

SEYMOUR

explore more

SEPT 2021



What are we celebrating?
Find out on page 6!



PREACHER LAWSON

Get To Know Me



EAGLES LANDING
BALLROOM
10 OCT. • 6 PM

WITH GUEST
DENNIS GAHIOLA
FREE SHOW

18+ ADULT
SITUATIONAL
COMEDY

LIVE STAGE

AN AIR FORCE ENTERTAINMENT PRODUCTION

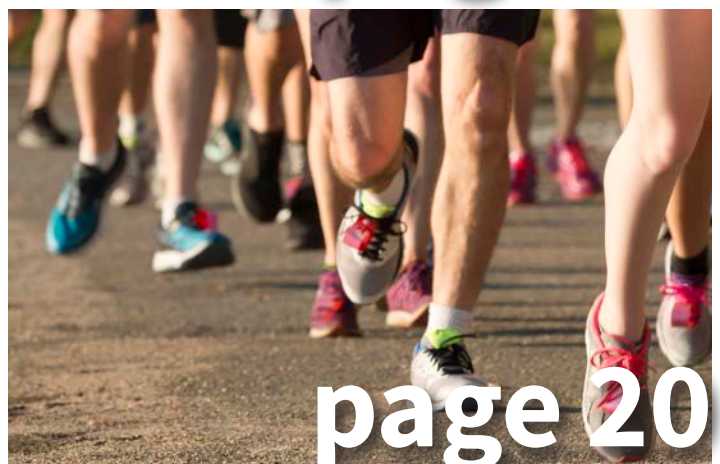
SJFSS.COM

FB: CPPOSJ

919.722.8796

CONTENTS

04	Stevie's Snippets
05	SJ Spotlight
06	CHARGE 4th Games
08	Family Fun
12	Helping Agencies
14	Food & Beverages
16	Fort Fisher
18	See More Seymour
23	Explore More
24	Directory
28	NC Freedomfest



4 FSS Commander
Maj Zachary Spotts

4 FSS Deputy
Wendy Ozment

Marketing Director
Savannah Kosik-Zeledon

Commercial Sponsorship
Vanessa Lazarus

Visual Information Specialist
Tammy Amon

Visual Information Specialist
Alixis "Cici" Santana-Tucker

Marketing Assistant
Joshua Parrish

KEEP IN TOUCH

Website: www.SJFSS.com

Facebook: 4th Force Support Squadron

Commercial: 919.722.8532

DSN: 722.8532

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

Newsletter:

Scan
QR Code
to sign up



Stevie's Snippets

FIND THE ACORN Win a \$40 FSS Gift Card!

Follow us on Facebook @SJFSS

Clues begin on the 4th

If you are new to the base and/or don't have a clue what acorn we're talking about, read on.

As you have probably seen, our mascot is a gray squirrel named Stevie. His prized possession, a Stevie-size acorn, is hidden somewhere on base the on the 4th of each month. We post clues on the 4th Force Support Squadron page (Facebook.com/sjfss) to help people find the acorn for a prize of a \$40 FSS Gift Card. That's it in a nutshell; now go like our page www.facebook.com/sjfss and you may be the next one to find the acorn!

We have some expert acorn hunters, so we ask that you allow others an opportunity to win as well. Please allow 90 days between wins. Thank you.



*not an actual representation of the acorn





**MUSTANG
TAPROOM**

**BEGINNING
SEPT 12**

FOOTBALL SUNDAYS

EVERY GAME/EVERY SUNDAY

FEATURING NFL SUNDAY TICKET


OPEN 12 TO 8PM

PRIZES! | FOOD & DRINK SPECIALS

CLOCK IN/CLOCK OUT EACH SUNDAY AT THE TAPROOM

**ACCUMULATE HOURS TO ENTER GRAND PRIZE DRAWING FOR A
PELLET GRILL: ONE ENTRY FOR EVERY FOUR HOURS LOGGED**

PARTICIPANT WITH MOST TOTAL HOURS WINS A MUSTANG TAPROOM SWAG PACK

sjfss.com |  /mustangtaproom

919.722.4914

CHARGE 4TH GAMES

was a three-week long event where FSS patrons played a variety of games, online or in-person, earning scratch off cards for their chance to

win a souped-up golf cart and many other amazing prizes. Every weekday beginning July 23, and ending August 13, an FSS facility hosted a Minute to Win It style game.

The Seymour Johnson Library acted as a pickup location for “virtual kits” that allowed patrons to play along in the comfort of their own homes, with the same chance to win. The kickoff event, or *Training Day*, gave competitors the opportunity to test their skills and prepare for the coming challenges. Monday, July 26 began with fan-favorites “Unstack It” (in-person) and “Face the Cookie” (virtual). Over the next three weeks, other fun challenges such as “Stack Attack”, “Breakfast Scramble”, and “Blindfold Bowling” were a hit among competitors. Every participant received a scratch off and those who beat the challenge received an extra card. Online competitors received a link to access a digital scratch card game.

Each card afforded a chance to win discounts to various FSS facilities or Golf Cart winner entries. However, “losing” cards that were saved and brought to the Closing Ceremony event gave competitors a second chance - where their names were entered in the drawing to win one of our other prizes.

The Closing Ceremony ended the CHARGE 4th Games with a special performance by the Martin Terry Band, appearances by some of our sponsors, more chances to win, and several prize drawings. The CHARGE 4th Games was put together as a way to say THANK YOU to our FSS customers and get them to learn more about our facilities and what we offer. Message us on Facebook at www.facebook.com/sjffs to let us know if you participated and what you thought of the games!

Congratulations to our winners: Victoria B., James P., Kelly P., Robert N., Alyse S., Emily T., Michael M., Ivan E., Mickey M., Norman P., Leslie R., and Heather F.!

Special thank you to our sponsors:



WHAT WILL FSS DO NEXT?
Follow us on Facebook to find out!
www.Facebook.com/sjffs



**C OKTO
BREW
FEST**

21+
ONLY

40 DIFFERENT BREWS!

DRINKS ◊ FOOD ◊ LIVE MUSIC ◊ GAMES

FRIDAY, OCT 1

4 PM - 7 PM ◊ EAGLES LANDING BACKYARD

**Tickets: \$15 in Advance ◊ \$20 at the Door
Can be bought at Outdoor Rec or Eagles Landing**

**Cost includes 10 taste tickets for sampling (4oz), wristband and logo mug.
Additional taste tickets are \$1 each and pint tickets are \$6 each, available on site.**

Eagles Landing Backyard | fb.com/cposj | fb.com/mustangtaproom | 919.722.8915

FAMILY CHILDCARE

919.722.7194

- **Get to Know the FCC**
Sept 22 • 6 - 7 pm
Interested in becoming an FCC Provider? Get the inside scoop from those who know! Learn how FCC can provide a sustainable career working from home. Applications will be available at the event. Registration required by Sept 20.

