hanging Bird Feeder
\$5 per person*

3:00pm

Tie Dye Long Sleeve
T-shirts, \$18 per person*

SUNDAY

10:00am

Easter Egg Hunt Extravaganza
3 age divisions

10:30 to 11:30 am

Family Hour
Outdoor Stage

Visit with the Easter Bunny
Play lawn games

**Pre-register for PAID PROGRAMS at least
one hour in advance.*



118 Riverfront Rd, Kure Beach
sjffs.com/blakeslee | fb.com/blakesleeafra

910.500.6465

BREAKFAST WITH THE



March 30 • 8am to Noon Compass Cafe

The Community Programs & Partnership Office (CPPO) invites you to a special Breakfast with the Easter Bunny on the last Saturday of the month in the Compass Café.

There will be breakfast and brunch options, photo opportunities with the Easter Bunny and fun for everyone. Kids, ages 3-12 years old, eat for \$12; ages 2 and under are FREE. Ages 13 and up are \$17.

Now booking

CPPO is now accepting reservations. Please call 919-722-8684 or stop by the office in Eagles Landing to schedule your family's Breakfast with the Bunny.

MARCH 16 • DEBDEN PARK • 10AM - 1PM

SEYMOUR READINESS RALLY



Join us in celebrating our military members and their families!

Let us facilitate the connection to assist in your readiness journey! Here's what you can expect:

- ✓ Supporting Agencies
- ✓ Family Resources
- ✓ Fun-Filled Attractions
- ✓ Heartfelt Quality Time
- ✓ Activities & Games
- ✓ Live Entertainment



4th Force Support Squadron



919.722.1123



www.sjfss.com

BATTLE IN' BREWS

AT THE MUSTANG TAPROOM

NIGHT TIME BINGO Wednesday, March 6th 5:30 PM	TRIVIA Friday, March 15th 5:30 PM
MUSIC BINGO Wednesday, March 20th 5:30 PM	WIN IT WEDNESDAY MARIO KART TOURNAMENT Wednesday, March 27th 5:30


 1240 ANDREWS ST.
sjfss.com
 919-722-8684



First Saturday with DJ Sqwid

March 2 | April 6 • 4pm
Mustang Taproom

The Mustang Taproom opens on the first Saturday of each month from 3 to 8pm. DJ Sqwid will be playing your favorite songs beginning at 4.

For more information, call us at 919-722-8684.

Quarterly Birthday Meal

March 28 • 5pm
Southern Eagle DFAC

The dining facility is hosting a special birthday dinner to honor those born between January and March.

There is no additional cost to ESM customers. Airmen may bring a "plus one" to dinner. Please RSVP by March 25 with a DFAC cashier.

Cash paying customers will be charged according to the a la carte menu. Guests are not required to have birthdays falling within the quarter. All with base access are welcomed.

The birthday dinner menu will include Grilled New York Steak, Asian Marinated Pork Loin, BBQ Glazed Salmon, Nacho Stuffed Potato Skins, Hibachi Fried Rice, Buffalo Roasted Brussel Sprouts, and Herbed Roasted Carrots.

For more information, call 919-722-5294.


**HAPPY
Pi
DAY**
MARCH 14

One topping slice of PIZZA and a 24oz soft drink: \$3.14
OR SAVE \$2.00 off a whole one topping PIZZA


