

SEYMOUR

SEPT 2022

explore more

MIKE SUPER
MAGIC & ILLUSION

75

TH AIR FORCE BIRTHDAY CELEBRATION

GETAWAYS, GIVEAWAYS & MORE



— BUILDING 4215 —
FUTURE HOME OF THE
**MILITARY
& FAMILY
READINESS
CENTER**



FORMERLY KNOWN AS THE AIRMAN & FAMILY READINESS CENTER

— WHAT'S NEW —

To improve inclusivity and alignment in current operating environments of Department of the Air Force (DAF) delivered family readiness services, former **Airman & Family Readiness Centers (A&FRCs)** are hereby renamed to **Military & Family Readiness Centers (M&FRCs)**.

— MOVING FORWARD —

Effective 3 September, the **Family First Fitness (3F)** facility will undergo renovations and transition as the new M&FRC location. **3F will permanently close**, however the Parent Child Area equipment currently located in the 3F facility will be relocated to the main Fitness Center. **Massage services will move to Connect 4 effective 5 September.**

While construction is underway, the M&FRC will continue providing world-class services supporting resilience and readiness from its present location on Vermont Garrison Street. Updates to the timeline will be shared via e-mail, the FSS website and social media as progress is made.

Please excuse any inconvenience as we work to improve our readiness support to the base community.

FITNESS CENTER
919.722.0420

SJFSS.COM || FB.COM/SJFSS

M&FRC
919.722.1123

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KEEP IN TOUCH

Website: www.SJFSS.com
Facebook: 4th Force Support Squadron
Instagram: @4sjfss
Commercial: 919.722.8532
DSN: 722.8532
Address: 1600 Wright Brothers Ave,
Bldg 3010, 2nd Fl, Rm 228

DEPARTMENT OF THE AIR FORCE



FITNESS & SPORTS

IN THE SPOTLIGHT



Lt Col Timothy Kirchner, 4th Force Support Squadron Commander, recognizes SSgt Emerson Fajardo on Aug 2, 2022, at the Fitness Center, Seymour Johnson Air Force Base, North Carolina. Fajardo was commended for professional customer service and excellent attitude following a satisfied Interactive Customer Evaluation (ICE) comment submitted by a fitness patron. (U.S. Air Force photo by Anna Prezbindowski)

Fitness patron says ...

"... We had some questions about equipment around 8:30 pm. He (SSgt Fajardo) still offered to help us with the equipment even though it was near closing time," shared the Fitness patron in an ICE comment. "He was very polite and friendly and didn't make us feel inadequate for asking."

4 FSS responds ...

"He's absolutely fantastic. I wouldn't expect less from him at all," replied Capt Nathan Beckler, (then) Sustainment Services Flight Commander. "He's a hard working individual who thrives to support our customers."

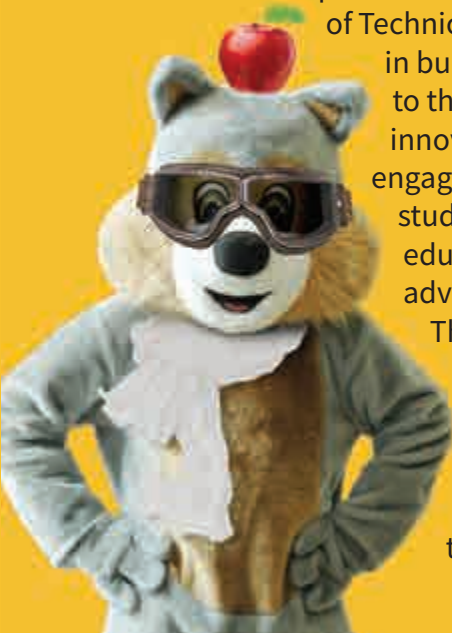
Stevie's Snippets

Welcome WSTA, Home of the Aviators!

Let's give a hearty welcome to students, staff and parents of the new Wayne School of Technical Arts (WSTA), located in building 3660 (connected to the base library). This innovative public school engages military and civilian students in STEM-themed education with technical and advanced course offerings.

The first bell for students is at 10:10 a.m. School dismisses at 4:40 p.m.

Please allow extra time and watch for school traffic in the general area.



Tenpin Trivia

Spare us some time to test your knowledge and enter our drawing for an FSS gift card!

1. The earliest known forms of bowling date back to which ancient civilization?
 - a. Ancient Greece
 - b. Ancient Egypt
 - c. Ancient China
2. Which word refers to a group of pins in bowling?
3. Which fingers are placed in the holes of a bowling ball?
4. What is it when you knock down the remaining pins on your second throw?
5. Between you and the pins, what is painted on the lane to assist you?
6. How many lanes will you find at Phantom Lanes?
7. What is that thing that picks up the pins called?
8. What is it called when you get strikes in every frame of a bowling game?
9. The name of which animal is used for the situation when you have three strikes in a row?
10. What's the highest score you can get in bowling?
11. Two bowling lanes were built in the West Wing of The White House as a birthday gift to which president? HINT: The same president signed the National Security Act, which established the Department of the Air Force.
12. When or where would you stick your hand in a Swiss Cheese Ball?

To be entered in our drawing this month, submit your correct answers to the questions above by emailing us at 4fss.marketing@us.af.mil or via Facebook Messenger on [fb.com/sjffs](https://www.facebook.com/sjffs). The winner will be announced in the October issue.

The August winner is Rosalyn Ashworth. Please call 919-722-8532 or email us to claim your prize!

U.S. Bowling League Day • Sept 3

Weekly league bowling provides a fun time as well as great physical activity. Learn more at Phantom Lanes.