FAMILY FIRST FITNESS (F3)

919.722.0413

- **Jump Rope Challenge**
Sept - All Month • Virtual
Work on your fitness as a family! We challenge you to record 500 minutes of jump roping for the month (this is about 6 minutes a day).

LIBRARY

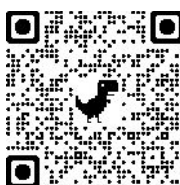
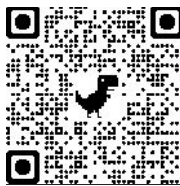
919.722.5825

- **Story Time**
Tuesdays • 11 am
Bring your preschoolers and join us every Tuesday for a fun and interactive story time.
- **Crafting 101: Apple Block Printing**
Sept 16 • 6 - 7 pm
Learn the basics of block printing and make a festive apple dishtowel. All supplies provided.
- **Not So Spooky Storytime**
Oct 21 • 6 - 7 pm
A Halloween-themed Storytime with a guest reader, Halloween themed snacks, crafts and in-house trick or treating! Costumes encouraged.
- **Polar Express**
Dec 9 • 6 - 7 pm
Enjoy cookies, cocoa, crafts and a special reading of The Polar Express book by a guest reader!

MOVIES

919.722.8915

- **Screen on the Green**
Sept 10 • 7:30 pm
Eagles Landing Backyard
Bring your lawn chair and picnic basket for this screening of Raya and the Last Dragon, rated PG. Scan the QR code to sign up by Sept 9.
- **ScreenPLAY! Movie Matinee**
Sept 26 • 2 pm • **Kiddie Hawk**
Enjoy a special movie screening every month! Movie starts at 2 pm, with a 15 minute playtime intermission at 3 pm. This month's movie is A Bug's Life, rated G. Registration required, limited space available. Scan the QR code to sign up by Sept 24.



YOUTH PROGRAMS

919.722.0502

- **Keystone Club - Teen Council**
Sept 3 & 17 • 4 - 5 pm
Keystone Clubs provide leadership development opportunities for youth, with the guidance of an adult supervisor. For ages 14 - 18.
- **Give Parents a Break**
Sept 11 • 6 - 10 pm
Free with voucher, must get referral - call 722.1123 to see if you qualify. \$5/hr/child without a referral. Pre-register by Sept 8: CDC: 6 weeks - 5 years, 722.1198 Youth Center: 5 - 12 years, 722.0502.
- **Home Alone Course**
Sept 17 • 4 - 5 pm
It's important for our youth to keep themselves safe when they are home alone. We will equip them with the knowledge of what to do in situations that may put them in danger.

SAVE THE DATE

Special Events coming soon!

- **Air Squats Challenge**
Oct - All Month • Virtual
Work on your fitness as a family! We challenge you to record 500 air squats as a family. Knees must reach 90 degrees with back straight for full squat to be counted correctly. Make sure to get out and about, air squats can be done anywhere!
- **Seymour Halloween Spooktacular**
Oct 29 • 6 - 8 pm
Join us at the Eagles Landing for this free event and fun for all with pumpkin decorating contests, costume contests, and games!

OUTDOOR RECREATION

919. 722.1104

- **Family Archery**
Sept 15 • 5:30 - 7 pm • **Log Cabin**
Join us for an exciting evening learning archery safety, aim and general practices for range shooting with recurve and compound bows! Archers will get to enjoy a competitive game of archery tag - fun for the whole family! Cost is \$15, includes equipment and instruction for the family. Register by Sept 13.
- **Nature Explorers**
Sept 29 • 10 - 11 am • **ODR Pond**
Calling all young explorers! Join us as we walk around the pond learning about SJAFB's different plants that surround the area and fish that reside in the pond. Bring your young explorers out for this educational experience! Register by Sept 8.

SETTLERS POINTE

Priced from the low \$200s

MODEL OPEN DAILY: 201 Kenison Way, Pikeville, NC

- 3 - 4 bedroom, **ranch-style** plans
- Lawn maintenance **included** in HOA
- Energy efficient with power usage as low as **\$18/month****



Call 919-675-0142 or Scan for more information:



For your service, Hometown Heroes receive \$1,500 towards a new home purchase.*

QUALITY | INTEGRITY | VALUE

www.smithdouglas.com



*No federal endorsement of advertiser is intended. The \$1,500 Hometown Hero credit is valid on pre-sale and inventory. Buyer must provide documentation for "proof of service" as a teacher, hospital staff, military, veteran, firefighter, EMT, or Police Officer at the time of initial written contract for incentive to be valid. Offer only valid when "Commitment to Service" incentive is mentioned to on-site New Home Specialist. Must be presented at the time of contract. Cannot be combined with any other offers. Must comply with all terms, including the financing, purchasing, and closing of homes with a Smith Douglas Homes preferred lending partner, use of Highland Title, and closing attorney, Moore & Alphin, PA. **The utility bill estimate is based on heating and cooling costs only. Does not include appliances or additional energy costs. All information is believed to be correct but is not guaranteed or warranted and subject to change without notice. Smith Douglas Homes®

WE ARE HIRING AT SJAFB!



APPLY HERE:
www.USAJobs.gov

Keywords: "NAF"
Location: "Seymour Johnson"
or "Fort Fisher"



REUSE
Recycle
DONATE
HELP BUILD HOMES
SHOP

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

Habitat for Humanity of Goldsboro-Wayne [f/HabitatGoldsboroWayneReStore](https://www.facebook.com/HabitatGoldsboroWayneReStore)
124 E Mulberry St • 919.736.9550 • email: restore@habitatgoldsboro.org

Fun & Games

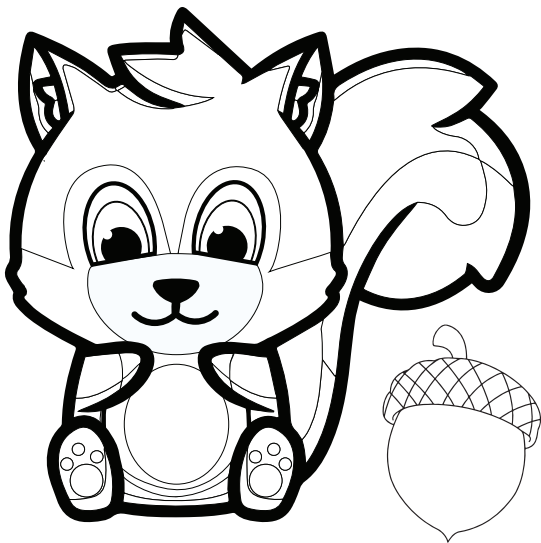
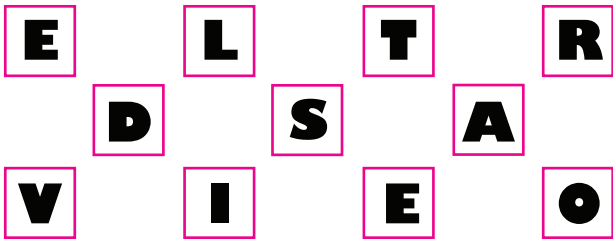
Complete the activities below and when you're done, send us a picture of this page to www.facebook.com/sjfs to be entered in a random drawing for a \$25 FSS Gift Card.