sjfss.com | 722-0349



WINGMEN WEDNESDAY

MARCH 20
4:30 - 6:30PM

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



MUSTANG TAPROOM

sjfss.com | fb.com/sjafb.food

FIRST COMMAND

NO FEDERAL ENDORSEMENT OF SPONSOR INTENDED

March 1st - April 30th

Irish Cream Latte



Irish Cream

Easter Bunny Latte



White Dove Mocha



Amaretto Syrup & White Chocolate

Vanilla & Toasted Marshmallow Syrup

Hot Cross Buns Latte



Cinnamon & Winter Spice Syrup

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



CHICKEN & WAFFLE WEDNESDAY

—ONLY \$8⁰⁰

6:30AM TO 1PM
WEDNESDAYS



COMPASS CAFÉ

919.722.0394
SJFSS.COM | FB.COM/SJAFB.FOOD

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
 <p>SJFSS.COM</p>			 <p>Carefully lift the staples and remove this handy calendar to place on your fridge or bulletin board</p>
<p>3</p>  <p>AEROBICS SCHEDULE</p>	<p>4</p>  <p>Chicken Parmesan Melt, 10-Pin Café Red Pin Bowling 5pm</p>	<p>5</p>  <p>Taco Tuesday, 10-Pin Café Airman's Attic 10am Story Time 11am</p>	<p>6</p>  <p>Chicken & Waffles, Compass Café Nighttime Bingo 5:30pm</p>
<p>10</p>  <p>Daylight Saving Time starts 2am</p>	<p>11</p> <p>Chicken Parmesan Melt, 10-Pin Café Fish & Chips, Compass Café Red Pin Bowling 5pm</p>	<p>12</p> <p>Bataan Death March Memorial Hike 8:30am Airman's Attic 10am Story Time 11am Federal Resume 11:30am</p>	<p>13</p> <p>EFMP 101 11am Penny-a-Pin Bowling 5pm Sip n Art Punch Needle Embroidery 5:30pm</p>
<p>17</p>  <p>SPRING IS COMING</p>	<p>18</p> <p>ASIST Workshop 8am Chicken Parmesan Melt, 10-Pin Café Red Pin Bowling 5pm</p>	<p>19</p> <p>First Day of Spring! Newcomers Orientation 8am Taco Tuesday, 10-Pin Café Airman's Attic 10am Story Time 11am</p>	<p>20</p>  <p>Wingmen Wednesday 4:30pm Penny-a-Pin Bowling 5pm Music Bingo 5:30pm</p>
<p>24</p> <p>Blakeslee Egg Hunt 10am</p>	<p>25</p> <p>Chicken Parmesan Melt, 10-Pin Café Fish & Chips, Compass Café Red Pin Bowling 5pm</p>	<p>26</p>  <p>Airman's Attic 10am Taco Tuesday, 10-Pin Café Story Time 11am</p>	<p>27</p>  <p>Penny-a-Pin Bowling 5pm Win It Wednesday: Mario Kart 5:30pm</p>
<p>31</p>			

THURSDAY	FRIDAY	SATURDAY
Spring Sports Registration ends March 31 Fitness Rowing Challenge, all month Air Force Art Contest, enter through April 30	1  Fish & Chips, Compass Café Cosmic Bowling 10pm	2 Open to All Ranks 12pm Kid Matinee 1pm Cosmic Bowling 2:30pm DJ Sqwid 4pm Cosmic Bowling 9:30pm
7 All You Can Bowl, All Day Bundles for Babies + Prenatal Nutrition 9am Moving Out of Dorms 9am Teen Mario Switch 5pm	8  PurpleUp! Ad sales - final day Sloppy Joes, 10-Pin Café Free Movie 6pm Cosmic Bowling 10pm	9 Parents Night Out 6pm Cosmic Bowling 2:30pm Cosmic Bowling 9:30pm
14  Pi Day Special, 10-Pin Café All You Can Bowl, All Day Civilian Resume 11:30am	15 Heart Link Spouse Orientation 9am St Patrick's Color Run 3pm Trivia 5:30pm Cosmic Bowling 10pm	16 Readiness Rally 10am Scavenger Hunt 10am Murder Mystery Foodie Tour 12pm Matinee 1pm
21 All You Can Bowl, All Day Airman's Attic 10am Moving Out of Dorms 2pm Fly By Movie 4:30pm	22 Hoops Madness 3v3 5pm Free Movie 6pm Teen Late Night: Mad Hoops 7pm Cosmic Bowling 10pm	23 Go Karting/Axe Throwing R4R Outing 2pm Cosmic Bowling 2:30pm Cosmic Bowling 9:30pm
28 All You Can Bowl, All Day Airman's Attic 10am Birthday Meal 5pm	29 Kids Bowl Free this Spring Break Fish & Chips, Compass Café Sloppy Joes, 10-Pin Café Cosmic Bowling 10pm	30 Breakfast with the Bunny 8am by RSVP Wonka Eggstravaganza 10am Easter Weekend Activities at Blakeslee 11am



- April 3
 - Nighttime Bingo
- April 4
 - Bundles for Babies
 - Spouse Reintegration
- April 5
 - Spring Forward 5K
 - Let's Go Fly a Kite
- April 6
 - DJ Sqwid, First Saturday
- April 8
 - Paint n Sip
- April 9
 - Op. Deployed Hearts
- April 10
 - EFMP Roundtable
- April 11
 - Fandom Frenzy
- April 13
 - Parents Day Out
- April 15
 - Chalk Your Walk
- April 17
 - Magic Show
- April 19
 - PurpleUp! Day
 - Trivia Night
- April 20
 - Month of the Military Child Event
- April 26
 - Volunteer Appreciation
- April 27
 - Bowling Clinic

Now Showing

Free movies are brought to you by the Community Programs & Partnership Office (CPPO). Doors open 30 minutes before showtime. You may bring your own snacks; no alcoholic beverages please.

