

SEYMOUR

NOV 2022

explore more



**Military Family
Appreciation
Month**

**Celebrations
Contests
Craft Nights
Fitness Runs
Free Movies
Fun Getaways**



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at your local
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4th FW APP

Your Community Connection

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Download

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to Favorites



Android QR code



Apple QR code





Stevie's Snippets

Special recognitions this month

Military Family Month

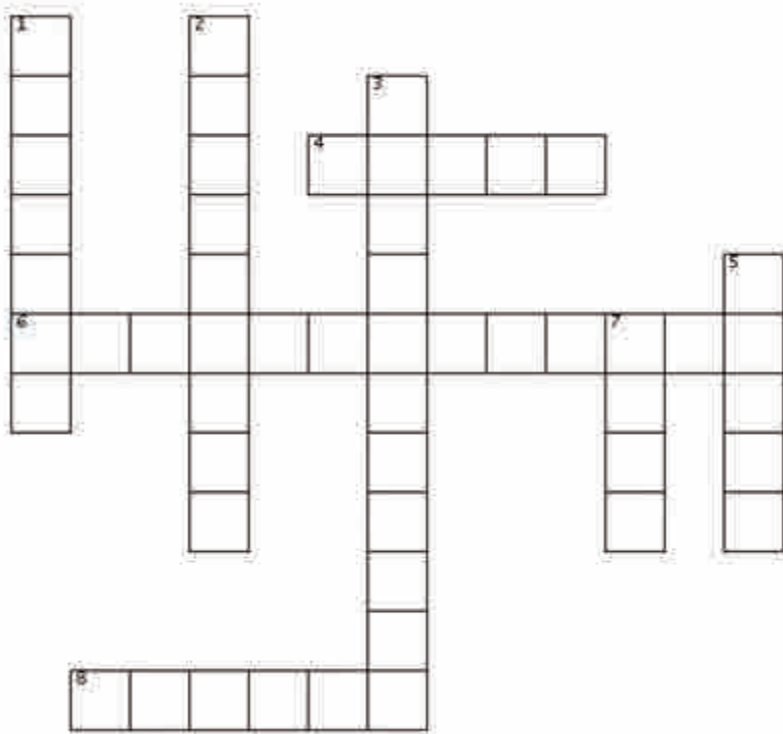
Recognizing the commitment and dedication these families make to their service members; their sacrifices make it possible for our military to remain organized and strong. — 4 FSS celebrates military families with a celebration event on Nov 5. See ad on page 14 for more details.

Veterans Day: Nov 11

Honoring all who served in the U.S. Armed Forces. — See pages 13, 16 and 17 for related happenings.

Familiar Faces Featured

We hope you enjoy this issue of Seymour, Explore More and the programs and events we have planned for you. As you peruse the pages, you may see some familiar faces as we honor our military families and veterans. Special thanks to all who contributed images via our Facebook post last month. Follow "4th Force Support Squadron - Seymour Johnson AFB" for more opportunities to be featured in upcoming issues. This month's cover photo is courtesy of Raisa McClelland, a military spouse.



Stevie's Seymour Scrabble

ACROSS:

- 4. Date of Education & Employment Fair
- 6. An app + a place (Mash-up)
- 8. Do this for an extra entry

DOWN:

- 1. Seven-letter word found on pages 20 & 22
- 2. Place to go when you need a lift
- 3. Seasonal resort to visit with Outdoor Recreation
- 5. Color of headband
- 7. "A ray of sunshine" (CLUE: 2 down)

HINT:

Answers are hidden in plain sight throughout this issue of **Seymour, Explore More**.

WIN:

Solve the puzzle and submit an image of your answers to 4fss.marketing@us.af.mil to be entered in our monthly prize drawing. Winner to be announced in the next issue of **Seymour, Explore More**.

We have a winner! Congratulations DILLON CONLON on successfully completing last month's puzzle and entering our monthly drawing. Call 4 FSS Marketing at 919-722-8532 to claim your prize.

Get holiday budget help with Military Star Pay Your Way plans

MILITARY STAR® offers more flexibility for holiday budgets with Pay Your Way plans, allowing Seymour Johnson shoppers to buy now and pay later on a schedule that works for them.

The Pay Your Way plans have fixed monthly payments at a reduced APR of 9.99% and are available at three price tiers:

- 36 months for purchases from \$300 to \$499.99
- 36 or 48 months for purchases from \$500 to \$999.99
- 36, 38 or 60 months for purchases over \$1,000

Pricing minimums apply to the order total.

"This time of the year often brings added expenditures," said Seymour Johnson Exchange store manager Leazel Williams. "MILITARY STAR's

Pay Your Way plans are a budgeting tool that gives Seymour Johnson shoppers the option of buying now and spreading the payments out over a set timeframe."