Guess the Word

Can you guess what the word is?
Use the letters below to find the answer. Each letter can only be used once.

Hint: The answer is the name of the 4 FSS mascot.

When you've guessed the word, make sure to color the picture!



--	--	--	--	--	--

Spot the Difference

Find the 10 differences in these two pictures.



THE USO @ SEYMOUR JOHNSON AFB



North Carolina

CALL US!

919-330-1226

STAFF

Emily Bernson
*Center Operations &
Programs Manager;
Triangle Area*
ebernson@uso.org

Sarah Nobriga
*Center Operations
Supervisor; SJAFB*
snobriga@uso.org

WHEN IS THE USO OPENING?

October 1st
!!!!!!!!!!!!!!!

HOURS OF OPERATION

Monday-Thursday

8am-8pm

Friday

8am-10pm

Saturday

2pm-10pm

WHAT IS OFFERED?

Snacks & Drinks

Gaming Room

TV Lounge

Pool & Foosball

Meeting Space

A friendly face :)

WHERE IS THE CENTER LOCATED?

1240 East Andrews Street,
Building 3705,
Seymour Johnson AFB, 27531

WHO OPERATES THE CENTER?

Volunteers!

Are you interested in supporting the
USO as a volunteer?
Register today!

volunteers.uso.org

Follow Us! @USOofNC



northcarolina.uso.org



**STAY IN
THE LOOP!**

DOWNLOAD OUR
MOBILE APP TODAY

AIRMAN & FAMILY READINESS

919.722.1123

- **Grief Group**
1st Weds • 10 - 11 am • Connect 4
Learn ways to cope with grief due to loss. Open for everyone, no registration needed.
- **Communication & Deployment**
Sept 8 • 5 - 6 pm • Eagles Landing
Register by Sept 3 for this short class that provides tips, skills, and practical ideas on how to protect and strengthen your marriage when facing a deployment. Dinner provided. Call us for childcare options.
- **Parenting with Love & Logic**
Sept 8 • 8:30 - 11:30 am
Family Life Center
Learn ways to make parenting fun and rewarding, instead of stressful and chaotic. Receive practical tools to help you achieve respectful, healthy relationships with your children.
- **Recovering from Divorce**
Sept 9 • 11 am - 12 pm
Eagles Landing
Register by Sept 6 for this free Lunch & Learn that helps you understand the stages of grief, physical reactions, and ways to cope with the divorce process. Learn tips to aid children through the process.
- **Civilian Resume Writing Class**
Sept 9 • 8:30 - 11:30 am • Virtual
Learn to write an effective resume that will open the door to your next career. Call to register and receive link.
- **Parenting Post Pandemic**
Sept 16 • 2 - 3 pm • Kiddie Hawk
Learn various parenting skills and go over a wide range of parenting topics. Kids are welcome to come and play. Register by Sept 15.
- **Newcomers Orientation**
Sept 21 • 7:30 am - 1 pm
Eagles Landing
New to the base? Join us at this orientation and information fair.

- **Home Buying Course**
Sept 23 • 2 - 3 pm • Virtual
Learn the basics of buying a home. Call to register and receive link.
- **Communication & Deployment**
Oct 5 • 5 - 6 pm • Eagles Landing
Register by Oct 1. Dinner provided. Call us for childcare options.

NAF JOBS

www.USAJobs.gov
fb.com/4fssnafhumanresources

- **Join our team!**
If you would like to join our team, visit USAJobs.gov and search "NAF" in the keywords section. In the location section, search Seymour Johnson or Fort Fisher. You can also visit our Facebook page (link above) for resources and job announcements.

• 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.



University of
MOUNT OLIVE

For more information visit www.umo.edu



PAID ADVERTISING - NO FEDERAL ENDORSEMENT INTENDED

Offering Active Duty & Military Discounts



Falling for a new home this September?

If you've found your dream home, our team can handle your closing! We have 5 offices across 3 counties.

Home closings are what we do best.

Let us help you close on your dreams.

Contact us today to schedule your client's closing!

(919) 772-7000

<https://wh.lawyer/>



QUARTERLY BIRTHDAY DINNER SEPT 23

SPECIAL MENU
 Shrimp Cocktail
 Grilled Steak
 Shrimp Tempura w/ Ponzu Sauce
 Honey BBQ Chicken
 Chipotle Roasted Sweet Potatoes
 Long Grain and Wild Rice
 Roasted Vegetables
 Sautéed Zucchini

Where: Southern Eagle DFAC
When: 5 pm - 6 pm
RSVP by: Sept 17

FREE FOR ESM AIRMEN | GUESTS PAY A LA CARTE
 Visit a cashier during our lunch/dinner hours and RSVP for your meal. Please note, this meal is open to ESM Airmen, born July 1 to Sept 30, plus one guest. The guests' birthday does not have to fall within the quarterly range, and does not have to be an ESM airman.

www.SJFSS.com | FB.com/sjfoodservice | 919 - 722 - 5294

MORE WAYS TO EAT!

Whether it's a quick lunch you're looking for or you just don't want to cook dinner tonight, FSS has got you covered. See below for our ordering options. Please make sure to call ahead to confirm hours/menu.

- **10 Pin Cafe**
919.722.0349
Dine-In, Patio Seating, Curbside Pick Up, Carry Out
- **Compass Cafe**
919.722.0394
Dine-In, Patio Seating, Curbside Pick Up, Carry Out
- **Mustang Taproom**
919.722.4914
Dine-In, Patio Seating, Carry Out
- **Seymo Joe to Go**
919.722.3104
Drive Thru
- **Southern Eagle Dining Facility**
919.722.5294
Dine-In, Carry Out

NATIONAL PEPPERONI PIZZA DAY

Sept 20 • 7 am - 8 pm • 10 Pin Cafe
Buy a whole pepperoni pizza pie for only \$12, Slices are only \$2!



