

SEYAMOUR

MAY 2024

ore more



Military Spouse
APPRECIATION
Look inside for all the fun

**Blakeslee AFRA is proud to host the
2024 Pleasure Island Jeep Jam.**

**In support of this event, our
pier and tent sites will be
closed 16-17 May 2024.
We apologize for any
inconvenience.**

-Blakeslee Staff



FSS Scramble

PLAY. ENTER. WIN.

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

MEMORIAL DAY

REMEMBER & HONOR

Summer Kickoff

at Blakeslee AFRA • May 24 - 26

Rec Hall open Saturday & Sunday • 11am to 9pm

Activities open to valid military ID cardholders and their sponsored guests

**Friday, May 24 • 8:30pm
FREE Movie on the Lawn**

*Bring a lawn chair or blanket to enjoy
a film on the big screen*



**Saturday, May 25 • 11am to 9pm
FREE Recreation Day at the Rec Hall**

*Life-sized games, crafts, pool tables and family fun!
Ice cream vendor on-site from 1 to 3pm.*



**Sunday, May 26 • 7pm
Sunset Paddle**

*Enjoy a staff-guided paddle along the Cape Fear River.
Pre-register by 5pm in the Reception Center—\$15 pp*



118 RIVERFRONT RD • KURE BEACH • 910.500.6465
SJFSS.COM/BLAKESLEE • FB.COM/BLAKESLEEAFRA

AIAITNVO



EEDNEFS



GAIAMPNCN



NICIOC



ARUTILDSIN



CROROFEKW



SNUMNOTII



VIRETRE



CONTENTS



6 Coming soon: lap swimming, open swim, private pool parties +



17

Military Spouse Appreciation
five fabulous days to celebrate



24

Volunteer to be part of an elite team
Base Honor Guard launches new program

The women of World War II who inspired “Rosie the Riveter” received a long-overdue honor in April—the Congressional Gold Medal, the nation’s highest civilian honor. The headscarf-clad, muscle-flexing icon came to represent millions of women who worked in factories and shipyards during WWII, filling positions previously held only by men and helping power the U.S. to victory. Twenty-seven “Rosies” in their 90’s and up to 106, traveled to Washington, D.C. to attend the ceremony.

This month’s cover photo is courtesy of **RDM Studio & Photography in Goldsboro.** fb.com/rdmstudiophotography
No federal endorsement intended



4 **Fitness**
From Fitness challenges to runs and more

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Specials, menus and more fun for you!

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Centerspread pull out poster—just add magnets and post on your fridge

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4 FSS facilities + base resources at a glance



FREEDOM ONE FITNESS CENTER

1000lb & 500lb Club

TO BECOME A "MEMBER" OF THE CLUB, ONE MUST PERFORM ONE REPETITION OF A SQUAT, BENCH PRESS AND DEAD LIFT. AFTER ALL 3 LIFTS ARE COMPLETED, TOTAL WEIGHT IS ADDED UP.

500LB CLUB - TOTAL WEIGHT 500LB OR GREATER (WOMEN ONLY)
1000LB CLUB - TOTAL WEIGHT 1000LB OR GREATER (OPEN TO ALL)

ALL MEMBERS OF THE CLUB WILL RECEIVE A T-SHIRT AND HAVE THEIR NAMES PLACED ON THE FITNESS CENTER WEBSITE!

CALL 722-0420 TO SCHEDULE APPOINTMENT!



WWW.SJFSS.COM | FB.COM/SJAFB.FITNESS

You can do it!

One Rep Max Bench Monthly Challenge

May 1-31 • MON - FRI
Fitness Center

Are you up for the latest fitness challenge? Participants will have a single attempt to max out on one bench press repetition with Fitness Center staff supervision. The person with the most weight lifted at the end of the month wins. Come in during manned hours for more information or call 919-722-0420 to schedule.

Mental Health Awareness Walk

May 10 • 8 to 10am
Fitness Center track

Let's break the stigma! It's okay to not be okay and to reach out if you need help. Join the Integrated Resilience Office (IRO) for a lap or 10 to show support for mental health awareness. Helping agencies will be on-site. For more information, call 919-722-4492.

