

SEYMOUR

OCT 2022

explore more

A young girl with long brown hair, dressed as a witch in a black pointed hat, a black long-sleeved top with a purple bow, and a purple skirt, is sitting on a large, carved jack-o'-lantern. She is holding an open book in her left hand and pointing upwards with her right hand. The background is a soft, warm glow, suggesting a sunset or sunrise. The overall theme is Halloween and autumn.

Deer Hunting 101
Triple Crown Run Series
Scream Queens Drag Show
Not So Spooky Storytime
Pumpkin Carve & Sip
Costume Contests
Spooktacular

THE GREAT
FALL FUN
& MORE EDITION

OCTOBER

22
SATURDAY

Getting Started Outdoors: DEER HUNTING 101

WARRIOR PINES: LOG CABIN • 8AM TO 5PM

GSO Attendance REQUIREMENTS

- NEVER hunted or have NOT ACTIVELY hunted for MORE than THREE years
- LACKING Social Support (you have no readily available hunting family members or friends)
- LAPSED (non-active) hunters including those who have NEVER harvested big game (i.e. turkey or deer)

GSO Attendance PREREQUISITES

- Hunter Safety Certification: Hunter Education Courses (ncwildlife.org)
-Online, virtual and in person courses available
- VALID NC Hunting License: Hunting, Fishing and Trapping Licenses (ncwildlife.org)

GSO MUST READ: Attendance is by RESERVATION ONLY

- Email Walter "Deet" James, Hunting Engagement Specialist, at gso@ncwildlife.org
- If qualified as noted above, provide your **WRC Customer Number** (located above your name on your hunting license) **PRIOR** to a GSO start date to confirm placement on the roster.
- Qualified individuals will be selected on a first come, first served basis. **Each workshop is limited to 30 participants.**
- Request a reservation **ONLY** if you plan to attend and not if you "might" attend to avoid vacancies.

NEW TO HUNTING?



SCAN ME



**FREE
WORKSHOP**
**BASE ACCESS
REQUIRED**

- Learn about the basics of hunting*
- Hunting skills
 - Equipment and strategies
 - Wild game processing and cooking



Questions?
Outdoor Recreation
919.722.1104



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



COMMUNITY CENTER IN THE SPOTLIGHT



Lt Col Timothy Kirchner, 4th Force Support Squadron Commander, recognizes Kaitlyn Mollo on Sept 16, 2022, following the Air Force Birthday Celebration at Eagles Landing, Seymour Johnson Air Force Base, North Carolina. Ms Mollo, Community Programs and Partnerships Specialist, received an "On the Spot Cash Award" for covering two positions while simultaneously executing successful base events.



Oct 5 & 19 • 6 pm • 919-722-8796
Eagles Landing

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

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

Cash prize amounts vary based on participation; the more players, the better the winnings. A minimum of 12 players is required.

Stevie's Snippets

Who am I?

Hey, hey, it's me, Stevie the FSS Squirrel. FSS and I are having some spooky fun with costumes and getting excited about all the events later this month.



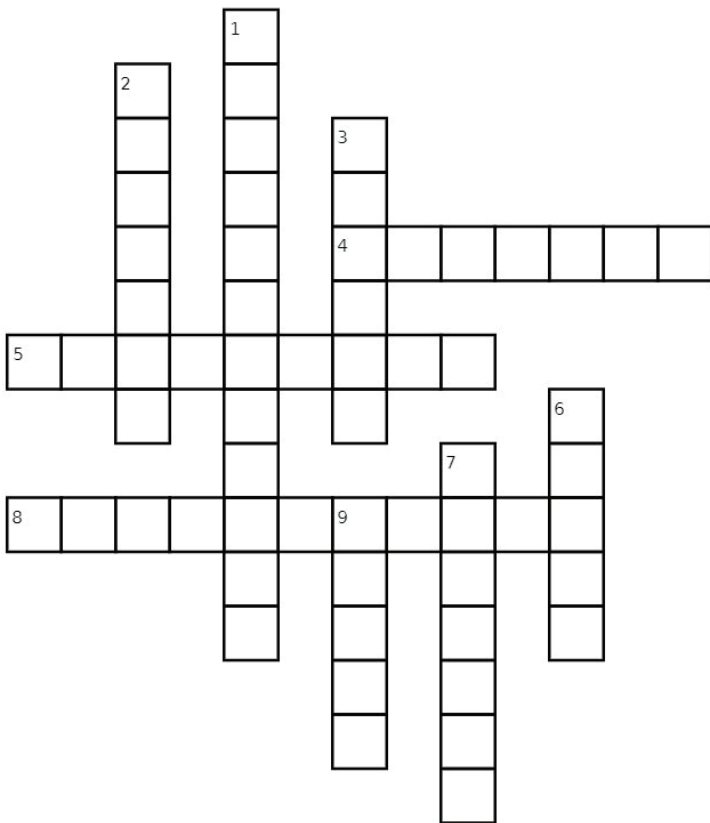
How do you like me as Jack Squirrelton? Heehee, you might notice the resemblance to Jack Skellington, King of Halloween Town. You may know him from Tim Burton's **The Nightmare Before Christmas**. If you have been wanting to see the movie, check out the DVD from the base library.