INTRAMURAL BOWLING LEAGUE

SQUADRON COMPETITION

SIGN UP BY SEPT 8

LEAGUE MEETING @6PM



**League play
Sept 22-
April 6**

Bowl 12 wks
3-wk break
Bowl 12 wks

Learn more
919-722-0350

\$5.00 LINEAGE

**PHANTOM
LANES**

1290 Andrews St • [FB.com/sjafb.fun](https://www.facebook.com/sjafb.fun)

YOUTH BOWLING LEAGUE

Receive a beginner
bowling ball and bag
after 15 weeks

SATURDAY MORNINGS

SIGN UP BY SEPT 10

LEAGUE MEETING @10AM



**League play
Sept 17-
April 1**

Bowl 12 wks
3-wk holiday break
Bowl 12 wks

Ages 4-20

Learn more
919-722-0350

\$5.00 LINEAGE

**PHANTOM
LANES**

1290 Andrews St • [FB.com/sjafb.fun](https://www.facebook.com/sjafb.fun)



Hunting on Base Outdoor Recreation • 919-722-1104

Did you know you can hunt deer, turkey and hogs in designated areas on Seymour Johnson AFB? Outdoor Recreation offers a Sportsman's Card to eligible hunters. Upcoming seasons are as follows:

- | | |
|------------------------|--------------|
| Deer season— | |
| 10-30 Sept 2022 | Archery |
| 1-14 Oct 2022 | Black Powder |
| 15 Oct 2022-2 Jan 2023 | Gun |

Please call or stop by for more information.



SPECIAL OFFERS FOR SEYMOUR JOHNSON AIR FORCE BASE

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

Paid advertisement. No Federal endorsement of advertiser intended.

REMEMBRANCE RUN / WALK

SEPT 9 AT 8 AM SEYMO JOE TO GO

FREE COFFEE & BREAKFAST ITEM WHILE SUPPLIES LAST

FITNESS CENTER • 1500 LANGLEY AVE • 919-722-0420

FB.COM/SJAFB.FITNESS • FB.COM/SJAFB.FOOD • FB.COM/SJFSS

SCAN QR CODE TO SIGN UP OR
VISIT FITNESS CENTER FRONT DESK



BlueCross BlueShield
of North Carolina

NO FEDERAL ENDORSEMENT OF SPONSOR INTENDED.

Fitness Challenge

Fastest 400M Sprint

Sept 1-30 • 919-722-0420

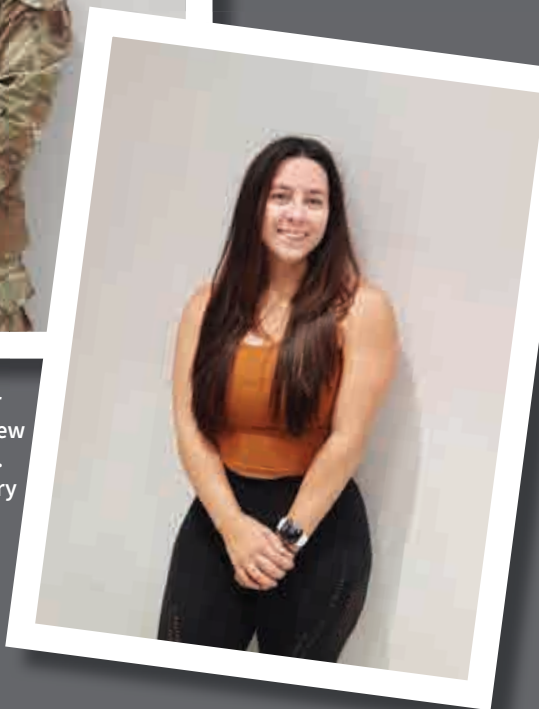
Fitness Center

So you think you're fast? We're looking for the male and female with the fastest 400-meter sprint. Give us your best lap around the track. A Fitness Center staff member must be present to record your time.

National Family Health & Fitness Day USA

Last Saturday in September • Sept 24

Get out and play as a family. It's important to do something physical every day. Whether the family goes for a walk, throws a Frisbee, or plays with the dogs, get the heart rate up. Another thing to do is learn portion sizes, then reduce or eliminate the unhealthy snacks in the house. Replace them with fruits and vegetables. Start cooking together. Aim for at least one meal a week and work up to cooking every day together. Incorporating exercise and a healthy diet into a family's lifestyle takes a team effort. (nationaldaycalendar.com — No Federal endorsement intended)



Shout out to Fitness Center top performers, MSgt Andrew Purshock and Liz Purshock. Participating in almost every monthly fitness challenge this year, they go out with a bang scoring 15 and 18 points, respectively in the recent Weekly Workout of the Day/Week Challenge.

Run the Base
Walk the Walk
 Scan the code & GET THE MAP
 HIT THE TRAILS

BIKE

WALK

HIKE

www.sjfss.com
 fb.com/sjfss • #charge4th
 919.722.8532



GOLD'S GYM GOLDSBORO

1306 PARKWAY DRIVE, GOLDSBORO NC (919) 759-2348

BATTLE OF THE BULGE BOOTCAMP



\$1,000 CASH PRIZE AWARDED TO THE 1st PLACE WINNER OF EACH CATEGORY:

**24/7
Access &
Includes
ALL
Classes!**

**MALE LARGEST % OF BODY WEIGHT LOST
FEMALE LARGEST % OF BODY WEIGHT LOST
MALE LARGEST % OF BODY FAT LOST
FEMALE LARGEST % OF BODY FAT LOST
MALE LARGEST # OF TOTAL INCHES LOST
FEMALE LARGEST # OF TOTAL INCHES LOST**

**BOOTCAMP
IS FREE
FOR
MEMBERS!**

PLUS 2nd & 3rd Place Cash Prizes, Specialty Categories, T-Shirts & MORE!