Pay Your Way plans are available at military exchanges and at ShopMyExchange.com. To estimate the monthly payment on qualifying purchases, shoppers can visit MyECP.com/Calculator to use the payment estimator. Cardholders may use multiple Pay Your Way plans based on their available credit. Express and fuel locations are excluded.

Other benefits of the MILITARY STAR card include:

- 10% on all first-day purchases for new cardholders
- 5 cents off every gallon of gas at Exchange fuel locations, as well as select Navy Exchange and Marine

Corps Exchange locations

- Free shipping on ShopMyExchange.com and myNavyExchange.com
- Points earned on purchases, with a \$20 digital rewards card every 2,000 points
- Exclusive cardholder savings throughout the year

The MILITARY STAR card is administered by the Army & Air Force Exchange Service and is accepted at all Exchanges and online at ShopMyExchange.com. Department of Defense civilians and retirees are eligible to apply for a card, as are all honorably discharged Veterans who have confirmed their eligibility to shop at ShopMyExchange.com. For more information on Pay Your Way plans or to apply for a card, shoppers can visit their local Exchange or MyECP.com.

PLAN AHEAD

Thankful
Grateful
Blessed

CHECK OUT OUR CALENDAR

Visit our website to pick a date and sign up now!

Harry Potter Trivia Night
Follow our Facebook page for more info: @wndgoldsboronc

DON'T FORGET TO ASK ABOUT OUR MILITARY DISCOUNT!

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WINE&DESIGN

NOVEMBER
thankful

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DECEMBER
Christmas

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ReStore
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Sat • 10am to 4pm

f/HabitatGoldsboroWayneReStore

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

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AGES 12+

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Rise and Glide
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RECHARGE FOR RESILIENT

DEC 3-4
WINTERPLACE WV

Cost per person	# in room
75 ⁰⁰	four
100 ⁰⁰	three
150 ⁰⁰	two
300 ⁰⁰	one

Prices include transportation, hotel (reg. \$130), 2-day lift ticket (reg. \$150) and rental equipment (reg. \$28).
SAVE now. R4R eligible, sign up at Outdoor Recreation.
919.722.1104

sjfss.com • fb.com/sjafb.fun

ICE



How are we doing?

Let your voice be heard. Share your feedback about our 4th Force Support Squadron facilities or rate your experiences with services you have received through the Interactive Customer Evaluation (ICE) website found at ice.disa.mil. (Or scan the QR code)

Your feedback and ratings are used to improve the products and services available to you.

Real comments from real people—

Auto Hobby customer says ...

"Opie and Carlton always take care of my auto needs. Opie is like a 'ray of sunshine.' His helpful, positive, courteous personality always make it a pleasurable experience. Opie and Carlton are a great team, and I'm grateful for their knowledge and willingness to help and assist with my auto concerns."

M&FRC customer says ...

"Mr. Phillip is an excellent Readiness Specialist and is eager to help and listen to my concerns. Very helpful!"

Southern Eagle DFAC customer says ...

"I am so honored and proud for the privilege to be invited to dine here. It has been over 45 years since I was inside of a 'chow hall.' There should be no 'gripes, moaning or running down' this beautiful facility. The food is prepared, presented professionally controlling salt, fats and sugars. After placing my food on the table, I was overcome with memories of joyous occasions, good friends and thoughts of my 28 years in the Air Force. WOW! I'm impressed! Thanks to the team at Seymour dining."

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For more information visit www.umo.edu



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SQUADRON INTRAMURAL BOWLING LEAGUE

SIGN UP TODAY, THEN JOIN US—NOV 3 LEAGUE MEETING @11AM

League play November -March



Learn more

919.722.0350

PHANTOM LANES

1290 Andrews St • FB.com/sjafb.fun



Scan the QR Code to sign up

or visit sfjfbfitness.com

TURKEY TROT 5K

November 18 • 3 pm
Start/End at the Fitness Center
1500 Langley Ave • fb.com/sjafb.fitness

Beast Mode then Feast Mode! Not feeling the run? Don't get your feathers ruffled, you can choose to walk as well. Free shirts for the first 20 participants to sign up! Gobble 'til you wobble!



November Fitness Challenge

Fitness Center • 919-722-0350

Are you up for the Battle Ropes Challenge? Show Fitness staff just how many lateral wave reps you can do in one minute. The winner is the one with the most.

SANTA'S CHASE



**2-MILE RUN/WALK
DEC 5 • 3PM**



FITNESS CENTER
919.722.0420 sjfss.com



NO FEDERAL ENDORSEMENT OF SPONSORS INTENDED



Free Aerobics Classes

Fitness Center • 919-722-0420

The holidays are coming and so might the tendency to indulge in Thanksgiving feasts and holiday goodies. Get ahead and keep your fitness in check with the Fitness Center's free classes.