Get access to all the awesomeness of the base library books, audiobooks, DVDs, video games and so much more with a library card of your own. Drop by 1520 Goodson Street or call 919-722-5825 for all the details.

Pumpkin Protection 101

I can hardly believe I'm saying this, but I know some of you will be putting in extra effort this month to carve prize winning pumpkins. Here are some tips to keep the critters, my squirrel cousins included, from turning your delicious, I mean delightful creations into midnight snacks.

1. Coat it in a generous layer of petroleum jelly. This creates a tacky layer most animals find unappealing.
2. Make your pumpkins sticky by spritzing them all over with hairspray. Yuck!
3. The strong scent of white vinegar has been known to keep unwanted pests away. Try wiping your gourds down with a thin coating, or dilute it 50% with water and use as a spray.
4. Combine a small bottle of hot sauce, water, and a squirt of soap in a spray bottle. Coat the pumpkin inside and out. Or sprinkle cayenne on and around the pumpkin. (Take precautions to not stain your porch.) Squirrels can't handle spicy things.



Stevie's Seymour Scrabble

DOWN:

1. A last Friday event
2. Tour de _____ Social (mash-up)
3. Filipino favorite
6. Game of chance
7. Action-fantasy film
9. Rustic meeting place

ACROSS:

4. Tasty new seasonal item
5. Moved to former ALS
8. Series of events

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**.

Answers to September's Tenpin Trivia: 1. b, 2. rack, 3. ring, thumb and middle, 4. spare, 5. arrows, 6. 16, 7. pinsetter, 8. a perfect game, 9. a turkey, 10. 300, 11. President Harry S. Truman, 12. in a bowling pro shop when determining a player's finger size and span for drilling a perfect custom ball

Home for the Holidays Sweepstakes

MILITARY STAR® is helping service members and their families celebrate the holidays together by giving away more than \$50,000 in the fifth annual Home for the Holidays sweepstakes.

Seymour Johnson shoppers who use their MILITARY STAR card twice at the Exchange and twice at the commissary between now and Oct. 20 will automatically be entered in the sweepstakes.

Cash Prizes

Five first-place winners will receive \$5,000 cash and 10 second-place winners will receive \$2,500 cash. Fifteen third-place winners will win a \$100 Exchange gift card.

“Whether the winners use their prize to shop for gifts for loved ones or to get to home-sweet-home, MILITARY STAR is helping make the season bright for 30 members of the military community,”

said Seymour Johnson BX store manager Leazel Williams. “This sweepstakes comes just in time to help with the costs of the holiday season.”

The MILITARY STAR Home for the Holidays sweepstakes is sponsored by Sony PlayStation, Hisense, Ashley HomeStore, WestPoint Home, Cuisinart and Bissell. Purchases at Army & Air Force, Navy, Marine Corps and Coast Guard exchanges; ShopMyExchange.com; myNavyExchange.com; ShopCGX.com; Exchange mall vendors, Armed Forces Recreation Centers and commissaries qualify. For official rules, visit MyECP.com/CustomerAds/Page/Exchange. (No Federal endorsement of sponsors or shops intended.)

The MILITARY STAR card is an exclusive line of credit for service members and their families to use at exchanges and commissaries, no matter

where they serve. Benefits of the card include:

- Exclusive discounts and offers.
- Points earned on purchases, with a \$20 digital rewards card every 2,000 points.
- 10% discount on all first-day purchases for new cardholders.
- One low APR for all cardholders, regardless of credit score.
- No late, annual or over-limit fees
- Reduced-interest deployment plan with no payments required for eligible customers.

Eligible active-duty service members, dependents, retirees, Department of Defense civilians and retirees, and honorable discharged Veterans who have Veterans who have confirmed their eligibility to shop at ShopMyExchange.com can apply for a MILITARY STAR card. Visit your Exchange or MyECP.com.

Wine & Design Goldsboro Presents
HalloWINE Weekend
Costumes encouraged but not required!

October 21, 6 pm
Costume Date Night
October 22, 12-3 pm
Family Costume Party
October 22, 6 pm
Adult Costume Party
October 23, 12 pm
Family Time

Visit our Facebook page to sign up: [FB.com/WNDGoldsboroNC](https://www.facebook.com/WNDGoldsboroNC)

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SHOP WITH US AT
a VERY MERRY
Holiday BAZAAR

November 12
10 am - 2 pm

Located at Hope Extended
1138 Rosewood Rd., Goldsboro, NC

Support the K9 Mission Team by purchasing lunch



FITNESS CHALLENGE

OCTOBER



Tour de Seymour

Cycle 150 miles this month using a cycling machine or personal bike

*Must be documented by Fitness Center staff to count towards monthly challenge

Fitness Center • 919.722.0420
sjfss.com || fb.com/sjafb.fitness

PUMPKIN 2-MILE DASH



OCT 7 • 3 PM

Orange attire highly encouraged!