KID MOVIE in the Kiddie Hawk Playground
March 2 • 1pm • Paw Patrol: The Mighty Movie
PG • 2023, Animation/Action/Adventure, 1h 28m

FRIDAY NIGHT MOVIES in the Sabre Cinema
March 8 • 6pm • Dumb Money
R • 2023, Biography/Comedy/Drama, 1h 45m
March 22 • 6pm • Transformers
PG-13 • 2007, Action/Adventure/Sci-Fi, 2h 24m

SATURDAY MATINEE in the Sabre Cinema
March 16 • 1pm • Willy Wonka & the Chocolate Factory
G • 1971, Family/Fantasy/Musical, 1h 40m



Fly By Movie

March 21 • 4:30pm
The Equalizer III

R • 2023, Action/Thriller, 1h 49min

The Southern Eagle Dining Facility (DFAC) hosts a free, monthly Fly By Movie Night on the third Thursday.

The DFAC is open to all with base access. Seating is first come, first served.

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



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- Medication-free pain relief from injuries

\$40
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Goldsboro, NC 27540
919-735-2205

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



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\$25
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MURDER MYSTERY FOODIE TOURS



MARCH 16 | NOON TO 8:00PM

R4R RecOn Eligible
Active Duty
Reservists
Dependents

\$35 per person, ages 12 and up
Cost includes transportation and a
delectable adventure where flavors,
history and mystery converge!



Sign up by March 8 • Outdoor Rec
919.722.1104 • sjfss.com • fb.com/sjafb.fun



NO FEDERAL ENDORSEMENT INTENDED

PHYSICAL GAME CLINIC

with Shannon O'Keefe and Bob Learn Jr "Mr 300"



On Lane Coaching

9:00am to 12:30pm

OR 1:30 to 5:00pm

\$40 per session

Trick Shots

1:00pm



15 time PWBA National Champion
3 time PWBA Player of the Year
18 year member of Team USA
8 time World Champion
2016, 2017, 2018 NCAA D11/D111
Bowling Coach of the Year

8 time PBA National Champion
28 time PBA Regional Champion
Assistant Team USA Coach
2023 USBC Collegiate Coach of the Year
2023 NAIA Mens Coach of the Year
PBA TV 3 & 4 Game Records:
300-270-280(850) + 279(1129)
1997 ESPY Award
National USBC Hall of Fame



SATURDAY, APRIL 27 | SIGN UP NOW

1290 Andrews St
919.722.0350

PHANTOM LANES

sjfss.com
fb.com/sjafb.fun

NO FEDERAL ENDORSEMENT INTENDED



4TH FIGHTER WING CHAPLAIN CORPS



MISSION

DIRECT UNIT SUPPORT: **Embedded teams in every group**
COUNSELING & CRISIS CARE: **100% confidential—24/7/365**
FREE EXERCISE OF RELIGION: **Support for all faiths**

CONTACT

CHAPEL: 1505 Vermont Garrison St.
PHONE/FB: 919-722-0315 Seymour Johnson AFB Chapel
EMERGENCY: Call Command Post @ 919-722-0004



WEEKLY PROGRAMS

ROMAN CATHOLIC: St. Michael the Archangel

Confession	Sunday	0815-0845 (by appt.)
Sunday Mass	Sunday	0900-1000
Faith Formation	Sunday	1030-1145
Daily Mass	Mon-Thu	1130-1200
RCIA/OCIA	Wednesday	1800-1930
Adult Bible Study	Thursday	1800-1930
Catholic Women	Sunday	1330-1530

PROTESTANT: Christian/Non-Denominational

Worship Service	Sunday	1100-1200
Christian Community Night	Wednesday	1700-1915
—Dinner		
—Adult Small Groups (Bible and Book Studies)		
—AWANA (3 yrs-8th grade)		
Women's Bible Studies	Monday	1830-1930
	Friday	1000-1100
Men's Bible Study	3rd Saturday	0930-1030



4TH Fighter Wing Chaplain Corps
Chapel Communities

WARRIOR'S PRAYER SERVICE

TUESDAY, 12 MAR, 1700

All are invited to join together
in seeking God's strength & protection
for our warriors and their loved ones.