Weekly lineup of classes

Monday	6:00 am 4:00 pm	Laps-a-Million* Boot Camp*
Tuesday	11:30 am	Yoga
Wednesday	4:00 pm	Boot Camp*
Thursday	6:00 am 11:30 am	Laps-a-Million* Zumba
Friday	4:00 pm	Boot Camp*

* Fitness Improvement Program (FIP): Classes notated with an asterisk are FIP approved. FIP includes a blend of calisthenic workouts focused on strength and conditioning, which aim to improve Air Force Fitness

Assessment scores. Classes are held in the aerobics room and are suitable for all fitness levels.

Class descriptions

- **Boot Camp** - Provides a high intensity interval training that will challenge your cardiovascular endurance and strength
 - Aerobics Room: All fitness levels
- **Laps-a-Million** - Provides guided run workouts to train on cardio endurance forms and meet cardio standards for the Air Force Physical Training (PT) test
 - Running Track: Beginner to intermediate levels
- **Yoga** - Offers yoga poses and gentle movement sequences to help improve the body's movement patterns, yogic breath techniques and guided relaxation
 - Aerobics Room: All fitness levels
- **Zumba** - A total workout that mixes low and high-intensity moves for an interval-type dance fitness party combining all elements of fitness-cardio, muscle conditioning, balance and flexibility
 - Aerobics Room: All fitness levels

There are no classes on Down-Days and Federal holidays.



EVERY SEASON STARTS AT



SPECIAL OFFERS

FOR SEYMOUR JOHNSON AIR FORCE BASE

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




Wreaths for Veterans

Join us for our *National Wreath Day Ceremony*
December 17th, 2022 - 12 noon
 Eastern Carolina State Veterans Cemetery
 3pm at Evergreen Memorial Cemetery

Sponsor a wreath for \$15
 and it will be laid on a
 military grave in Wayne
 County.



Scan the QR Code or visit the
 website to learn more:
<https://wreathsaacrossamerica.org/NC0474>

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Virtual Mock Interview

Nov 3 • 10 am to 2 pm • 919-722-1123

Online • M&FRC

Learn how to answer difficult questions, develop interview strategies, improve your communication skills, and reduce your stress before an actual job interview. This class focuses on the interview process—preparing for an interview and what comes next. Make a positive impression and find your career path. Call the Military & Family Readiness Center to sign up.

Book Club

Nov 10 • 5:30 pm • 919-722-5825

Base Library

Join us in a discussion of the Pulitzer Prize winning novel, *The Goldfinch* by Donna Tartt. Looking ahead, the next book club meeting will be on Dec 15 and the title is *Holiday on Ice* by David Sedaris.

The library may have a limited supply of these titles available for checkout by library card holders. Drop by during regular hours if you need a card. You must have a card and PIN to access online resources and the card catalog. See www.sjfss.com/library for more details.

Newcomers Orientation

Nov 15 • 8 am to 1 pm • 919-722-1123

Eagles Landing: Ballroom

Welcoming new arrivals to Seymour Johnson Air Force Base with a special orientation and information fair hosted by the Military & Family Readiness Center. This event is for newly assigned personnel and their families. Join us and get to know your new base.

Civilian Resumé Writing

Nov 16 • 1 to 2:15 pm • 919-722-1123

Virtual • M&FRC

Learn to write an effective resumé that will open the door to your next career. Call to pre-register.

Holiday Ornament Craft Night

Nov 17 • 5 to 7 pm • 919-722-5825

Base Library

Feeling crafty? Sign up for this fun evening in the library where ages 16 and up can make a wooden ornament. All supplies will be provided free of charge. Light refreshments will be available.

Bring your creativity! Participants will vote for their favorite ornament and a prize will be awarded to the winner. Space is limited. Sign up online at signupgenius.com/go/10C0F45AEA62EA7F8C25-holiday

Federal Resumé Writing

Nov 23 • 10 to 11:30 am • 919-722-1123

Connect 4: Classroom B

Learn to write a federal resumé for government positions + tips and tricks for using the USAJobs.gov website. Call for more information or to register.



EDUCATION & EMPLOYMENT FAIR

CO-HOSTED BY THE EDUCATION OFFICE
AND MILITARY & FAMILY READINESS CENTER

OPEN TO ALL WITH BASE ACCESS

EDUCATION

College representatives will be in attendance to speak about available education programs.

EDUCATION OFFICE: 919.722.5800

EMPLOYMENT

Meet with local & regional businesses with available jobs openings. Bring your resume!

MFRC OFFICE: 919.722.1123

 NOVEMBER 9
 10AM - 2PM
 EAGLES LANDING

Home Buying Workshop

Nov 10 • 1 to 2:30 pm • 919-722-1123

M&FRC Conference Room

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. Sign up for this informative class to learn what you need to know before you buy. Calling to sign up.

Airman's Attic: Open to All Ranks Schedule

Nov 1 & 3 • 10 am to 1 pm

Nov 5 • 12 to 2 pm

Located inside Connect 4

The Airman's Attic will be "Open to all ranks" on the first Tuesday, Thursday and Saturday of November. The volunteer-run shop regularly opens to E-6 and below on Tuesdays and Thursdays, 10 a.m. to 1 p.m.