**10 WEEKS:
SEPT. 12 - NOV. 19**

**REGISTRATION IS
OPEN NOW!**

**Choose how you work out:
on your own, in classes,
with a personal trainer, or
any combination**



Hello Everyone!

My name is Sharon Grieve. I am the spouse of a retired master sergeant from the Civil Engineer Squadron. We've been in Goldsboro, NC since 2003. For 14 years, I was the manager of BellaMorphosis (a fitness facility) on base. For years, I also taught the dance program at the Youth Center, and I was the assistant director of Outdoor Recreation. I even taught Physical Training for CE and several other squadrons to help people pass their PT tests.



SHARON GRIEVE
GENERAL MANAGER

After years of working on base, I have found a new home at Gold's Gym. I've spent the last 18 months as the new General Manager doing my best to improve the reputation of Gold's Gym, to make it more military friendly, and bring up the general morale. The overall vibe of the gym has changed immensely! The addition of new free weight equipment and tripling the fitness class schedule are just a few of the improvements. Our newest motivational challenge, "The Battle of the Bulge" bootcamp, is just one more part of BellaMorphosis I have incorporated at Gold's Gym.

If you were once a member of Gold's Gym, I hope you'll come in and check out the changes for yourself. If you know me from Bella, if I taught your child dance, if you accompanied me on one of the dozens of Outdoor Rec trips I created, or if you participated in any of the PT workouts I conducted—I hope you'll come in and say "hi!"

MEMBERSHIP HAS ITS PRIVILEGES

- 24/7 ACCESS
- LARGEST FITNESS CLASS SCHEDULE IN GOLDSBORO
- 4500 SQ. FT. SPACE DEDICATED TO JUST FREE WEIGHTS
- HUGE VARIETY OF CARDIO & NAUTILUS EQUIPMENT
- TWO FUNCTIONAL FITNESS BOOTCAMP AREAS
- INDOOR TRACK
- 3 ROOMS FOR FITNESS CLASSES
- 1100 SQ. FT. KIDS COVE CHILDCARE ROOM WITH CARING & ENERGETIC STAFF
- STYKU 3D BODY SCANNING TO TRACK YOUR BODY FAT, LEAN MUSCLE MASS, INCHES & MORE!
- MYZONE FITNESS ON 5 DIFFERENT MONITORS
- MOTIVATIONAL PROGRAMS
- EXPERIENCED, CERTIFIED PERSONAL TRAINERS
- TRAVEL PASS PROGRAM

WWW.GOLDSGYM.COM/GOLDSBORONC

1306 Parkway Drive, Goldsboro
(919) 759-2348



STAFFED HOURS:

Monday: 6am-8pm
Tuesday: 6am-8pm
Wednesday: 6am-8pm
Thursday: 6am-8pm
Friday: 6am-7pm
Saturday: 9am-4pm

WHAT WILL IT BE?

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

SERVING BREAKFAST
AND LUNCH
GRAB & GO OPTIONS

FULL MENU
AVAILABLE ALL DAY
GRAB & GO OPTIONS

SEE WHAT'S ON TAP
CROWLERS AVAILABLE
20 TAPS!



SEYMO JOE TO GO
1514 GOODSON ST
919.722.3104

COMPASS CAFÉ
1385 S. ANDREWS ST
919.722.0394

10-PIN CAFÉ
1290 ANDREWS ST
919.722.0349

MUSTANG TAPROOM
1240 ANDREWS ST
919.722.8547

MON-FRI
6 TO 10:30AM

MON-FRI
6:30AM TO 1PM

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

WED-FRI
3 TO 10PM



PAINT & SIP

SEPT 22 • 5PM • MUSTANG TAPROOM

Class fee includes all materials
& instruction by Wine & Design
Ages 18+ • \$30

Drop by CPPO in Eagles
Landing to pre-register
for your design choice



1240 ANDREWS ST
919.722.8684

NO FEDERAL ENDORSEMENT INTENDED



Mondays

Chicken Parmesan Melt

Breaded chicken with marinara and melted mozzarella cheese served on grilled sourdough — while supplies last. Combo with fries and drink \$8.95

Tuesdays

Tacos Trio

Three hard or soft tacos with your choice of chicken or beef — while supplies last. Combo with fries and drink \$6.50

Wednesdays

Specialty Burger

Serving all your favorites. Your choice of the following burgers: Bowler Burger, Smoky Bacon Cheddar, Swiss n Mushroom, Pepper Jack Bacon (PJB) or The Four Alarm — while supplies last. Combo with fries and drink \$9.25

10-Pin Café Specials

Fridays

Sloppy Joe

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

All Day, Everyday Pizza, Pins & Pop

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



Sept 5

National Cheese Pizza Day

Large cheese pizza \$11.00
Slice of cheese pizza \$1.50

Sept 20

National Pepperoni Pizza Day

Large pepperoni pizza \$12.00
Slice of pepperoni pizza \$2.00

Discover Your Love & Apology Languages!