FOOD COUNCIL MEETING

SEPT 15 • 2:00PM • DFAC FORMAL DINING ROOM

OPEN FOR ANYONE TO ATTEND!
HIGHLY RECOMMENDED FOR DORM RESIDENTS

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



sjfss.com  /sjfoodservice 919.722.5298



Wednesday to Friday

4 - 7 pm

to see what's on tap, scan code or visit untp.beer/W9w1

32oz Crowlers
for Draft Beers to go
Free Popcorn
&
\$2 Pizza Slices
Also Available

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

**WINGMEN
WEDNESDAY**

FREE WINGS*
1ST & 3RD WEDNESDAYS
*FIRST 30 CUSTOMERS

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

**MUSTANG
TAPROOM** **722.4914**
f mustangtaproom sjfs.com

**FIRST
COMMAND**
NO FEDERAL ENDORSEMENT OF SPONSOR INTENDED

AIR FORCE
FOOD & BEVERAGE

**Fly By
MOVIE NIGHT**

Third Thursday
**FREE ADMISSION & POPCORN
FOR DORM RESIDENTS**

*Southern Eagle Dining Facility
Formal Dining Room*
Hosted by 4 FSS CPPO & DFAC

FROM THE PRODUCERS OF THE CONJURING UNIVERSE

SEPT 16 • 4:30PM

SHE WANTS YOUR CHILDREN.

THE CURSE OF
LA LLORONA

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



We are Falling for Flavor!

Apple Pie

Pumpkin Spice

- Latte
- Chai Latte
- Bagel



Enjoy special flavors, limited time only.

Seymour Joe to Go • 1515 Goodson St • 6 am - 12 pm

UFC 266

VOLKANOVSKI VS ORTEGA

TWO TITLE FIGHTS

SHEVCHENKO VS MURPHY

LAWLER 2 VS DIAZ

SEP 25

\$5 COVER

DOORS OPEN

5 PM

MUSTANG TAPROOM

MUSTANGTAPROOM

WWW.SJFSS.COM

MUSTANG TAPROOM

Fort Fisher

AIR FORCE RECREATION AREA

HAPPENING

12 TO 18 MONTHS

2 TO 4 YEARS

Reservations Policy

We heard you

6 months in advance - Active Duty uniform members and their family members assigned to/supported by SJAFB

5 months in advance - Active Duty uniform members and their family members not assigned to/supported by SJAFB

4 months in advance - Service retirees and their family members retired from Active Duty or Reserve and veterans eligible under the Veterans Equal Access Act of 2018

3 months in advance - All other authorized patrons outlined in AFI 34-101, Table A2.1, Categories 5-14

2 months in advance - All other authorized patrons outlined in AFI 34-101, Table A2.2, Categories 15-28

Watch Us Grow

Making it better

Adding 7-8 new RV pads
Ensuring at least one of these will be ADA compliant

RV Park restroom/bathhouse
Funding and timeline pending

Long Term Goals/Plans

Better serving you

Expanding lodging
and recreation options

Fees and Charges
Conducting annual competitive analyses to ensure we always offer fair prices to comparable sites. Gradual increases are necessary for continued improvements.

Best Practices for Reaching Us

24-hour response time — Choose ONE of the following

1. Call 910-500-6465. If no answer, leave a voicemail with a **good callback number**.
2. Email reservations@fort-fisher.com. Provide a **good callback number** and detailed message. We will call you.
3. Message us at www.facebook.com/fortfisher. Provide a **good callback number** in case we need to call you.



Online Reservations

One of our top priorities

Streamlining the reservation process to alleviate frustration with phones and emails, we launched our present online reservation system.

Tracking all the feedback with the system.

Working the solution.

WiFi

Troubleshooting
Working with contractor to resolve current issues

Exploring options
to diminish any future issues

Beach House

Outsourcing
concessionaire contract

We know you'll love it!

Updates

Reception Center
New rental equipment

Enhanced programs
Refreshed resale area
KP Fisher's Nest

Cool off with a frozen treat from our new ice cream cooler

910.500.6465

sjfss.com | [/fortfisher](https://www.facebook.com/fortfisher)

SEE MORE OF SEYMOUR AFB!

Check out all the fun happening around base or get information on FSS facilities.

BOWLING - PHANTOM LANES

919.722.0350

- Beat the Clock Bowling**
 All Month • Wednesdays
 The earlier you play, the cheaper the game! See prices below, shoe rental not included. Limit of 5 bowlers per lane.
 - > 10:30 - 11 am: \$5/hr/lane
 - > 11 am - 12 pm: \$7/hr/lane
 - > 12:30 - 3 pm: \$9/hr/lane
 - > 3 - 4:30 pm: \$11/hr/lane
 - > 4:30 - 6 pm: \$12/hr/lane
- Air Force Birthday Bowling Celebration**
 Sept 18 • 10 am - 6 pm
 Happy 74th birthday to the U.S. Air Force! Come celebrate with us and enjoy one free game of bowling, shoe rental not included.


EAGLES LANDING

919.722.8796

- Advanced Drawing Workshop**
 Tues & Wed • Sept 7 - Oct 13
 12 - 1 pm • Eagles Landing
 Participants can attend this advanced drawing workshop to enhance thier skills in using pastels and colored pencils. Free, for ages 18+ only. Must be R4R DAP eligible, limited space available. Register by Sept 2.
- Paint Your Art Out (PYAO)**
 Sept 9 • 6:30 - 8:30 pm
 Eagles Landing
 Sarah Ratley, "The Painted Farmer" leads this art class. Cost is \$45 per person, includes instruction and all materials. Limited space, register by Sept 2.
- Yoga, Meditation & Journaling**
 Sept 12 • 10 - 11 am
 Eagles Landing
 Goldsboro local and Instagram's @kenztheyogi will be leading an hour long yoga and meditation session, along with offering some journaling techniques. Free, must be R4R DAP eligible. Register by Sept 10.

- Air CRAFTers**
 Sept 13 - 18 • Virtual
 Join us on Facebook @CPPOSJ for this fun activity! Create a one-of-a-kind aircraft in honor of the Air Force's 74th birthday. Once completed, share a picture of your aircraft in the comments section of the post. Then, start gathering likes from friends and family. Each like equals one vote. The winning picture will be the one with the most likes and will be announced Sept 18 at 2 pm. Please follow these rules of engagement for the most fun:
 - > Be kind and respectful.
 - > Aircraft must be made out of toilet paper or napkin rolls.
 - > Attach the name of your aircraft to the photo when posting.