- * 1700 Prayer Service in the Chapel
- * Casual Dinner Following the Service

Approved to publish, 4 FW Wing Chaplain



OPEN POSITION: Protestant Worship Music Director
Experience Required

For more information, call 919-722-0315 or email 4fw.hcfacility@us.af.mil



ROW THE DISTANCE

ALL MONTH - MARCH
FITNESS CENTER
DURING MANNED HOURS

PARTICIPANTS WILL HAVE 15 MINUTES TO ROW AS FAR AS THEY CAN GO. PERSON WITH THE HIGHEST DISTANCE WINS!



722-0420 | SJFSS.COM



DEPARTMENT OF THE AIR FORCE



FITNESS & SPORTS

Bataan Death March, 14-Mile Memorial Hike

March 12 • 8:30am
Fitness Center

The Fitness Center is hosting a 14-mile walk to honor and remember the sacrifices of the victims and survivors of World War II. All with base access are encouraged to participate along with local Air Force and Space Force JROTC units. The route begins at the 2-mile trail behind the Fitness Center. Scan



the QR code to register. For more information, call 919-722-0420.

Spring Forward 5K Run

April 5 • 3pm
Mustang Taproom

The Fitness Center welcomes longer days and a change in seasons with the annual Spring Forward 5K. This fun run begins and ends at the Mustang Taproom. Scan the QR code



to register. For more information, call 919-722-0420.

ST. PATRICK'S PATRICK'S DAY COLOR RUN



MARCH 15

FITNESS CENTER @ 3:00PM

Open to all DoD Civilians, Dependents, Retirees, Veterans and Members of SJAFB to Participate in!

SIGN UP USING THE QR CODE BELOW.

We Encourage Participants to wear white t-shirts for the event!




[/sjafb.fitness](https://www.facebook.com/sjafb.fitness) sjfss.com 722-0420

YOUTH CENTER

FUNCTIONAL FITNESS

Every Tuesday & Thursday

MARCH 19 - MAY 30

2 Sessions Daily (9-10am & 10-11am)

9am-11am @ Youth Center Gym

\$35 per Month

Enhance Strength, Flexibility, Balance and Coordination.



sjfss.com | 722-0503 | Ages 3-5

HOOPS MADNESS 3V3 TOURNAMENT

MARCH 22

FITNESS CENTER BASKETBALL COURT

5:00 - 9:00PM



MAXIMUM SIGN UP OF 15 TEAMS (OPEN TO ALL WITH BASE ACCESS)

SIGNUPS CLOSE MARCH 13 - SIGN UP USING QR CODE ABOVE

SJFSS.COM | 722-0420 | [FB.COM/SJAFB.FITNESS](https://fb.com/sjafb.fitness)

SPRING SPORTS

REGISTRATION ENDS MARCH 31

START SMART BASEBALL: AGE 4

SOCCER: U6, U8, U10, U12, U15

BASEBALL: 6U, 8U, 10U, 12U

SOFTBALL: 8U, 10U

\$50 PER PLAYER



COACHES NEEDED IN ALL SPORTS

sjfss.com

YOUTH CENTER 722.0502

fb.com/sjfss



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

Bundles for Babies + Prenatal Nutrition

March 7 | April 4 • 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 receives a \$100 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.

Moving Out of the Dorms Class

March 7 • 9 to 11am | March 21 • 2 to 4pm

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

ABCs of PCSing

March 8 • 1pm

Family Life Center

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

Parents Day Out

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

Register ages 6 weeks - 12 years for childcare by March 6; \$8 per hour (\$32 session). Current immunizations, closed toe shoes, and minimum of eight youth, per program, required. Call the CDC at 919-722-1198 or Youth Programs, 919-722-0502 for more details.

Newcomer's Orientation

March 19 • 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.

EFMP 101

March 13 • 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.

Spouse Reintegration

April 4 • 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.

Operation Deployed Hearts

April 9 • 5pm • Connect 4

The Military & Family Readiness Center offers quarterly seminars, trainings, briefings to the spouses of deployed service members. The intent is to equip spouses of deployed service members with the necessary tools and information to help them transition through the pre-deployment, sustainment and reintegration phases of deployments.

The Kiddie Hawk Indoor Playground will be open during the workshop, with limited supervision. Call 919-722-1123 for more details.

EFMP Roundtable

April 10 • 11am • Connect 4

Participants in the Exceptional Family Members Program (EFMP) are encouraged to sign up for this informative roundtable session. Lunch will be provided. Please call 919-722-7337 for more details.