Friday, September 23

Free Coffee & Breakfast Item

8 - 10 am

First Come, First Served

Seymo Joe to Go, 1515 Goodson St

5 Love Languages Workshop

5 - 7 pm

Call 919-722-1123 to sign up

Eagles Landing, 1240 Andrews St

No Federal endorsement of sponsors intended.



thrivent



Military & Family
Readiness Center
(M&FRC)

fb.com/sjfs - fb.com/sjalb.food
www.sjfs.com

Airman's Attic: Open to All Ranks, Labor Day Weekend Schedule

Sept 6 & 8 • 10 am to 1 pm | Sept 10 • 12 to 2 pm • Located inside Connect 4

In observance of the Labor Day holiday, the Airman's Attic will be closed on the first Saturday of the month. It will be "Open to all ranks" on Sept 6, 8 and 10. 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.



Info/Job Fair

Sept 6 • 10 am to 2 pm • 919-722-1123 • Eagles Landing: Pegasus Room

The Military & Family Readiness Center hosts a monthly job fair featuring recruiters and hiring authorities from the surrounding area. Dress to impress and bring your resume. The event is open to all with base access and provides a great opportunity for spouses, retirees and veterans who are seeking employment.

Holiday Spending Class

Sept 8 • 1 to 2:30 pm • 919-722-1123

Military & Family Readiness Center

This class is designed to help you plan for the added expenses of holidays and special events, to develop strategies to avoid overspending and accumulating excessive debt. The money management tips in this course apply year-round. Please call to sign up.

Federal Resume Writing Class

Sept 21 • 10 to 11:30 am • 919-722-1123

Military & Family Readiness Center

Are you applying for government jobs and never getting referred? Your resume may be the problem. Join this class and learn to write a federal resume for government positions, how to search for jobs on USAJobs, and tips to using the USAJobs website. Call today to sign up class.

Civilian Resume Writing Class

Sept 28 • 1 to 2:15 pm • 919-722-1123

Virtual Workshop

Learn to write an effective resume that will open the door to your next career. Call the M&FRC to register.



ARE YOU A NEW SPOUSE? NEW TO SJAFB?
IF YES, WELCOME TO OUR FAMILY!

PLEASE JOIN US FOR

HEART LINK



- Learn about base resources
- Connect with other spouses
- Chick-fil-A lunch provided
- Take a base tour
- Childcare available -- please call 919-722-1123 to request



SEPT 27
9AM TO 1:30PM

**EAGLES LANDING:
BALLROOM**

M&FRC: 919.722.1123

sjfss.com  /sjafb.family



No Federal endorsement intended or implied

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—

M&FRC customers say ...

- "Financial Counselor, Mr. Leland was extremely helpful and went above expectations."
- "When I say this is the best service I have had, I really mean it. From the time they got things done, to them being knowledgeable—Mr. Jay and Ms. Brandy both worked their fingers to the bone, to both explain and help through the process. They have made a hard experience on me an easy one. Ms. Brandy has shown me that there are truly great people working in the Air Force. The greatest service and base I've been to. Thanks for the help and taking the weight off my shoulders."

Finance customers say ...

- "A1C Oakley was able to field any questions I had as far as PCSing and BAH matters. She is definitely a top performer in the Finance department and should be recognized for her knowledge and customer service. She is an asset for you guys!"
- "SrA Gicovi was extremely helpful in assisting with both my in-processing and military pay issue that I have been trying to action for over a year. He was knowledgeable and timely in both his responses and actions. Thank you!"

Happy Fall Y'all!

EXPLORE MORE

at Connect 4

THURSDAY, OCT 6

11am to 1pm • FREE

Join us to explore more of what the base has to offer. All are welcome!



CONNECT 4 • 1515 Goodson St • 919.722.8684
sjfss.com • fb.com/sjafb.fun



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





**SEPT 16
4 PM**

75TH ANNUAL **AF BIRTHDAY** **CELEBRATION**

FREE TO ATTEND
FOOD · RIDES · GAMES · MUSIC · VENDOR FAIR
FB.COM/SJAFB.FUN · SJFSS.COM

**EAGLES LANDING
PARKING LOT**

**1240 ANDREWS ST
919-722-8915**



NO FEDERAL ENDORSEMENT OF SPONSORS INTENDED.



SIGN UP TO SELL YOUR CRAFTS/GOODS!

\$25 FOR 12' X 12' SPACE (INCLUDES 1 TABLE & 1 CHAIR)

\$25 FOR 10' X 10' CANOPY · \$6 FOR ADDITIONAL TABLE

\$1.50 FOR ADDITIONAL CHAIR

SCAN THE QR CODE OR VISIT [HTTPS://BIT.LY/3QMz1Pj](https://bit.ly/3QMz1Pj) FOR APPLICATION FORM



Air Force Ball • Sept 17

Need child care? We have the solution. Our DAF certified providers are available by reservation.



Give Parents a Break
Sept 17 • 6 to 10pm

Pre-register Sept 6-14 • FREE with voucher* (722.1123)
CDC (6wks-5yrs) 722.1198 • Youth Center (5-12yrs) 722.0502
*\$7/hr per child without a GPAB referral



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**FREE
TRAINING**

GET TO KNOW FCC

SEPT 15 • 6PM • CONNECT 4

Ever wondered what Family Child Care is? Come find out!

Open your own business with little or no start-up costs; flexible hours.

Support the Wing mission while working from home, caring for children.

Recruitment and retention incentives available. Earn \$\$\$ for becoming certified.

Please call to sign up

www.sjsss.com
fb.com/sjfab.family
919.722.7194

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

BASKETBALL & CHEER

Registration begins Oct 1

Cheerleading, ages 5-12
Basketball, ages 5-15

COACHES NEEDED



Youth Center • 722-0503 sjfss.com

TINY TROOPS SOCCER

SOCCER SESSIONS FOR AGES 2-5
OPEN TO ALL KIDS - MILITARY AFFILIATION NOT REQUIRED



FUN! activities to further develop your child's gross motor, listening, and social skills with an introduction to soccer! Researched and age-appropriate curriculum taught by experienced coaches!