ARE YOU...

R4R ELIGIBLE?

DO YOU QUALIFY FOR FREE OR REDUCED FEE R4R EVENTS & TRIPS?



WHAT'S R4R?

RECHARGE FOR RESILIENCY (R4R) ARE PROGRAMS CREATED THAT PROVIDE SUPPORT FOR SPECIFIC GROUPS TO BUILD RESILIENCY.

SEE BELOW IF YOU ARE R4R ELIGIBLE

● **SINGLE AIRMEN (SAI)**

• OPEN TO SINGLE AIRMEN (UNMARRIED) AIR FORCE ACTIVE DUTY MEMBERS & ONE GUEST

● **REC-ON (RECON)**

• OPEN TO AIR FORCE ACTIVE DUTY, RESERVISTS & THEIR IMMEDIATE FAMILY MEMBERS

● **DEPLOYED AFFECTED (DAP)**

• OPEN TO AIR FORCE ACTIVE DUTY & THEIR IMMEDIATE FAMILY MEMBERS (4 MONTHS PRIOR TO DEPLOYMENT & UP TO ONE YEAR FOLLOWING DEPLOYMENT)

• OPEN TO SPOUSE PLUS ONE GUEST WHILE MEMBER IS DEPLOYED

*DEPLOYMENT ORDERS REQUIRED

★ ★ sjfss.com

★ ★ [/4fssodr](https://www.facebook.com/4fssodr)

LABOR DAY BOWLING Sept 6 • 1 pm - 7 pm • Phantom Lanes Bowl for just \$2/game and \$2/shoes!

BIRTHDAY BOWLING PARTY PACKAGES

THE SPARE

Bowling, shoe rental, soft drinks plus handpainted pin for autographs

THE STRIKE

All of the above plus table setup and choice of Kids Combo Meals

THE KING PIN

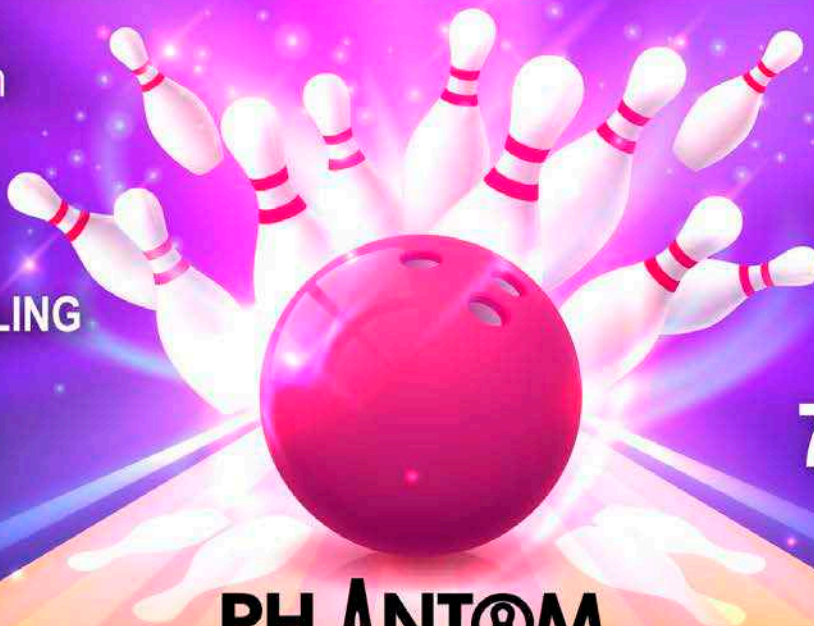
All of the above plus a scoop of ice cream with the Kids Combo

REGULAR BOWLING

Saturdays
12:00 to 2:00pm
Sundays
1:00 to 3:00pm

COSMIC BOWLING

Saturdays
2:30 to 4:30pm
Sundays
4:00 to 6:00pm



Give us a call
for details

722.0350

**PHANTOM
LANES**

SEYMOUR RUN MORE

2021 SERIES

Each race in the Seymour Run More series has a unique theme, a family-friendly environment and the best incentive of all — **RACE MEDALS + a RACE TEE!**

HOW DOES THE 5K SERIES WORK?

Sign up for one race or all four! Entry fees are \$25 per race, swag included. Sign up for all four races at once, and pay just \$80 — a \$20 savings!

Not really into 5ks? No problem! You can do the one mile fun run and still receive the same, sweet swag!

Each race has a unique medal and soft, super cool race tee! Each race has a little something extra, too!

What's that you say? You'll be out of town, TDY, taking your dog to the park? No worries! We've got you covered. Each race can be completed virtually!

WHO CAN PARTICIPATE?

Anyone with base access is welcome to sign up. Families are encouraged to participate — strollers and furry family members welcomed!

WHERE DO I REGISTER?

Sign up at Outdoor Rec, Monday - Friday, between 10am and 5pm. 919-722-1104

MAY 5
Cinco de Mayo 5-Quest

See what we did there? Enjoy chips, queso and cold refreshing beverages in the Mustang Taproom following this race. And did we say "food truck?" Tacos available for purchase.

AUG 6
Chasin' Bacon

There is a pig loose on base and the first to catch it wins! Noooo ... in this race you run a mile, eat some bacon, then run a mile back to the Mustang Taproom and enjoy a variety of bacon! Sounds like a WIN!

NOV 19
Turkey Trot

Kick off Thanksgiving festivities with the annual Turkey Trot 5k. Not feeling the 5k? Don't get your feathers ruffled; you can choose to do the one mile fun run. Gobble 'til you wobble!

DEC 17
Santa Run

It's the most wonderful time of the year for a 5k! Wear your best jolly old elf suit and run like the wind. No reindeer or sleighs allowed in the race but you can opt for a one mile fun run.



NO FEDERAL ENDORSEMENT OF SPONSORS INTENDED

sjfss.com



FITNESS CENTER

919.722.0420

- **Unmanned Access**

Requires prior registration. See fitness staff member for assistance.

We have upgraded the 24/7 access. Effective immediately, all patrons may now register for an access card at the front desk during normal business hours. Members with previous access cards must re-register.

Unmanned Access hours are as follows:

- › Mon - Fri: 9:30 pm - 4:30 am
- › Sat: Start at 6 pm
- › Sun: 24 hours

- **Track Meet Challenge**

Sept 1 - 30 • Mon - Fri • 5 am - 9 pm

Prepare for the upcoming running events!

You will have three attempts to run the fastest 100m and/or 400m. Let a staff member know you're here for the track meet challenge and we will assist you.