Start/end at the Fitness Center

1500 Langley Ave
919-722-0420
fb.com/sjafb.fitness



Part of October's Triple Crown Run Series!

Scan QR Code or visit
www.sjafb-triplecrown.eventbrite.com
for more info



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FREE DONATION PICKUP IS A PHONE CALL AWAY

Proceeds support Habitat for Humanity of Goldsboro-Wayne



DONATE & SHOP | Wed - Fri • 10am to 6pm
Sat • 10am to 4pm

f/HabitatGoldsboroWayneReStore

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



TRIPLE CROWN

Triple Crown October Run Series Presented by the 4th Force Support Squadron + 4th Medical Group

Fitness Center staff and Med Group personnel are partnering this month to bring you not one, but three run/walk events. Sign up for the Triple Crown Series for your chance to win prizes and bragging rights!

Get out and enjoy the cooler fall temps and get moving with the following:

- 1. Pumpkin 2-Mile Dash**
Friday, Oct 7 • 3 pm
- 2. Breast Cancer Awareness 5K/1-mile Run/Walk**
Saturday, Oct 22 • 10 am
- 3. Zombie Run/Walk**
Friday, Oct 28 • 3 pm

The Pumpkin 2-mile Dash and the Zombie Run/Walk start/end at the Fitness Center. The 4 MDG's Breast Cancer Awareness Run/Walk begins and ends at Kimpo Park.

In order to qualify for the Triple Crown prizes, you must register and check-in for all three races on the designated days. To ensure your progress is tracked, follow these steps to register on www.sjafb-triplecrown.eventbrite.com:

- Click "Register."
- Add EACH ticket under the "Triple Crown" section. Do not select any of the individual run tickets.
- Click "Register."

Can't make it to all the runs? No worries! You can sign up for each run individually as well. Select the name of the run you're interested in and then click "Register." You will be able to check-in the day of the race but your progress will not be counted towards the Triple Crown Series.

Participants of the Triple Crown Series will be recognized following the Zombie Run.



4 MDG Presents
the 2nd Annual

BREAST CANCER AWARENESS 5K

Saturday
OCT 22
10 AM



www.sjafb-triplecrown.eventbrite.com

1-Mile Walk Option
Also Available!

START/END AT KIMPO PARK
PINK ATTIRE HIGHLY ENCOURAGED,
RUN OR WALK TO THE FINISH LINE!
SCAN THE QR CODE TO SIGN UP
JOIN US AFTER THE RACE FOR FOOD & FUN!
AWARD FOR BEST DRESSED IN PINK
FOOD · GAMES · MORE FUN!

ZOMBIE RUN/WALK

OCTOBER 28 • 3 PM



**START/END AT THE
FITNESS CENTER PARKING LOT
1500 LANGLEY AVE • 919-722-0420
FB.COM/SJAFB.FITNESS**
PART OF THE TRIPLE CROWN RUN SERIES!
SCAN QR CODE TO SIGN UP/FOR MORE INFO OR VISIT
WWW.SJAFB-TRIPLECROWN.EVENTBRITE.COM



EXCHANGE™ NO FEDERAL ENDORSEMENT INTENDED.

Story Time with Firefighters

Oct 4 • 11 am • 919-722-5825

Base Library

October is Fire Prevention Month. Join library staff and friends for a special story time featuring guest story tellers from the Seymour Johnson Air Force Base Fire Department.

The goal of Fire Prevention Month (and week, Oct 9-15) is to raise fire safety awareness and help ensure your home and family is protected.



Pre-register Oct 3-12 • FREE with voucher* (722.1123)
CDC (6wks-5yrs) 722.1198 • Youth Center (5-12yrs) 722.0502
\$7/hr per child without a GPAB referral

Operation Deployed Hearts

Oct 11 • 5 to 6 pm • 919-722-1123

Connect 4

Supporting families throughout the phases of deployments and remote tours, the Military & Family Readiness Center will host an Operation Deployed Hearts event with guest speakers and a focus on Pre-Deployment.

The Kiddie Hawk Playground will be open with limited supervision for those who need to bring their children along. For more information, call the Military & Family Readiness Center.

ABCs of PCSing

Oct 13 • 9 to 11 am • 919-722-1123

Eagles Landing

Are you preparing for a permanent change of station? This class is designed to help you successfully navigate the PCS maze by helping minimize stress, confusion, and hardships often associated with moving. Call the Military & Family Readiness Center to sign up.

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ONLY

\$25!