MONTH-BY-MONTH REGISTRATION PERIODS!

WWW.TINYTROOPSSOCCER.COM

Need volunteer hours? Want to add to your resume? Want to get out of the house and meet fellow spouses? THIS IS FOR YOU!

Volunteer Needed!
Thrift Shop Manager

Please contact:
tsjc.thriftshop@gmail.com

To qualify for Government of... TSSC is a non profit organization. It is not part of the Department of... and it has no governmental status.

Store Hours: 9:30am-1pm
Tuesdays, Thursdays &
2nd Saturday of each month



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

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First visit is only \$40 and includes exam, adjustment & x-rays (if needed)



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997 Ste. E Henderson St, Mt. Olive, NC, 28365 • 919-299-8033

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\$25!

MON - THUR 8 AM - NOON & 3-6 PM
FRI 8 AM - NOON • SAT 10 AM - NOON

www.facebook.com/DemockoChiropractic

www.demockochiropractic.com



MUSIC BINGO

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

SINGO

New, exciting musical spin on BINGO!

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

PRIZES FOR EACH OF **3** ROUNDS

EAGLES LANDING
1240 ANDREWS ST
919.722.8796

**MUSTANG
TAPROOM**

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FB.COM/SJAFB.FUN

MIKE SUPER MAGIC & ILLUSION

★★★★★★★★★★★★
FINALIST
★★★★★★★★★★★★
ON AMERICA'S
GOT TALENT!

★★★★★★★★★★★★
WINNER
★★★★★★★★★★★★
OF NBC'S
PHENOMENON!

**FREE
ADMISSION!**

LIVE STAGE
AN AIR FORCE ENTERTAINMENT PRODUCTION

THURSDAY, SEPT. 29 6:00 PM
SABRE CINEMA

Doors open at 5:00pm • WWW.SJFSS.COM • 919.722.8684



Fort Fisher Summer Concert Series

2nd & 4th Friday • 6:30 pm
910-500-6465

Fort Fisher Air Force
Recreation Area

The Summer Concert Series, brought to you by the Town of Kure Beach and Pleasure Island Chamber of Commerce, wraps up this month with **The Rhythm Bones** performing on Sept 9, on the KP Fisher Stage. Lobster Dogs and Snowie of the Carolinas are the scheduled food trucks for that evening. Coming up on Sept 23, **Phantom Playboys** will take the stage. Poor Piggy's (BBQ) and Snowie of the Carolinas will be the food trucks on-site.

Beverages will be available for purchase. No coolers please. Bring your lawn chair or blanket—and dancing shoes.

(No Federal endorsement intended)

Fly By Movie

Sept 15 • 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 UNCHARTED, an action-adventure film starring Tom Holland and Mark Wahlberg. Uncharted is based on the video game franchise of the same name. 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? The coming attraction for October is MORBIUS, rated PG-13. Follow us on the "SJAFB Food" Facebook page for updates.



SHAPE AMERICA'S FUTURE
Find your fit in the federal government

USAJOBS.GOV



Sept 7 & 21 • 6 pm • 919-722-8796
Eagles Landing

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

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

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



BACK TO SCHOOL

SEPTEMBER SPECIAL
Weekend or weekday seatings for parents with their kids - 10% off regular canvas price!



WINE & DESIGN

DATE NIGHTS
Create a double canvas & get 10% off each painter!

PRIVATE PARTIES
Private room for parties of 10 or more. Call to reserve today!

REFER-A-FRIEND INCENTIVE
Follow our Facebook page for more info: @wndgoldsboronc

DON'T FORGET TO ASK ABOUT OUR MILITARY DISCOUNT!

2808 CASHWELL DRIVE GOLDSBORO, NC, 27534 (919) 273-8007 WWW.WINEANDESIGN.COM/GOLDSBORO

Exchange shopper will drive off in a customized Ford Bronco in Monster Energy sweepstakes

One deserving military shopper will hit the road—and the jackpot—in a customized Ford Bronco Badlands, valued at \$106,000, in the Army & Air Force Exchange's Monster Energy sweepstakes.

And if the four-door, four-wheel drive SUV wasn't enough, the grand prize winner will also receive an \$8,500 American Express gift card. Additionally, 50 other winners will receive a Monster Energy camo backpack valued at \$85 each.

Through Oct. 31, authorized Seymour Johnson shoppers, 18 and older, can enter the worldwide sweepstakes at ShopMyExchange.com/sweepstakes.

"Who's more deserving of an awesome grand prize like this than a member of the military community?" said Seymour Johnson Exchange store manager Leazel Williams. "With sweepstakes like this, the Exchange says 'thank you' to our military and their families for their selfless service."

No purchase is necessary to enter or win. Honorably discharged Veterans who have confirmed their eligibility to shop online can enter, too. Veterans can visit ShopMyExchange.com/vets to learn more. Department of Defense and Coast Guard civilians and retirees can also enter.

(No Federal endorsement intended)



BERKSHIRE HATHAWAY HomeServices
McMillen and Associates Realty

CRYSTAL LOVE
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OFFICE: 919-778-7500
crystal@themcmillengroup.com
Let me help you buy or sell your home. Schedule your appointment today!