Holiday Closures

We will be closed Nov 21-25 in observance of Thanksgiving. The Attic will resume normal hours on Nov 29.

Looking ahead, our volunteers will take a winter break Dec 18-Jan 4 to be with their families.

For more information or to volunteer, call the M&FRC at 919-722-1123.



Family of VETERANS



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Assistance-Tricare-Retirement



Contact your
Air Force Reserve
Career Counselor

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

MSgt Katrina Jones

I am the Air Force Reserve In-Service
Recruiter for Seymour Johnson AFB, NC.

I am available to discuss the many
opportunities or answer any questions about
the Air Force Reserve - Palace Chase or
Palace Front Programs.

HONORING THOSE WHO SERVED

Veterans Day BOWLING



NOVEMBER 11 • 1 TO 5PM

\$2 GAME • \$2 SHOES

BOWLING
919.722.0350

sjfss.com

PHANTOM
LANES

10-PIN CAFE
919.722.0349

fb.com/sjafb.fun



Your Military and Family Readiness Center presents

Military Family Appreciation MONTH Celebration HARVEST PARTY

**ATTN: BRING
NON-PERISHABLE
DONATIONS FOR THE
ATTIC'S FOOD PANTRY**
**RECEIVE AN EXTRA
ENTRY IN PRIZE
DRAWINGS**

SATURDAY
05
NOVEMBER

FAMILY-FRIENDLY, ALL AGES
.....
FUN, FOOD, MUSIC, GAMES, PRIZES
SJAFB YOUTH CENTER
FOR MORE INFO, CALL M&FRC 919.722.1123

FESTIVITIES
10AM
to **1PM**





Give Parents a Break

Nov 5 • 9 am to 1 pm

Dec 10 • 6 to 10 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.




FREE TRAINING

GET TO KNOW FCC

DEC 1 • 11AM-NOON • CONNECT 4

What's the buzz about Family Child Care? Come find out!

- Open your own business with low start-up costs.
- Support the Wing mission while working from home.
- Flexible hours. Care for your own children.

Learn how you can join our growing team of certified Family Child Care providers

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

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

CANDLE MAKING

Make your own candle using decorative beer cans from the Mustang Taproom

NOVEMBER 3, 5:30PM
LOCATED AT MUSTANG TAPROOM

AGES 18+ **R4R \$10 / ALL OTHERS \$20**
 COST INCLUDES ALL MATERIALS



MUSTANG TAPROOM



919-722-8684 • 1240 ANDREWS ST • [f](#) [SJAFB FUN](#)

SPOUSE & VETERAN APPRECIATION

November 4
8 - 10 am



FREE
COFFEE & BREAKFAST ITEM

First come, first served - while supplies last



Drive through Seymo Joe to Go between 8 and 10 am for your free coffee & breakfast item.

Seymo Joe to Go
 1515 Goodson St
fb.com/sjafb.food



thrivent Barnes

No Federal endorsement included

PLANT & Pour

NOVEMBER 10
5 - 7 PM

MUSTANG TAPROOM PATIO
 1240 ANDREWS ST

EVERYTHING YOU NEED TO DECORATE A POT PLUS POTTING SOIL & A PLANT

\$15 per person

CALL 919-722-8684 TO SIGN UP BY NOV 4
 FOOD & BEVERAGES AVAILABLE FOR PURCHASE
FB.COM/SJAFB.FUN | WWW.SJFSS.COM



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COMMISSARY CLICK 2GO

As Easy As 1-2-3

- 1 Place your order on our website.
 - 2 We'll select and bag your groceries.
 - 3 Drive to the store and pick it up!
- shop.commissaries.com



ORDER ONLINE 24/7 UP TO 6 DAYS AHEAD

NO MINIMUM ORDER REQUIRED



Virtual Cooking Class

04 NOV 5:30PM

Blue Corn Polenta & Calabacitas



Sign up now to join Fallon, owner of The Sprouting Kitchen, for a family-friendly Zoom class
Maximum of 10 households can register

R4R DAP eligible
- Open to Air Force Active Duty & their immediate family members (4 months prior to deployment and up to 1 year following deployment)
- Open to spouse plus one guest while member is deployed
- Deployment orders required

FREE REGISTER BY NOVEMBER 2
R4R DAP eligible or \$50 all others, per household, includes blue corn flour and virtual instructions. Recipe to be provided in advance so other ingredients can be purchased.

Call CPPO at 919.722.8547

Extended Dining Hours

Effective Nov 7 • 919-722-5298
Southern Eagle Dining Facility

In order to better serve you, Fly by Sodexo at the Southern Eagle is extending its hours for the dinner meal by 30 minutes. Beginning the first Monday of the month, patrons may enjoy dinner in the DFAC between 4:30 and 7 pm.