- **Seymour, Run More 2021 Series**

There's still time to sign up!

We've got two more runs left this year. Sign up today at Outdoor Rec, Mon - Fri between 10 am and 5 pm or call 919.722.1104. See ad for more details.



EVERY SEASON STARTS AT



SPECIAL OFFERS

FOR SEYMOUR JOHNSON AIR FORCE BASE



SWEDISH • DEEP TISSUE • HOT STONE • PRENATAL

MASSAGE THERAPY

email for appointment
Marisadiaz83@gmail.com

<i>Swedish</i>	30/60/90-MIN/2-HR \$30/\$45/\$65/\$85
<i>Deep Tissue</i>	60/90-MIN/2-HR \$60/\$80/\$100
<i>Hot Stone</i>	60/90-MIN/2-HR \$75/\$85/\$95
<i>Prenatal</i>	30/60/90-MIN \$30/\$45/\$65

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

MASSAGE SERVICE AT
FAMILY FIRST FITNESS

FAMILY FIRST FITNESS Fitness Center 919-722-0420
sjfss.com f /sjfit f /SJAFB3F



Democko CHIROPRACTIC

MILITARY DISCOUNTS

Corrective Exercises • Wellness Care • Back Pain
Chiropractic Adjustments • Auto Accidents

WE CAN SEE YOU TODAY!

Mon - Thur: 8 AM - NOON & 3 - 6 PM
Fri: 8 AM - NOON • Sat: 10 AM - NOON

1802 E Ash St., Goldsboro, NC 27530 • 919.735.2205
1120 N Breazeale St., Mt Olive, NC 28365 • 919.299.8033

OUTDOOR RECREATION

919.722.1104

- **Sup with Pups**
Sept 8 • 5 - 6 pm
Paddleboard provided, BYOP (bring your own pup)! Enjoy stand up paddleboarding at the pond with your furry friend. Sponsored by Pet Supplies Plus, no Federal endorsement of sponsor intended.
- **Table for Two**
Sept 11 • 6:30 - 9 pm
Come enjoy a special evening with the one you love. Dinner includes a Side Salad, your choice 10oz Flat Iron Steak or Chicken, Balsamic Glazed Asparagus with option to add bacon, Loaded Baked Potato, and Dessert Bar choice of Key Lime, Blondie, Macaroon, and Turtle. Activities include hatchet throwing, paddle boats and corn hole. Cost is \$30 per person, register by Sept 2.

SAVE THE DATE

Special Events coming soon!

- **Oktoberfest**
Oct 1 • 4 - 7 pm
Das biggest bier fest ist hier! Join us at the Eagles Landing Backyard for live music, German themed games, and your chance to win prizes. We will have 40 different brews and German themed food available for purchase. Cost is \$15 in advance, \$20 at the door and includes 10 taste tickets for sampling (4oz), wristband and logo mug. Tickets can be purchased at Outdoor Recreation or Eagles Landing. Additional taste tickets are \$1 each and pint tickets are \$6 each, available on site. For ages 21+ only.
- **Whitewater R4R Trip**
Oct 9 - 11
Leave 8 am - Return 4 pm
Outdoor Recreation is taking you on a fun weekend adventure in Oak Hill, WV. Arrive midday on Saturday and enjoy scenic hiking around the area. Disconnect from the day to day stress while enjoying a full day of white water rafting down the East Coast's best rafting river, the New River. Cost is listed below, includes room, lunch and rafting on Sunday. Participant will be responsible for own meals.
 - › \$75: 4 people/room
 - › \$100: 3 people/room
 - › \$150: 2 people/room
 - › \$300: 1 person/room
 Register by Oct 1.

DID YOU KNOW?

We have free or reduced childcare available during the "Table for Two" event. The *Give Parents a Break* program is scheduled for Sept 11, 6 - 10 pm and is free with a voucher or \$5 per child, per hour. Register by Sept 8, find out how on page 8.

EXPLORE



OUTDOOR RECREATION

919.722.1104

- Tandem Sky Diving**

Sept 25 • 8 am - 5 pm

We are taking you to Triangle Skydiving for this fun trip! Due to the popularity of this program, and in the interest of giving mids and swings an equal opportunity to sign up, we are implementing a lottery system. Interested participants may enter the drawing through Sept 2 for a chance at the limited slots available for this trip. Selections will be made Sept 3, then potential participants will have until Sept 10 to pay in person and verify R4R eligibility. Cost is \$75 per person, includes transportation and skydiving admission. Must be R4R DAP eligible. Scan code to enter lottery.



- Wild Horse & Lighthouse Tour**

Sept 26 • 6:30 am - 4 pm

Get set for a three-mile boat ride offshore to Shackleford Banks, the southern-most barrier island in the Cape Lookout National Seashore - home to more than 100 wild horses! Enjoy horse watching, shellings, birding, strolling the sandy beaches and checking out the Cape Lookout Lighthouse. After the adventure, we will stop for lunch in downtown Beaufort before returning to the base. Cost is \$20 per person. Must be R4R DAP eligible. Register by Sept 16.

First and Third Wednesday Night

B I N G O

Join the fun every 1st & 3rd Wednesday Night* **AGES 18+**

5pm Card sales
6pm BINGO

2-book minimum \$10
(No splitting between players)
Additional book \$4 each
Early Bird cards \$2 each

Minimum requirement of 10 players required.

EAGLES LANDING 722-8684
Pegasus Room sjfss.com f/cpposj

**Unless otherwise posted*

DOWNTOWN GOLDSBORO PRESENTS

CENTER STREET JAM

SEPT 2ND
SPARE CHANGE

SEPT 17TH
SOUL PSYCHELIQUE*

*"GRUB AT THE HUB" EVENT DURING FREEDOM FEST

THE HUB | 6PM - 9PM

TAP TABS THURSDAY

PLAY TO WIN!