Learn to make Lumpia

FREE COOKING CLASS

LIMITED TO FIRST 30 ENROLLEES

THURSDAY • 5:30 to 8:30PM

Oct 13

Eagles Landing: Pegasus Room

Hosted by the Military & Family Readiness Center
CALL 919-722-1123 OR 919-722-8684 TO SIGN UP

sjfss.com/military-family-readiness-center || fb.com/sjafb.family
sjfss.com/community-programs || fb.com/sjafb.fun

Class provides an opportunity for service members and/or family members to get out and connect with others while de-stressing and learning a new cooking skill



Adoption Seminar

Oct 25 • 3 to 4 pm • 919-722-1123

Eagles Landing: Pegasus Room

If you are considering fostering or adopting a child, this free seminar is for you. Military & Family Readiness Center staff will introduce tools and resources to aid military families in fostering and/or adopting. Please call to sign up.

Bundles for Babies

Oct 27 • 8 am to 1 pm • 919-722-1123

Eagles Landing: Pegasus Room

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

Virtual Mock Interview

Nov 3 • 10 am to 2 pm • 919-722-1123

Online

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 M&FRC to sign up.

Newcomers Orientation

Oct 18 • 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.

Any questions? We're a phone call away.

Seymour Social

Oct 18 • 5 pm • 919-722-1123

Eagles Landing: Ballroom

Connecting Airmen and families with resiliency resources, leadership and fellowship is what Seymour Socials are about. Did we mention FREE dinner? That too! Open to all with base access.

Join the Military & Family Readiness team for a kid-friendly social event that includes fun activities and dinner (while it lasts) provided by area churches.

First come, first served.

Airman's Attic:

Open to All Ranks Schedule

Oct 1 • 12 to 2 pm

Oct 4 & 6 • 10 am to 1 pm

Located inside Connect 4

The Airman's Attic will be "Open to all ranks" on the first Saturday, Tuesday and Thursday of October.

The volunteer-run shop regularly 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 M&FRC at 919-722-1123.



EFMP Family Support

The Exceptional Family Member Program (EFMP) is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, medical, and personnel services to families with special needs. Active duty members enroll in the program when they have a Family member with a physical, emotional, developmental, or intellectual disorder requiring specialized services so their needs can be considered in the military personnel assignment process.

Q: What is the definition of an Exceptional Family Member?

A: An EFM is a family member enrolled in DEERS who has a diagnosed physical, educational, intellectual, emotional, or psychological condition that requires specialized medical or educational services.

Q: Is enrollment in the EFMP mandatory?

A: Yes. Enrollment is mandatory for active duty personnel who have a dependent family member with a special medical or educational need.

Q: How do I enroll in the EFMP?

A: Members can enroll by contacting the EFMP Medical at 919-722-0809.

Q: Will enrollment affect promotion?

A: No. Information about enrollment is not given to selection boards. Enrollment does not adversely affect a service member's selection for promotion, schools or assignments.

Q: Is an Individualized Education Program (IEP) or Individualized Family Services Plan (IFSP) criteria for enrollment?

A: Any Active Duty AF sponsor that has a child with an IEP or that has an IFSP must be enrolled in AF EFMP; however, plans are not required for enrollment.

EFMP is the Air Force Exceptional Family Member Program.

FS stands for Family Support. The EFMP-FS is available to ensure that each family receives comprehensive coordinated support through the military and/or civilian community.

For more information on EFMP, please call EFMP - Family Support at 919-722-7337.



75th Air Force Birthday Celebration **WHAT A GREAT DAY!**





EDUCATION & TRAINING HAS **Moved**

NOW LOCATED IN BLDG 3611, 1195 CANNON AVE
Formerly the Airman Leadership School facility

The Seymour Johnson AFB Education Center provides educational opportunities and counseling services to active duty, Air Force members, DoD civilian employees, adult family members, and military retirees. We have on-base colleges offering undergraduate and graduate courses. See website for a list of on-base institutions.

HOURS OF OPERATION
Monday-Wednesday, Friday: 8am to 4pm
Thursday: 8am to 12:30pm
- Afternoon by appointment only
Hours vary for on-base institutions. Please contact the college or university for their hours of operation.

PHONE: 919.722.5800 WEB PAGE: sjfss.com/education-training

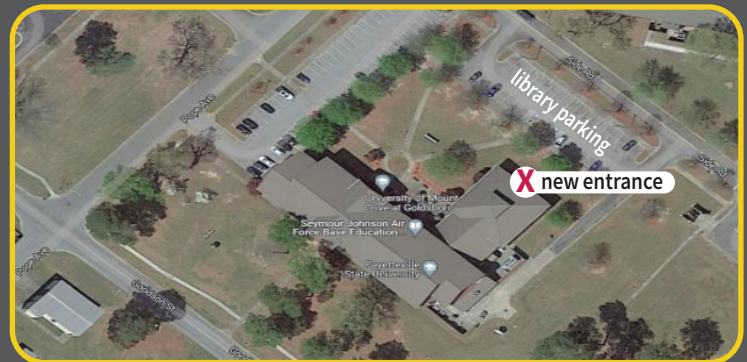
What's new at the library?