ARE YOU A NEW SPOUSE?
ARE YOU NEW TO SJAFB?

IF YES, WELCOME
TO OUR FAMILY!

PLEASE JOIN US
MARCH 15
9AM TO 1PM

MILITARY & FAMILY READINESS CENTER

HEART LINK

SPOUSE ORIENTATION + BASE TOUR

Lunch is provided.

Ask about childcare at least 2 weeks in advance.

M&FRC: 919.722.1123

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ASIST



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Suicide is preventable. Anyone can make a difference.

- Two-day workshop in suicide intervention skills
- Learn and practice a life-saving intervention model
- Widely used by professionals and the general public

2-DAY ASIST WORKSHOP | MONDAY-TUESDAY
March 18-19

8:00am to 4:30pm
Red Horse 2401 Camp Fed St

For more information or to register,
call the **Integrated Resiliency Office** at **919-722-8469**
or email Fareiza.Blunt.1@us.af.mil

ASIST works. Learn more and see the evidence at www.livingworks.net/asist

NO FEDERAL ENDORSEMENT INTENDED

www.sjfss.com

LIVINGWORKS

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Airman's Attic: Open to All Ranks First Saturday of the Month • 12 to 2pm

The Airman's Attic is a community based program that is run on volunteer support to provide donated goods for Airmen and family members. Donations may be dropped off 24 hours a day in the shed behind the Connect 4 building located at 1515 Goodson Street.

"These type of organizations only survive if we have the volunteers and the volunteer spirit to allow them to survive," said Jeff Craver, Military & Family Readiness Center Flight Chief. "We are blessed to have dedicated volunteers to keep this up and running."

The Airman's Attic is open for E-6 and below on Tuesdays and Thursdays from 10am to 1pm. The shop opens on the first Saturday of the month to all ranks, unless otherwise posted. Call 919-722-1123 for more details.

Military Spouse Fellowship Program

FINRA Foundation Military Spouse Fellowship application opens March 1 Meaningful work wherever life takes you

Are you a Military Spouse looking for a portable career? If so, then here is a great opportunity for you.

The FINRA Foundation Military Spouse Fellowship program provides qualifying military spouses the opportunity to earn the AFC® (Accredited Financial Counselor®) certification—while providing financial counseling and education to the military community. The fellowship covers the costs associated with completing the AFC® training and testing.

For more information on this amazing opportunity, please visit <https://www.afcpe.org/certification/finra-foundation-fellowship/>

Federal Resume Writing & Job Search March 12 • 11:30am Connect 4

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 Virtual Workshop March 14 • 11:30am

Learn to write an effective resume that may open the door to your next career. Call 919-722-1123 to sign up.

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— *Hard Charger Awards* —



ABOVE: Lt Col Timothy Kirchner, 4th Force Support Squadron Commander, presents the Hard Charger Team Award to the Youth Programs team. Left to right, front row: Michelle Jones, Alexandria Goodwine (Chief, Child and Youth Services), Lt Col Kirchner, Jasmine Carroll (Youth Center Director), Ms Kaci Harrison (Deputy, 4 FSS), CMSgt Jason Brandy, and Major Nathan Beckler. Back row: Tony Townsend, Erica Mason, Alexis Baker, Deothermal Leonard, D'Andre Weaver, Lace Buckley, and Glenn Cohen.



ABOVE: Lt Col Kirchner presents Elijah Murray, IT Specialist, with an individual Hard Charger award.

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
- **Blakeslee Air Force Recreation Area**
910.500.6465
118 Riverfront Rd., Kure Beach
- **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
- **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, 2nd 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, 1st 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, 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**
919.722.0407
- **Medical Group Primary Care**
919.722.1802
- **Mental Health Clinic**
919.722.1883
- **Military Family Life Counselor**
919.886.3346 - Adult
919.886.3405 - Child
- **Military One Source**
800.342.9647
- **Sexual Assault Response Coordinator**
919.722.0154 • 919.722.0155
919.722.7272 - Hotline