Veterans Day Holiday Meal

Nov 11 • 10:30 am to 1:30 pm • 919-722-5298
Southern Eagle Dining Facility

Join Fly by Sodexo at the Southern Eagle for a special holiday meal; open to all with base access.

Fly By Movie Night

Nov 17 • 4:30 pm • 919-722-5298
Southern Eagle Dining Facility

Don't miss the free showing of Spider-Man: No Way Home starring Tom Holland, Zendaya and Benedict Cumberbatch; rated PG-13.

HUNGRY?

4 FSS offers you a variety of food and beverage options. Follow us on facebook.com/sjafb.food for specials and more!

COFFEE, ESPRESSO,
BAGELS & MORE
DRIVE THRU



SEYMO JOE TO GO
1514 GOODSON ST
919.722.3104

MON-FRI
6 TO 10:30AM

SERVING BREAKFAST
AND LUNCH
GRAB & GO OPTIONS



COMPASS CAFÉ
1385 S. ANDREWS ST
919.722.0394

MON-FRI
6:30AM TO 1PM

FULL MENU
AVAILABLE ALL DAY
GRAB & GO OPTIONS



10-PIN CAFÉ
1290 ANDREWS ST
919.722.0349

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

SEE WHAT'S ON TAP
CROWLERS AVAILABLE
20 TAPS!



MUSTANG TAPROOM
1240 ANDREWS ST
919.722.8547

WED-FRI
3 TO 10PM

FOOD COUNCIL MEETING

NOV 17 • 1:30PM • DFAC HIGHLANDS ROOM

OPEN FOR ANYONE TO ATTEND!

HIGHLY RECOMMENDED FOR DORM RESIDENTS

INFORMAL EVENT TO
TALK ABOUT UPCOMING
EVENTS AND HOW WE
CAN BETTER SERVE
OUR CUSTOMERS



sjfss.com 919.722.5298

WELCOME AUTUMN
pumpkin
spice
AND EVERYTHING
nice

DRIVE THRU
MONDAY-FRIDAY
6 -10:30 AM

Now serving
PUMPKIN CHAI
PUMPKIN SPICE LATTE
PUMPKIN CINNAMON MUFFINS
SPICED APPLE MACCHIATO

SEYMO JOE TO GO
1514 GOODSON ST
919.722.3104



HAPPY.
Thanksgiving

Thanksgiving Day Lunch & Dinner

Nov 24 • Lunch: 10:30 am to 1:30 pm
Dinner: 4:30 to 7:00 pm • 919-722-5298
Southern Eagle Dining Facility

Ready for a good feast? Let the professionals at Fly by Sodexo handle all the prep. The dining facility is open to all with base access.

National French Toast Day

Nov 28 • 919-722-0349
10-Pin Café at Phantom Lanes

Celebrate French Toast Day with us and enjoy two golden slices of French toast, made to order on the grill, for just \$1.50. Phantom Lanes serves breakfast all day, however the French toast special is subject to sell out.

Seymour Johnson Exchange offers fee-free layaway

Military shoppers can check everything off their wish lists early with the Army & Air Force Exchange Service's fee-free layaway.

The Seymour Johnson Exchange is waiving its layaway service fee of \$3 on toys, bikes, computers, laptops, tablets, iPads, notebooks, smartwatches and more when layaways are paid in full and picked up by close of business on Dec. 24.

"Getting a head start on holiday shopping is easy with the Exchange's fee-free layaway," said Exchange store manager Leazel Williams. "Shoppers can stock up on gifts for loved ones at military-exclusive pricing, always tax-free and without the layaway service fee."

To place items on layaway, military shoppers must pay a deposit of 15% of the purchase price. Items included in the 12 Weeks of Black Friday Deals are excluded from being placed on layaway. Shoppers can visit the customer service desk for more details.

Keep big ticket purchases safe with Exchange Protection Plans

Seymour Johnson Army & Air Force Exchange Service shoppers can keep their purchases safe with Exchange Protection Plans, saving money on costly repairs or replacements down the road.

The plans, powered by Asurion, can be purchased with electronics, jewelry, appliances, sunglasses, lawn and garden items and more. The plans cover the most common factors that can damage or destroy items, such as accidental damage from handling (on portable electronics); breakdowns because of heat, dust and humidity; power surges; and wear and tear. Exchange Protection Plans come in varying lengths, from one-year to lifetime warranties.

"Adding an Exchange Protection Plan to a big-ticket purchase is a smart move that can save shoppers the cost of having to replace the item if it breaks," said Seymour Johnson Exchange store manager Leazel Williams. "For as little as 2% of the price of the item, military shoppers can keep their purchases safe."

Electronics that connect to Wi-Fi receive additional benefits with the Exchange Protection Plans, including 24/7 tech support to assist with new device setup, smart home setup, Wi-Fi troubleshooting, settings optimization and more.