The Base Library has a new customer entrance. They are still located in Building 3660, 1520 Goodson St, but have a separate entrance from the Wayne School of Technical Arts. The parking lot in front of the building is designated for Library patrons only.

Hours of operation

Monday-Wednesday, Friday: 10 am to 6 pm
Thursday: 10 am to 7 pm
Saturday: 10 am to 5 pm
Sunday & Holidays: Closed

Please call 722-5825.



• CLASSES BEGIN SOON! •

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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



No Federal
endorsement
intended.

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

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5 TO 6PM • FREE TO PLAY!

SINGO

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Listen to popular songs to mark titles on your card.
First player to mark **5** songs in a row WINS!

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EAGLES LANDING
1240 ANDREWS ST
919.722.8796

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FB.COM/SJAFB.FUN

YOUR CHOICE
3 chicken or beef
TACO
= TUESDAY =
with fries & drink
6:50

WHILE SUPPLIES LAST
CALL AHEAD FOR TAKEOUT 722-0349

NATIONAL SAUSAGE PIZZA DAY
OCT 11

WHOLE PIZZA \$12.00
BY THE SLICE \$2.00

PHANTOM LANES



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
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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

Scream QUEENS

Thursday
OCT 6
7PM



sjfss.com
fb.com/sjafb.fun
fb.com/sjafb.food



Halloween themed drag show  **Ages 18+**
TICKETS: \$20 in advance, prepaid by Oct 5
\$25 at the door, pending availability
Subject to sell out.

**MUSTANG
TAPROOM**

EAGLES LANDING • 1240 ANDREWS ST • 919-722-8541

Fly By Movie

Oct 20 • 4:30 pm • 919-722-5298
Southern Eagle DFAC

The Community Programming and Partnership Office (CPPO) and your food service crew present a free viewing of MORBIUS, an action-fantasy film starring Jared Leto, Matt Smith and Adria Arjona. Leto plays biochemist Michael Morbius who tries to cure himself of a rare blood disease, but he inadvertently infects himself with a form of vampirism instead. This film is rated PG-13 — seating is first come, first served.

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

Carve & Sip: Pumpkin Carving Contest

Oct 27 • 6 pm • 919-722-8684
Mustang Taproom

The 4th Force Support Squadron Booster Club, in collaboration with the Community Programming and Partnership Office (CPPO), introduce an evening of pumpkin carving for adults, ages 18+. Tickets are \$15 for one or \$25 for two. Participants receive a pumpkin, carving kit and a Halloween specialty drink.

Come on out and show us your carving skills! If you choose, enter your masterpiece Jack-o-lantern in the Pumpkin Carving Contest to be judged during the Halloween Spooktacular on Oct 28. (Ad on page 16)

*RSVP to Margo Brown at 484-269-0785 by Oct 24 or miss out. Boooo! (Minimum 30 participants required)

Haunted House

Oct 28 • 6 to 9 pm
Eagles Landing: Pegasus Room

Are you brave enough to enter a Haunted Asylum? The Spotlight Theatre Company is feverishly working to bring back the haunted house, or asylum in this case. Enter if you dare and keep an eye out for the resident mad scientist.

"Nurses" will lead visitors through the asylum in small groups. This attraction is better suited for ages 10 and up. Children under the age of 10 will be identified by a glow stick bracelet (to let the actors know they are underage and to go easy on them).



BIANNUAL BIRTHDAY DINNER

OCT 13

Where: Southern Eagle DFAC
When: 5 pm - 6 pm
RSVP by: Oct 10

SPECIAL MENU

New York Strip Loin Steak
Asian Marinated Pork Loin
Barbeque Glazed Salmon
Long Grain and Wild Rice
Fettuccini Noodles
Chipotle Roasted Sweet Potatoes
Steamed Broccoli & Cauliflower
Glazed Carrots
Asian Slaw
Garlic Knots

NO ADDITIONAL COST TO ESM AIRMEN
ALL CASH-PAYING CUSTOMERS PAY A LA CARTE

Scan the QR code or visit one of our cashiers to RSVP. Please note, this meal is open to everyone born between July and December, plus one guest. The guest's birthday does not have to fall within the months listed above, and does not have to be a meal card holder. Cash paying customers are welcome!