TRIPLE T BINGO Ages 18+
See server for details

30 Tap Tabs for \$25⁰⁰!

MUSTANG TAPROOM

sjfss.com f/mustangtaproom @4thfunsquad

INFORMATION DIRECTORY

4 FSS SERVICES & RESOURCES

- **Airman & Family Readiness Center**
919.722.1123 • fb.com/sjafrc
1500 Vermont Garrison St
- **Airman's Attic**
919.722.7181 • fb.com/sjattic
1585 Andrews St
- **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
- **Civilian Personnel Section**
919.722.0117
1570 Wright Brothers Ave,
- **Commercial Sponsorship**
919.722.7280
1600 Wright Brothers Ave,
Second Floor, Suite 228
- **Community Cohesion Coordinator (C3)**
919.722.4698
1240 Andrews St
- **DEERS & ID Cards**
919.722.8702
1600 Wright Brothers Ave, 1st Fl
- **Education & Training**
919.722.5800 • fb.com/4fss.fsde
1520 Goodson St
- **Family Child Care**
919.722.7194 • fb.com/fccsj
1520 Goodson St, Rm 101
- **Honor Guard**
919.722.7019
1055 Camp Fed Lane
- **Library**
919.722.5825
fb.com/sjafb.library
1520 Goodson St
- **Lodging @ Southern Pines Inn**
919.722.0385
1235 Wright Brothers Ave
- **Manpower & Organization**
919.722.5336
1195 Cannon Ave
- **Marketing**
919.722.8532 • fb.com/sjfss
1600 Wright Brothers Ave,
2nd Fl, Suite 228
- **Military Personnel Section**
919.722.8677
1600 Wright Brothers Ave, 1st Fl
- **NAF Human Resources**
919.722.5939
fb.com/4fssnafhumanresources
1570 Wright Brothers Ave
- **Private Organizations**
919.722.7284
1600 Wright Brothers Ave,
2nd Fl, Suite ##
- **Professional Development Center**
919.722.1149 - ALS
919.722.5857 - Career Assistance
1195 Cannon Ave
- **School Age Care**
919.722.0502 • fb.com/sjyouth
1035 Langley Ave
- **Youth Programs**
919.722.0502 • fb.com/sjyouth
1035 Langley Ave
- **Youth School Liaison**
919.722.5810 • fb.com/schools.sj
1520 Goodson St
- **Vet Clinic**
919.722.1465
1003 Collier Ave
By appointment only

RECREATION

- **Auto Hobby Shop**
919.722.1309 • 919.722.1308
1295 Jabara Ave
- **Bowling, Phantom Lanes**
919.722.0350 • fb.com/sjbowl
1290 Andrews St
- **Community Programs & Partnership Office**
919.722.8796 • fb.com/cpposj
1240 Andrews St
- **Eagles Landing**
919.722.8796 • fb.com/cpposj
1240 Andrews St
- **Family First Fitness**
919.722.0413
1410 Langley Ave
- **Fitness & Sports Center**
919.722.0420 • fb.com/sjfit
1500 Langley Ave
- **Fort Fisher Recreation Area**
910.500.6465 • fb.com/fortfisher
118 Riverfront Rd, Kure Beach
- **Kiddie Hawk Playground**
919.722.8796
1515 Goodson St
- **Outdoor Recreation Adventure Park**
919.722.1104 • fb.com/4fssodr
1385 S. Andrews St
- **Sabre Cinema**
919.722.8796 • 919.722.8684
3740 Edwards St
- **Splash Pad** (seasonal)
919.722.1104 • 919.722.7437
Debden Park
- **Swimming Pool** (seasonal)
919.722.1104 • 919.722.7437
1500 Langley Ave

FOOD & DRINK

- **Afterburner Kiosk**
919.722.5294
fb.com/sjfoodservice
2814 Jabara Ave
- **10 Pin Cafe**
919.722.0349
1290 Andrews St
- **Compass Cafe & Catering**
919.722.0394 • fb.com/odrcafe
1385 S Andrews St
- **Mustang Taproom**
919.722.4914
fb.com/mustangtaproom
1240 Andrews St
- **Seymo Joe to Go**
919.722.3104 • fb.com/seymojoie
1515 Goodson St
- **Southern Eagle Dining Facility**
919.722.5294
fb.com/sjfoodservice
3650 Pope Street

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
- **Corvias**
919.988.6918
600 Kenly Rd
- **Eagle Eyes**
919.722.1212 - If you observe suspicious activity, please call
- **Exchange (BX)**
919.735.8511
1350 Edwards St
- **Express with Class Six**
919.734.7235
Address
- **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 visitors passes: go to the main gate on Berkeley Blvd

DISCLAIMER:

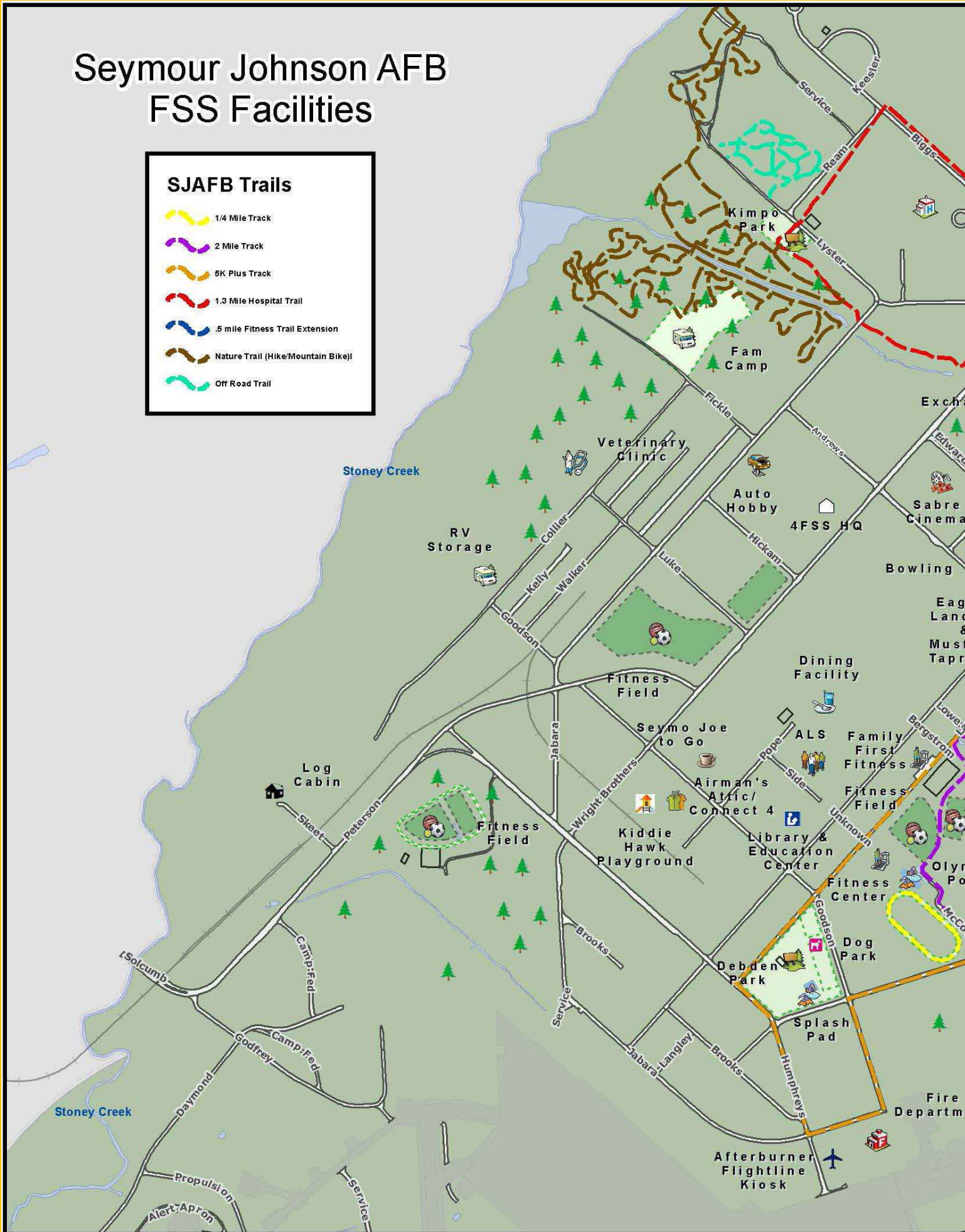
Information in this magazine is current at the time of publication. All facility programs, event hours, prices and dates are subject to change without notice. Contact each facility for the most up-to-date information.