For shoppers purchasing Apple computers, smartphones, tablets, Apple TV, watches and more, there's AppleCare+ protection to cover screen damage, theft, batteries and more. AppleCare+ provides service and support from the people who know Apple products best, allowing shoppers to receive service and support from Apple experts, with most issues being resolved in a single call.

Seymour Johnson Exchange shoppers, including Veterans with service-connected disabilities and Department of Defense and Coast Guard civilians, can speak with an associate at checkout to add a plan. Online shoppers, including honorably discharged Veterans who have verified their eligibility to use their lifelong benefit at ShopMyExchange.com, can add protection plans or AppleCare+ during checkout.



SEYMOUR JOHNSON AFB

ANNUAL TREE LIGHTING

Holiday VILLAGE

MONDAY
DEC 5
5 TO 8PM

CORNER OF WRIGHT BROS AVE & EDWARDS ST
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* CRAFTS * HOT COCOA * SANTA *

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& EDWARDS ST
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FREE EVENT

THE POLAR EXPRESS

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PJs, robes & slippers optional



**DEC 8
6PM** | • GUEST STORYTELLER
• A VISIT FROM SANTA CLAUS
• SNACKS + HOT CHOCOLATE



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tssc.thriftshop@gmail.com

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Tuesdays, Thursdays &
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This position also grants the manager a voting position on the TSSC board (1 meeting/month)

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FREE MOVIES

IN THE

SABRE CINEMA

NOV	TITLE	TIME
4	AMBULANCE • R	6PM
5	DC LEAGUE OF SUPER-PETS • PG	3PM
11	NO MOVIE — VETERANS DAY	
12	DOG • PG-13	3PM
18	NOPE • R	6PM
19	JURASSIC WORLD DOMINION • PG-13	3PM
25	NO MOVIE — 4 FW FAMILY DAY	
26	LIGHTYEAR • PG	3PM

2022 Holiday Card Contest




DIY Giant Greeting Card (8' x 4' plywood)

One entry per official squadron/unit/family permitted

MUST BE READY FOR DISPLAY BY NOV 18



Prizes awarded
for three categories!

-  Best Holiday Theme
-  Most Military/Air Force Pride
-  People's Choice (Best Overall)

Judging by SJAFB Leadership

**WINNERS TO BE ANNOUNCED
AT TREE LIGHTING EVENT —
HOLIDAY VILLAGE ON DEC 5**

Bring completed cards to Exchange parking lot between 8am and noon on Nov 18. Each team must provide two POCs to assist with setup and teardown of cards. Cards will be displayed along Wright Bros Ave.

Call CPPO at 919.722.8915
for complete rules.

sjfss.com fb.com/sjafb.fun



4 FSS HARD CHARGER AWARDS



ABOVE: The Hard Charger Team Award goes to the Fitness Center staff. From left to right, CMSgt Jason Brandy, Mr Brian Urena, SrA Trevor Loomis, MSgt Christina Shine, SrA James Brown, SSgt Emerson Fajardo, TSgt Jared McGrady, Lt Col Timothy Kirchner (4 FSS Commander), and Ms Kaci Harrison (Deputy). Not pictured: Senior Airmen Izabella Walters, Margaret Brown, Ronald Jumawid, Latique Dixon, Jessica Lopez, Teresa Guzman-Santiago and Staff Sergeants Elisea Jones, Jason Lundergan and Angel Bostic.

LEFT: Lt Col Kirchner presents a Hard Charger award to A1C Kelli LaPlant. Chief Brandy also shown.





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5K VIDEO GAME LEAGUE

NOV 2022 - FEB 2023



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KIDS COVE
CHILDCARE ROOM
M-F 8:20AM-12PM
M-TH 4:20-7:30PM
FRIDAY 4:20-7PM
SATURDAY 9AM-12PM

COME AND BUILD YOUR BODY
JOIN NOW & YOUR FIRST MONTH IS FREE!