www.SJFSS.com | FB.com/sjafb.food | 919-722-5294



SCAN ME

ADULTS ONLY PLEASE

HERE FOR THE BOOS

OCT 28 8 TO 10PM

LIVE BAND
MUSIC &
KARAOKE

COSTUME CONTEST
BEST INDIVIDUAL
BEST COUPLE
BEST GROUP

FREE TO ATTEND
AGES 18+
SPECIALS
THEMED MENU

1240 ANDREWS ST • 919.722.8796
MUSTANG
TAPROOM
SJFSS.COM • FB.COM/SJAFB.FUN

SPOOKTACULAR



GAMES, COSTUME CONTEST, MUSIC,
TRUNK OR TREAT, FOOD & DRINKS



OCT 28 / 6-8 PM

LOCATED AT FITNESS CENTER PARKING LOT

919-722-8684 * WWW.SJFSS.COM *  SJFSS & SJAFB.FUN



No federal endorsement of sponsors intended

Teen Late Night Costume Party

Oct 21 • 7 to 10 pm • 919-722-0502
Youth Center

The Keystone Club and Youth Center are back with a night full of spooky fun and food; a ghoulishly good mix for its annual costume party. There will be prizes for Best Over All and Most Creative costumes.

This event is for ages 13-18 and is free for Youth Programs members. Nonmembers and guests are welcome to join the fun for just \$3 per person.

Book Club

Oct 27 • 5:30 to 7 pm • 919-722-5825
Base Library

Please join us for the library's October book club discussion of Stephen King's JOYLAND, part of the Hard Case Crime novels.

This #1 New York Times Bestseller is set in a small-town North Carolina amusement park in 1973. Joyland tells the story of the summer in which college student Devin Jones works as a carny and confronts the legacy of a vicious murder, the fate of a dying child, and the ways both will change his life forever.

November's title will be THE GOLDFINCH by Donna Tartt. The club will meet on Nov 10.

Spooktacular Costume Contest

Oct 28 • 6 to 8 pm • 919-722-8547
Fitness Center Parking Lot

The Community Programming and Partnership Office (CPPO) will host this year's Spooktacular Costume Contest in conjunction with the base-wide event. Parking will be available at the Fitness Center and across from Debden Park.

Please note the following times as costume contest participants will be judged in the categories as listed:

6:20 pm	Ages 0-3
6:40 pm	Ages 4-7
7:00 pm	Ages 8-12
7:20 pm	Ages 13-17
7:40 pm	Family/Group

Listen for costume contest announcements during the Spooktacular event. Prizes for best costumes will be awarded.

NOT-SO-SPOOKY STORYTIME

OCTOBER 20 • 6 PM

BASE LIBRARY

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CRAFTS, A SPECIAL
STORYTIME,
IN-HOUSE TRICK
OR TREATING &
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COSTUMES
ENCOURAGED

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No Federal endorsement intended.



BASE HOUSING: SEYMOUR JOHNSON AFB
TRICK-OR-TREAT 2022
SATURDAY • OCT 29 • 6 TO 8 PM




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BASKETBALL & CHEER



Registration begins Oct 1

Basketball, ages 5-15

\$50/player
includes jersey

Cheer, ages 5-12

\$75/player
includes uniform

To participate in these programs, each youth must have a current physical and immunization record on file at the YOUTH CENTER prior to the first practice.

COACHES NEEDED



Youth Center • 722-0503 sjfss.com



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- Military Spouses may also apply by sending their resume to militaryspouse.employment@deca.mil



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NOV 2022 - FEB 2023



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Happy Fall Y'all!

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THURSDAY, OCT 6

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Monday, October 10

COLUMBUS DAY BOWLING



\$2 game | \$2 shoes | 1 to 7pm

BOWLING
919.722.0350

PHANTOM LANES

10-PIN CAFE
919.722.0349

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AGES 12+

INDOOR ROCK CLIMBING

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THIS TEAM IS ON FIRE



In support of Hispanic Heritage Month, the Southern Eagle Dining Facility hosted a Hot Pepper Eating Contest on Sept 21, 2022. Kudos, Team FSS, for taking the heat!

INFO JOB Fair

Open to all with base access

Local/Regional Recruiters

Job opportunities

Hiring authorities

Bring your resume

• Oct 4

• Nov 9

• Dec 6

10am to 2pm
Eagles Landing:
Ballroom

Hosted by the Military & Family Readiness Center

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TSgt 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.



And the winners are (because neither of them was giving up) ...
 —AB Angela Sunakhenh (4 FSS) and SMSgt Walter Brown (334 FGS)



A one-time only experience.
 —A1C Camron "Penny" Neal



Brought me to tears.
 —Capt Nathan Beckler



Crazy hot!
 —Capt Zachary Newman



Not so bad ... maybe
 —Lynn Grantham



Spicy fun!
 —Nichole Brown



I feel hot!
 —TSgt Lizzette Perez



Dying from the inside but worth it!
 —AB Angela Sunakhenh

4 FSS HARD CHARGER AWARDS



ABOVE: 4th Force Support Squadron Commander Lt Col Timothy Kirchner presents a Hard Charger Team Award to Angela Demers, NAF Human Resources Officer, and NAF HR staff. From left to right, MSgt Brandon Hollman, Nicole Bailey, Ms Demers, Debbi Carlson, Lt Col Kirchner, and Kristian Allerton.