Gauley River, WV

SEPTEMBER 24



Ages 18+

**Sign-Up at Outdoor Recreation!
Call 722-1104**

Cost includes transportation, lodging
and activities



COST CAN BE SPLIT
WITH UP TO 4 PEOPLE

Cost per person	# in room
62 ⁵⁰	four
84 ⁰⁰	three
125 ⁰⁰	two
250 ⁰⁰	one

722-1104 sjfss.com f/sjafb.fun

Labor Day Bowling

Sept 5 • 1 to 7 pm • 919-722-0350
Phantom Lanes

Don't miss the bowling center's holiday bowling special: \$2 per game and \$2 shoe rental this Labor Day.

Bike & Brews R4R Trip

Sept 10-11 • 9 am • 919-722-1104
Outdoor Recreation

Getaway to the Virginia Blue Ridge for an overnight stay. Bikes, helmets, transportation and lodging included. R4R pricing is for ages 18+. \$50 pp: 4 in a room, \$67 pp: 3 in a room, \$100 pp: 2 in a room, \$200 private room. Sign up by Sept 1.

R4R Tandem Skydiving

Sept 17 • 919-722-1104
Outdoor Recreation

There are limited spaces available for tandem skydiving with Triangle Skydiving Center out of Louisburg. The cost is \$75 per person; must be R4R eligible and provide own transportation.



988
SUICIDE
& CRISIS
LIFELINE

Text or call 988 when experiencing a suicidal, mental health or substance use crisis.

Experienced counselors are standing by to listen, work to understand and provide assistive resources.

*988 is only available in the Continental US.

www.resilience.af.mil



Integrated Resilience



BASE HOUSING

SATURDAY, SEPTEMBER 10

7:00AM-12:30PM

Get to know your neighbors and make a little extra cash with this great community yard sale event!

Please scan the QR code or visit

<https://sjafb-community-yard-sale.eventbrite.com> to add your address to the route. Your name will not be listed.

Don't forget - the Airman's Attic will be open to ALL RANKS from noon-2 PM!



FB.COM/SJFSS | FB.COM/SJRES MAYROAD

NO FEDERAL ENDORSEMENT INTENDED.

BACK TO SCHOOL

SIDEWALK SALE

BIG Savings Sept 1-4

FREE
ACTIVITIES
FOR PATRONS

FACE PAINTING
Saturday & Sunday

PETTING ZOO
Saturday

MOBILE VIDEO GAME THEATER
Sunday

GREAT
DEALS

SJAFB Commissary • 1310 Edwards St

REUSE

Recycle

DONATE

HELP BUILD HOMES

SHOP

FREE DONATION PICKUP
IS A PHONE CALL AWAY

Proceeds support Habitat for Humanity of Goldsboro-Wayne



ReStore

Habitat for Humanity of Goldsboro-Wayne

DONATE
& SHOP

Wed - Fri • 10am to 6pm
Sat • 10am to 4pm

[f/HabitatGoldsboroWayneReStore](https://www.facebook.com/HabitatGoldsboroWayneReStore)

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

• CLASSES BEGIN SOON! •

100% ONLINE, ON CAMPUS, & ON BASE OPTIONS

Choose from over 100 majors, minors, and concentrations with degree options for:

- Traditional Undergraduate
- Online Adult Undergraduate
- Online Graduate

Classes toward CCAF degree available at SJAFB.

Yellow Ribbon Program



University of
MOUNT OLIVE

For more information visit www.umo.edu



PAID ADVERTISING - NO FEDERAL ENDORSEMENT INTENDED

EXPANDED CHILD CARE PROGRAMS

“One of the hallmarks of the Department of the Air Force Family Child Care Program is its ability to tailor the types of care to fit virtually every schedule, deployment or special need.”

Free Child Care
for eligible families in DAF
certified FCC homes
or by certified DAF
Respite Care
providers

Types of Care

DEPLOYMENT CARE

— 16 hours of child care per child pre-deployment, deployment and returning home; remote assignments are eligible for 16 hours of child care per child each month of the remote assignment

EFMP RESPITE CARE

— up to 40 hours of child care per child, each month, to help reduce the stressors of caring for an exceptional family member

EMERGENCY MEDICAL CARE

— for Active Duty member experiencing an emergency medical issue with an immediate family member

EXTENDED DUTY CARE

— when weekly workloads exceed their typical 50-hour child care arrangements on a temporary basis

HOME COMMUNITY CARE

— for members of the Guard or Reserves during their regularly scheduled drill periods (training or UTAs)

MILITARY SPOUSE APPOINTMENT CARE

— child care during medical appointments, M&FRC classes, Chaplain or Family Advocacy appointments, job interviews, etc.

NEW PROVIDER'S ORIENTATION CARE

— child care for Family Child Care provider applicants to attend FCC Provider Orientation classes

WOUNDED WARRIOR CARE

— short term child care when a Wounded Warrior has medical or military appointments

DEPARTMENT OF THE AIR FORCE



FAMILY CHILD CARE

Family Child Care • 919.722.7194

sjfss.com || fb.com/sjafb.family

Weekly Story Time

Tuesdays • 11 am

919-722-5825

Base Library

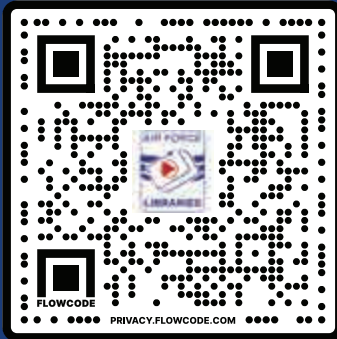
Build your child's literacy, creativity and social skills with stories, rhymes and crafts at the library. Story time is designed for ages birth-6 years.