GOLDSBORO GOLD'S GYM NOVEMBER 2022 FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5AM	CHISEL SHARON	CHISEL SHARON	CHISEL SHARON	CHISEL SHARON	*CHISEL SHARON	NOV. 5 9-30
5:30					*STRETCH SHARON	BODYPUMP JASMINE
6AM	CHISEL SHARON	CHISEL SHARON	CHISEL SHARON	CHISEL SHARON	*CHISEL SHARON	YOGA ASHLIN
6:30					*STRETCH SHARON	10:30 CARDIO DRUM
7:30AM	CHISEL SHARON	CHISEL SHARON	CHISEL SHARON	CHISEL SHARON	*CHISEL SHARON	JASMINE
					*STRETCH SHARON	NOV. 12 9-30
8:30AM	CARDIO DRUMMING SHARON	POWERTONE MARILOU	CARDIO DRUMMING SHARON & ROBIN	POWERTONE MARILOU	CARDIO DRUMMING ROBIN & SHARON	BODYPUMP LIZZIE
9AM			*CYCLE LIZZIE			YOGA ASHLIN
9:30AM	BODYPUMP LIZZIE	*WASHBOARD ABS MARILOU	BODYPUMP LIZZIE	*WASHBOARD ABS MARILOU	BODYPUMP LIZZIE	10:30 CYCLE LIZZIE
10AM		CARDIO DRUMMING LIZZIE		CARDIO DRUMMING ROBIN		NOV. 19 9-30
		YOGA ASHLIN		YOGA ASHLIN		BODYPUMP GERARDO
10:45	*CYCLE LIZZIE				*CYCLE LIZZIE	YOGA ASHLIN
11AM	CHISEL SHARON	CHISEL SHARON	CHISEL SHARON	CHISEL SHARON		10:30 TBA
			YOGA LORENA			
4:30PM	POWERTONE SHARON	CARDIO CHALLENGE NICOLE	CARDIO DRUMMING SHARON & LIZZIE	POWERTONE NICOLE		NOV. 26 9-30
5:30PM	BODYPUMP JASMINE	CARDIO DRUMMING SHARON	BODYPUMP GERARDO	*PILATES ABS JASMINE		TURKEY AFTER BURN CHALLENGE FINISH & WIN
		KICKBOXING DAISHA		KICKBOXING DAISHA		
6PM			YOGA LORENA	CYCLE JASMINE		A T-SHIRT! SIGN UP AT THE FRONT DESK
6:30PM	BODYATTACK JASMINE	ZUMBA PRETZ	CARDIO DRUMMING JASMINE	ZUMBA WAKITA		

***THIS IS A TENTATIVE SCHEDULE. MORE CLASSES ARE BEING ADDED – INCLUDING YOGA IN THE MORNING & EVENING AND ZUMBA, PLEASE CHECK THE MAIN BOARD IN THE LOBBY, PICK UP A HARD COPY AT THE FRONT DESK, OR CHECK OUR SOCIAL MEDIA PAGES FOR AN UPDATED VERSION.**

COMING NEXT MONTH

GET TO KNOW FCC

Dec 1 || Family Child Care

RISE & GLIDE SKI TRIP

Dec 3-4 || Outdoor Rec

SANTA'S CHASE

Dec 5 || Fitness Center

HOLIDAY VILLAGE

Dec 5 || Exchange Parking Lot

HEART LINK

Dec 6 || Military & Family Readiness

INFO/JOB FAIR

Dec 6 || Eagles Landing

ABCs OF PCSing

Dec 8 || Eagles Landing

PAYING OFF STUDENT LOANS SEMINAR

Dec 8 || Military & Family Readiness

POLAR EXPRESS STORYTIME

Dec 8 || Base Library

GIVE PARENTS A BREAK

Dec 10 || CDC + Youth Center

BOOK CLUB

Dec 15 || Base Library

NEWCOMERS ORIENTATION

Dec 20 || Eagles Landing

HEARTS APART SEYMOUR SOCIAL

Dec 20 || Eagles Landing

CHRISTMAS DAY MEAL

Dec 25 || Southern Eagle DFAC



Follow us online for more information about these and other events/programs.

WWW.SJFSS.COM || FACEBOOK.COM/SJFSS

FOOD & DRINK

- **10 Pin Cafe**
919.722.0349 • 1290 Andrews St
fb.com/sjafb.food
- **Afterburner Kiosk**
919.722.5294 • 2814 Jabara Ave
fb.com/sjafb.food
- **Compass Cafe & Catering**
919.722.0394 • 1385 S Andrews St
fb.com/sjafb.food
- **Mustang Taproom**
919.722.4914 • 1240 Andrews St
fb.com/sjafb.food
- **Seymo Joe to Go**
919.722.3104 • 1514 Goodson St
fb.com/sjafb.food
- **Southern Eagle Dining Facility**
919.722.5294 • 3650 Pope St
fb.com/sjafb.food

RECREATION

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

4 FSS SERVICES & RESOURCES

- **Airman's Attic**
919.722.7181 • 1515 Goodson St
fb.com/sjfss
- **Barbershop**
919.722.7760 • 1240 Andrews St
- **Casualty & Survivors Benefits Plans**
919.722.7192 • 1600 Wright Brothers Ave