LEFT: SrA Jessica Lanning, recent Hard Charger award recipient, is shown here with MSgt Jillian Diani, Manager, Southern Eagle Dining Facility.



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4:20-7:30pm M-Th, 4:20-7pm F
9am-Noon Saturday

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GOLDSBORO GOLD'S GYM OCTOBER 2022 FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5AM	CHISEL SHARON	CHISEL SHARON	CHISEL SHARON	CHISEL SHARON	CHISEL SHARON	10/1 9:30
5:30					*STRETCH SHARON	BODYPUMP-LIZ YOGA-ASHLIN
6AM	CHISEL SHARON	CHISEL SHARON	CHISEL SHARON	CHISEL SHARON	*CHISEL SHARON	
6:30					*STRETCH SHARON	10/8 9:30
7:30AM	CHISEL SHARON	CHISEL SHARON	CHISEL SHARON	CHISEL SHARON	*CHISEL SHARON *STRETCH SHARON	BODYPUMP-LIZZIE YOGA-ASHLIN 10:45 CYCLE-LIZZIE
8:30AM	CARDIO DRUMMING SHARON *CYCLE LIZZIE	POWERTONE MARILOU	CARDIO DRUMMING SHARON *CYCLE LIZZIE	POWERTONE MARILOU	CARDIO DRUMMING ROBIN *CYCLE LIZZIE	10/15 9:30
9:30AM	BODYPUMP-LIZZIE BEGINNER YOGA LAURYN	*WASHBOARD ABS MARILOU	BODYPUMP-LIZZIE	*WASHBOARD ABS MARILOU	BODYPUMP-LIZZIE	BODYPUMP-JASMINE YOGA-ASHLIN 10:45 CYCLE-JASMINE
10AM		CARDIO DRUMMING LIZZIE YOGA ASHLIN		CARDIO DRUMMING ROBIN YOGA ASHLIN		10/22 9:30
10:45	*CYCLE LIZZIE		*CYCLE LIZZIE		*CYCLE LIZZIE	BODYPUMP-GERARDO YOGA-ASHLIN
11AM	CHISEL SHARON	CHISEL SHARON	CHISEL SHARON	CHISEL SHARON	CHISEL SHARON	10:45 CYCLE-MARLOU 2:40PM ZUMBAHONOLU
4:30PM	POWERTONE SHARON	CARDIO CHALLENGE NICOLE	CARDIO DRUMMING SHARON & LIZZIE	POWERTONE NICOLE		
5:30PM	BODYPUMP-JASMINE BOOTCAMP CHALLENGE DAISHA	CARDIO DRUMMING SHARON KICKBOXING DAISHA	BODYPUMP-GERARDO BUTTS & GUTTS DAISHA	*PILATES ABS JASMINE KICKBOXING DAISHA	POWERTONE ASHLEY *WASHBOARD ABS DAISHA	10/29 8:30 BODYPUMP-JASMINE YOGA-ASHLIN
6PM				CYCLE JASMINE	*STRETCH DAISHA	10:45 CYCLE-JASMINE
6:30PM	BODYATTACK JASMINE	ZUMBA PRETZ	CARDIO DRUMMING JASMINE			

*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

● **GIVE PARENTS
A BREAK**

Nov 5 || CDC + Youth Center

● **EDUCATION &
EMPLOYMENT FAIR**

Nov 9 || Eagles Landing

● **PLANT & POUR**

Nov 10 || Mustang Taproom

● **VETERANS DAY MEAL**

Nov 11 || Southern Eagle DFAC

● **VETERANS DAY
BOWLING SPECIAL**

Nov 11 || Phantom Lanes

● **ORNAMENT
CRAFT NIGHT**

Nov 17 || Base Library

● **TURKEY TROT**

Nov 18 || Fitness Center

● **CIVILIAN RESUME
WRITING CLASS**

Nov 16 || Military & Family Readiness

● **INDOOR SKYDIVING
+ ROCK CLIMBING**

Nov 19 || Outdoor Recreation

● **FEDERAL RESUME
WRITING CLASS**

Nov 23 || Military & Family Readiness

● **THANKSGIVING DAY MEAL**

Nov 24 || Southern Eagle DFAC

● **NATIONAL FRENCH
TOAST DAY (SPECIAL)**

Nov 28 || 10-Pin Café



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
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- **Compass Cafe & Catering**
919.722.0394 • 1385 S Andrews St
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- **Mustang Taproom**
919.722.4914 • 1240 Andrews St
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- **Seymo Joe to Go**
919.722.3104 • 1514 Goodson St
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- **Southern Eagle Dining Facility**
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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
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- **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**
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- **Outdoor Recreation Adventure Park**
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Debden Park • fb.com/sjafb.fun
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- **Casualty & Survivors Benefits Plans**
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- **Child Development Center**
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1030 Langley Ave • fb.com/sjafb.family
- **Civilian Personnel Section**
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- **Community Cohesion Coordinator (C3)**
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- **Honor Guard**
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- **Military Personnel Section**
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- **Military School Liaison**
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- **NAF Human Resources**
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- **Private Organizations**
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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
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- **Youth Programs**
919.722.0502 • 1035 Langley Ave
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- **Vet Clinic**
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BASE HELPING AGENCIES