Take & Make Crafts Monthly

Want to expand your kiddo's imagination? Stop by the base library for a Take & Make craft. These are available to anyone with base access, free of charge while supplies last.

Databases/Resources

Your library goes beyond brick and mortar; there's a whole plethora of resources available online. Have your base library card and PIN handy, then visit sjfss.com/library and click the "Library Website" button or **scan the code**. Learn a language, get help from a tutor, read an eBook, prep for a test, trace your roots, watch a film, listen to music ...



Library customers say ...

- "Best library ever! Very kid and family friendly. Great activities and everyone is so nice."
- "My kiddos LOVE coming to this library!"

Reading Beyond the Beaten Path

Here are just a few highlights from the Summer Reading Program. We hope everyone had fun and read s' more books!



Firefighter Story Time

Museum Visit



SRP Celebration



SWEDISH • DEEP TISSUE • HOT STONE • PRENATAL • THAI

MASSAGE THERAPY

email for appointment

mdiaz@elysiummassage.net

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

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

Hot Stone
60/90-MIN/2-HR
\$75/\$85/\$95

Prenatal
30/60/90-MIN
\$30/\$45/\$65

Thai Oil
60/90-MIN
\$65/\$85

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

Massage service by appointment at
Connect 4 • 1515 Goodson St

Fitness Center • 1500 Langley Ave
919.722.0420 • sjfss.com • fb.com/sjfss

Exchange shoppers maximize military community support with MILITARY STAR

When Seymour Johnson Exchange shoppers use their MILITARY STAR® card, the benefit goes far beyond their own wallets.

Cardholders earn rewards points and enjoy everyday discounts on food and fuel, but also help make the Seymour Johnson community stronger. When shoppers use MILITARY STAR, the Seymour Johnson BX avoids costly bank transaction fees—savings that totaled \$51,158 in 2021.

Worldwide, using MILITARY STAR saved Exchanges more than \$20 million last year. The savings increase Exchange earnings, 100% of which are re-invested in military communities through support of critical Quality-of-Life programs and capital improvements.

In the last 10 years, the Exchange

has contributed \$3.5 billion to military Quality-of-Life programs, which serve military members and their families.

“Using MILITARY STAR has a positive ripple effect,” said Seymour Johnson BX store manager Leazel Williams. “Just like shopping at the Exchange, it’s a way to save money and strengthen the Seymour Johnson community at the same time.”

The MILITARY STAR card, available exclusively to service members, retirees, Veterans, military dependents and Department of Defense civilians, is accepted at all Army & Air Force Exchange Service, Navy Exchange Service Command, Marine Corps Exchange, Coast Guard Exchange and Defense Commissary Agency stores. Combined, these organizations

saved \$30.8 million in transaction fees with MILITARY STAR in 2021.

Other benefits of the card include:

- 10% discount on all first-day purchases for new cardholders
- 5 cents off every gallon of gas at Exchange fuel locations and select Navy Exchange and Marine Corp Exchange locations
- Rewards points earned on purchases
- No late, annual or over-limit fees
- Same low APR for all cardholders, regardless of credit score
- Reduced-interest deployment plan with no payments required for eligible customers

Visit the Seymour Johnson Exchange for more information or to apply for a MILITARY STAR card.

COMING NEXT MONTH

● **BASKETBALL/CHEER REGISTRATION**

Oct 1 || Youth Center

● **STORY TIME WITH SJAFB FIRE DEPT.**

Oct 4 || Base Library

● **JUST PINK 5K**

Oct 7 || Fitness Center

● **HOLIDAY BOWLING**

Oct 10 || Phantom Lanes

● **LUMPIA CLASS**

Oct 13 || Eagles Landing

● **BIRTHDAY MEAL**

Oct 13 || Southern Eagle DFAC

● **ABCs of PCSing**

Oct 13 || Military & Family Readiness

● **GIVE PARENTS A BREAK**

Oct 15 || CDC + Youth Center

● **SEYMOUR SOCIAL**

Oct 18 || Eagles Landing

● **NOT SO SPOOKY STORIES**

Oct 20 || Base Library

● **FLY BY MOVIE NIGHT**

Oct 20 || Southern Eagle Dining Facility

● **DEER HUNTING 101**

Oct 22 || Outdoor Recreation (Log Cabin)

● **BUNDLES FOR BABIES**

Oct 27 || Military & Family Readiness

● **ZOMBIE RUN/WALK**

Oct 28 || Fitness Center

● **SPOOKTACULAR HALLOWEEN EVENT**

Oct 28 || Community Programming & Partnership Office (CPPO)



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**
919.722.1104 • 1385 S. Andrews St
fb.com/sjafb.fun
- **Sabre Cinema**
919.722.8796 • 919.722.8684
3740 Edwards St • fb.com/sjafb.fun
- **Splash Pad (seasonal)**
919.722.1104 • 919.722.7437
Debden Park • fb.com/sjafb.fun
- **Swimming Pool (seasonal)**
919.722.1104 • 919.722.7437
1500 Langley Ave • fb.com/sjafb.fun

4 FSS SERVICES & RESOURCES

- **Airman's Attic**
919.722.7181 • 1515 Goodson St
fb.com/sjfss
- **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
By appointment only