- **Child Development Center**
919.722.1198 • 919.722.1199
1030 Langley Ave • fb.com/sjafb.family
- **Civilian Personnel Section**
919.722.0117 • 1570 Wright Brothers Ave
fb.com/sjfss
- **Community Cohesion Coordinator (C3)**
919.722.4698 • 1240 Andrews St
- **Commercial Sponsorship**
919.722.7154 • fb.com/sjfss
1600 Wright Brothers Ave, 2nd Fl, Ste 228
- **Connect 4**
919.722.8915 • 1515 Goodson St
fb.com/sjafb.fun
- **DEERS & ID Cards**
919.722.8702 • fb.com/sjfss
1600 Wright Brothers Ave, 1st Fl
- **Eagles Landing**
919.722.8796 • 1240 Andrews St
fb.com/sjafb.fun
- **Education & Training**
919.722.5800 • 1195 Cannon Ave
fb.com/sjfss
- **Family Child Care**
919.722.7194 • 1515 Goodson St
fb.com/sjafb.family
- **Honor Guard**
919.722.7019 • 1055 Camp Fed Lane
- **Library**
919.722.5825 • 1520 Goodson St
fb.com/sjafb.family
- **Lodging @ Southern Pines Inn**
919.722.0385 • 1235 Wright Brothers Ave
- **Manpower & Organization**
919.722.5336 • 1195 Cannon Ave, 2nd Fl
- **Marketing**
919.722.8532 • fb.com/sjfss
1600 Wright Brothers Ave, 2nd Fl, Ste 228
- **Military & Family Readiness Center**
919.722.1123 • 1500 Vermont Garrison St
fb.com/sjfss • fb.com/sjafc
- **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
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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

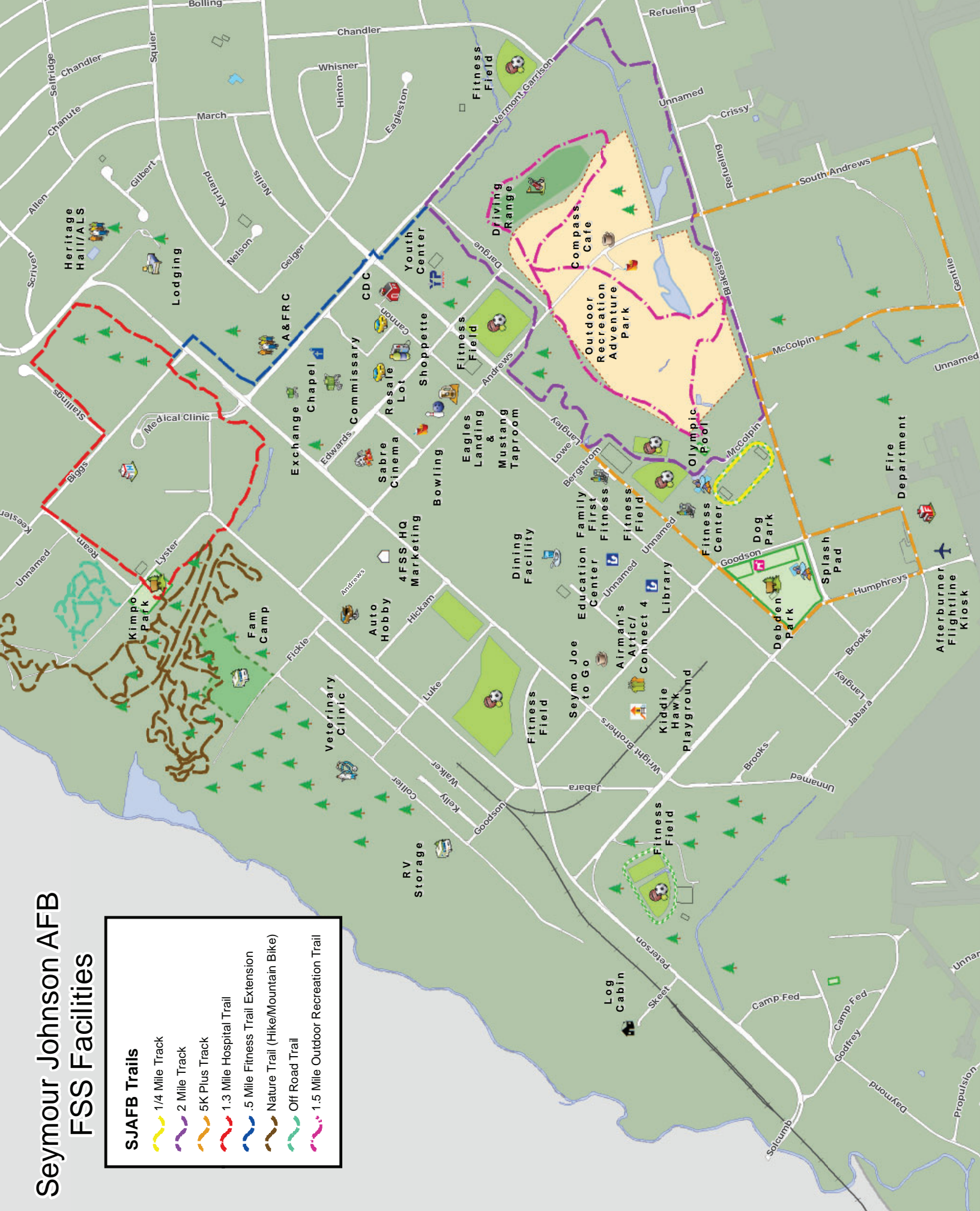
BASE SERVICES & RESOURCES

- **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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