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- **Sexual Assault Response Coordinator**
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919.722.7272 - Hotline

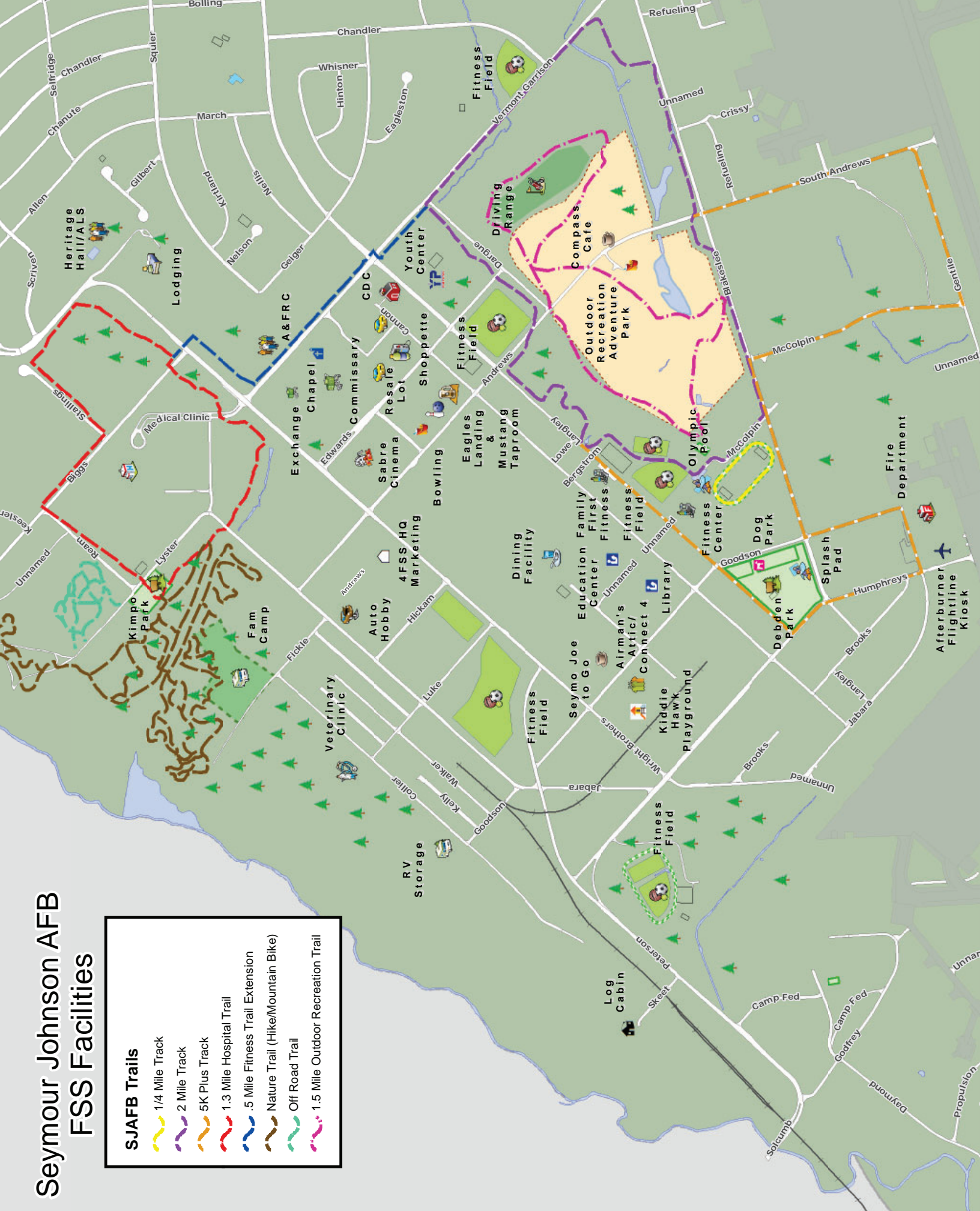
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- **Commissary**
919.722.0321 • 1310 Edwards St
- **Eagle Eyes**
919.722.1212 - If you observe suspicious activity, please call us
- **Exchange (BX)**
919.735.8511 • 1350 Edwards St
- **Express with Class Six**
919.734.7235
- **Mayroad**
919.988.6918 • 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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