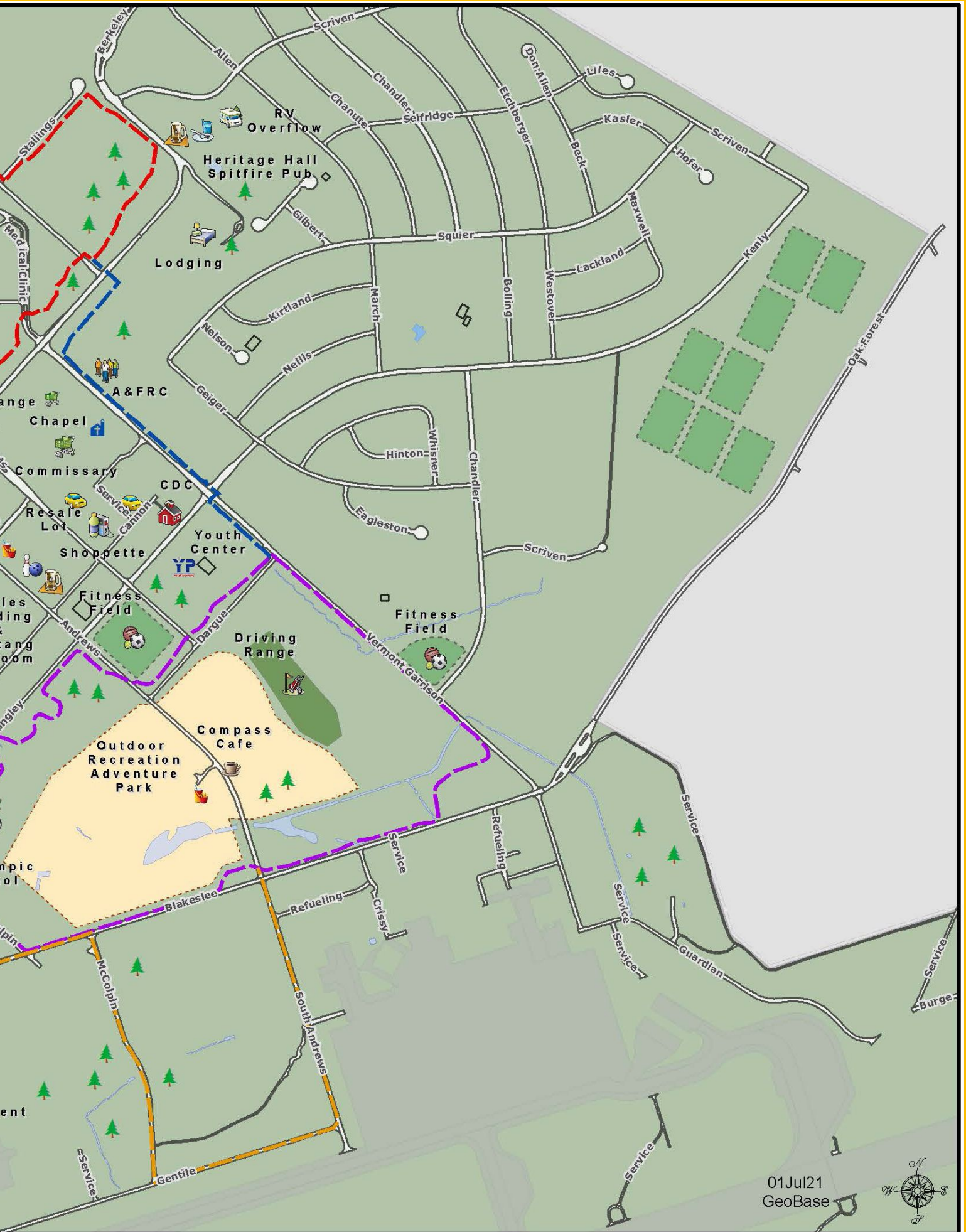
The Seymour, Explore More magazine is prepared by the 4 FSS Marketing Department and is an unofficial publication of the Seymour Johnson community. Contents are not necessarily the official views, nor endorsed by the U.S. Government, the Department of Defense or the 4th Fighter Wing. No Federal endorsement of advertisers or sponsors is intended.

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





SEPTEMBER 18TH, 2021

NC FREEDOM FEST GOLDSBORO, NC

Commemorative Coin
now for sale at Outdoor
Recreation **Only \$10!**



front



back

While Supplies Last

DOWNTOWN GOLDSBORO
FAMILY FRIENDLY FUN FROM 4 - 10 PM
FREE LIVE ENTERTAINMENT
WINGS OF WAYNE CHICKEN COOKOFF
FOOD TRUCKS | KIDS ZONE | VENDORS
CAR & BIKE SHOW | 5K & FUN RUN
CORN HOLE TOURNAMENT | & MORE!
FEATURING FREE LIVE PERFORMANCES THROUGHOUT THE EVENT



SPARE CHANGE



TYLER DAVIS



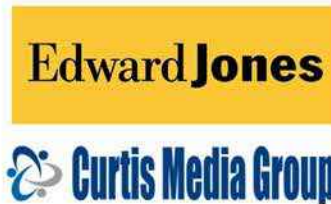
SAYER MCSHANE



BROOKE McBRIDE



Georgia-Pacific



WWW.NCFREEDOMFEST.ORG

No Federal endorsement of advertisers intended.