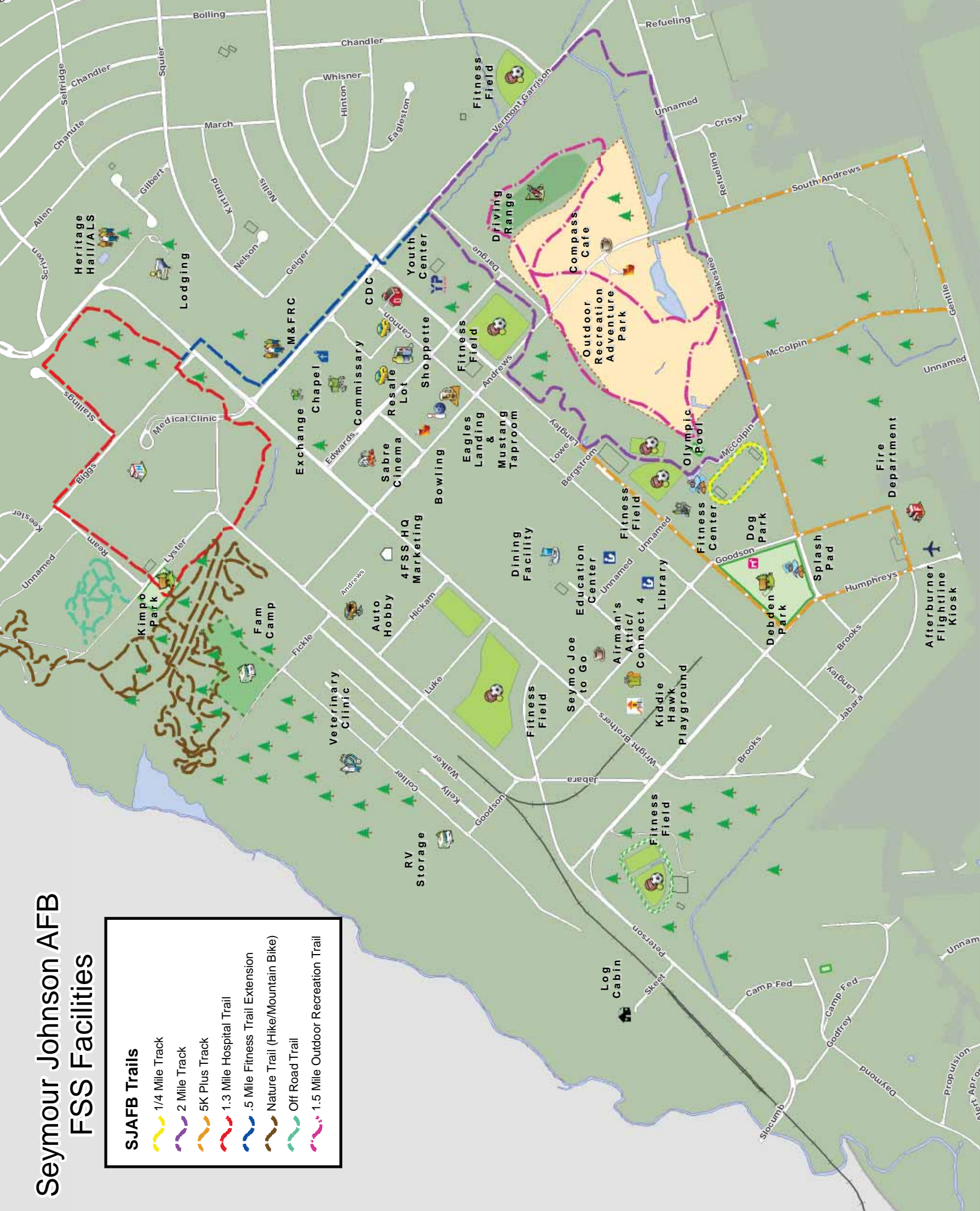
BASE SERVICES & RESOURCES

- **Airmen Against Drunk Driving**
919.751-6002 • fb.com/callaadd
- **Commissary**
919.722.0321 • 1310 Edwards St
- **Eagle Eyes**
919.722.1212 - If you observe suspicious activity, please call us
- **Exchange (BX)**
919.735.8511 • 1350 Edwards St
- **Express with Class Six**
919.734.7235
- **Mayroad**
919.988.6918 • 600 Kenly Rd
- **Military Housing Office**
919.722.0362 • 919.722.0363
919.722.0364 • 600 Kenly Rd
- **Security Forces**
919.722.8477 - Tip Line
- **Thrift Shop**
919.722.0606 • 1585 Andrews St
- **USO of NC - SJAFB Center**
919.330.1226 • 1240 Andrews St
- **Visitors Center**
919.722.1335 • 919.722.1345
1050 Wright Brothers Ave
After hours visitor passes: go to the main gate on Berkeley Blvd

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	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





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