BASE HELPING AGENCIES









- **Alcohol & Drug Abuse Prevention**
919.722.1883
- **Chaplain/Chapel**
919.722.0315 • 1505 Vermont Garrison St
- **Equal Opportunity**
919.722.1180
- **Family Advocacy**
919.722.7878
- **Health Promotion**
919.722.0575
- **Medical Group Primary Care**
919.722.1802
- **Mental Health Clinic**
919.722.1883
- **Military Family Life Counselor**
919.886.3346 - Adult
919.886.3405 - Child
- **Military One Source**
800.342.9647
- **Sexual Assault Response Coordinator**
919.722.0154 • 919.722.0155
919.722.7272 - Hotline

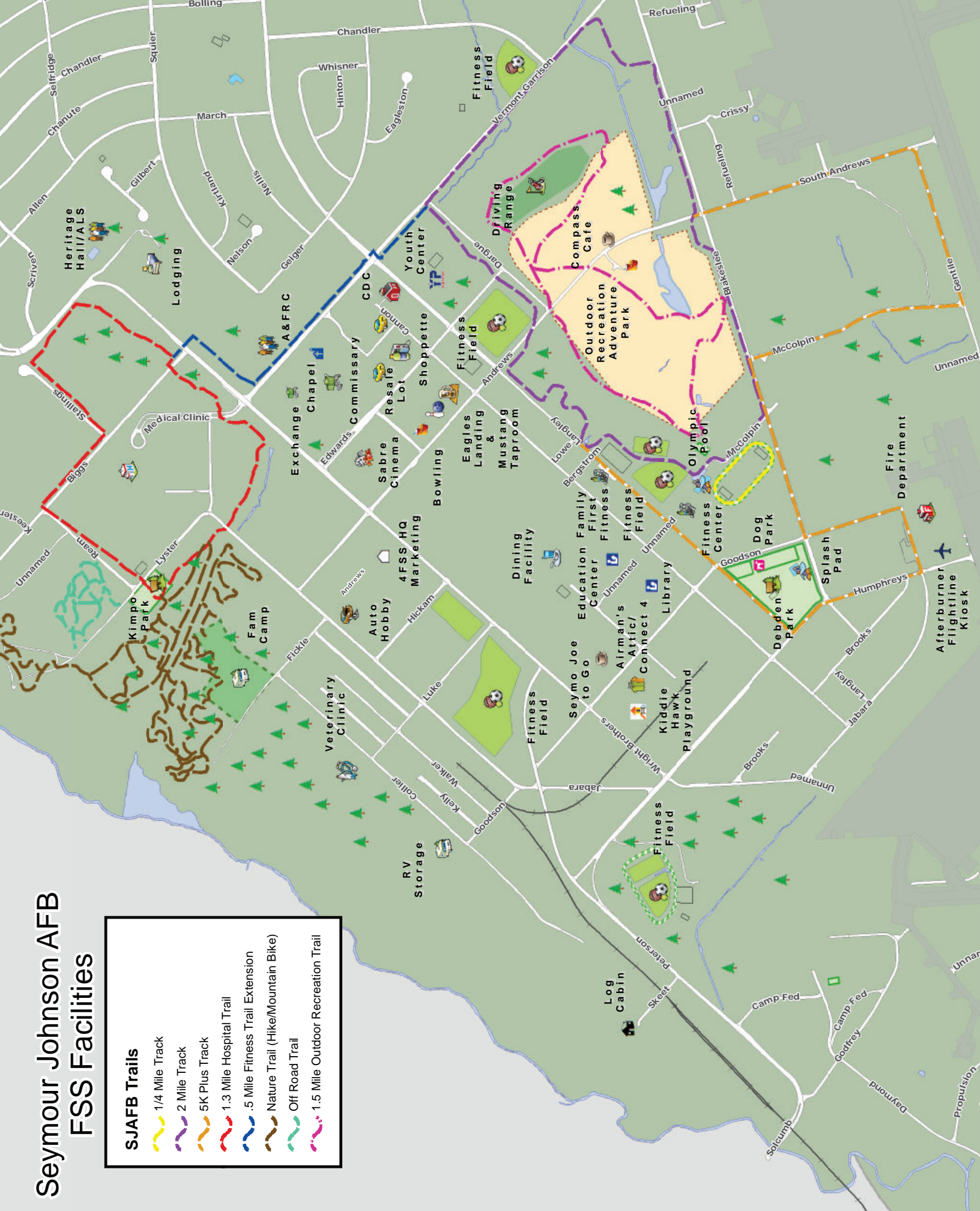
BASE SERVICES & RESOURCES

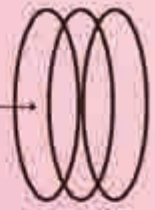
- **Airmen Against Drunk Driving**
919.722.2233 • fb.com/callaadd
- **Commissary**
919.722.0321 • 1310 Edwards St
- **Eagle Eyes**
919.722.1212 - If you observe suspicious activity, please call us
- **Exchange (BX)**
919.735.8511 • 1350 Edwards St
- **Express with Class Six**
919.734.7235
- **Mayroad**
919.988.6918 • 600 Kenly Rd
- **Military Housing Office**
919.722.0362 • 919.722.0363
919.722.0364 • 600 Kenly Rd
- **Security Forces**
919.722.8477 - Tip Line
- **Thrift Shop**
919.722.0606 • 1585 Andrews St
- **USO of NC - SJAFB Center**
919.330.1226 • 1240 Andrews St
- **Visitors Center**
919.722.1335 • 919.722.1345
1050 Wright Brothers Ave
After hours visitor passes: go to the main gate on Berkeley Blvd

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Seymour Johnson AFB FSS Facilities

- | SJAFB Trails | |
|---|-----------------------------------|
|  | 1/4 Mile Track |
|  | 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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502B Eastgate Drive, Goldsboro, NC, 27534
919-778-2765

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