My Story

May 30 • 11:30am to 1pm
USO Program Room

The Integrated Resilience Office (IRO) hosts a live storytelling event where Seymour Johnson personnel will share their mental health stories.

Break the stigma. Mental health matters. You're not alone. Recovery is possible. Resilience is learned. Call 919-722-4492 for more details.



Friday May 17
7am to 6pm

**Fitness Center 400m track
& Crossfit pad**

Scan the code to pre-register



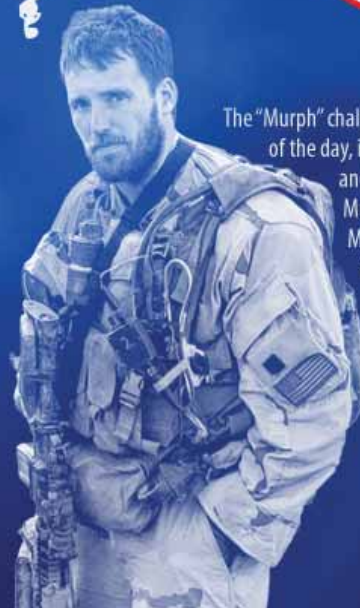
The "Hero's WOD"

(Optional 20lb vest)

**1 MILE RUN
100 PULL-UPS
200 PUSH-UPS
300 AIR SQUATS
1 MILE RUN**

SEYMOUR JOHNSON AFB

sjfss.com [f/sjafb.fitness](https://www.facebook.com/sjafb.fitness)



The "Murph" challenge is more than just a workout of the day, it's a tradition to honor the courage and valor of Navy SEAL, Lt. Michael P. Murphy. While under attack in combat, Murphy valiantly put himself in the direct line of fire to radio for immediate support for his team. He was awarded posthumously, the Medal of Honor for his actions during the War in Afghanistan: OPERATION RED WINGS.

DEPARTMENT OF THE AIR FORCE



FITNESS & SPORTS

919.722.0420

AMERICA'S ARMED FORCES COLOR RUN

MAY 18

**EFMP 1 MILE 9AM
2-MILE COLOR RUN 10AM**

**YOUTH CENTER
919-722-0502**

sjfss.com [fb.com/sjafb.family](https://www.facebook.com/sjafb.family)



SCAN CODE
TO REGISTER
ONLINE
BEGINNING
APRIL 15

NEW: Horseback Riding 10am - Noon

Open to all ages

Check-in begins 1 hour before start

Free t-shirts and run numbers
while supplies last

COSMIC BOWLING



FRI

10PM - 12AM

\$9 per person, includes shoe rental

Group of 5	Group of 4	Group of 3
\$40/lane	\$33/lane	\$25/lane

SAT

2:30 - 4:30PM

\$7 per person, includes shoe rental

9:30 - 11:30PM

\$9 per person, includes shoe rental

Group of 5	Group of 4	Group of 3
\$40/lane	\$33/lane	\$25/lane

1290 ANDREWS ST
919.722.0350

PHANTOM
LANES

FB.COM/SJAFB.FUN
SJFSS.COM

MEMORIAL DAY *Bowling*



MAY 27 • 1 TO 7PM

\$2 GAME | \$2 SHOES

1290 ANDREWS ST
919.722.0350

PHANTOM
LANES

FB.COM/SJAFB.FUN
SJFSS.COM

Striking Specials

from Phantom Lanes

After School Bowling

Mondays • Before 5pm

Students bowl for just \$1.75 per game and \$1.75 shoe rental for a limited time.

Red Pin Bowling

Mondays • 5 to 9pm

Bowl a strike when the red pin is the head pin and win a free game. \$1.99 game or shoe rental

Hearts Apart Bowling

Mondays • 5 to 9pm

Exclusive offers for Hearts Apart (deployed affected) families assigned to Seymour Johnson. Enjoy free bowling and 10% off in the 10-Pin Café for a limited time. Subject to lane availability; see staff for details.

Penny a Pin Bowling

Wednesdays • 5 to 9pm

That's right, you can bowl for just pennies at Phantom Lanes. You only pay for the pins you knock down. Bowl over 200 and it's free.

Single Airmen Bowl Free

Wednesdays • 5 to 9pm

Single Airmen can unwind with a few free games of bowling, every Wednesday night. Rental shoes included.

All You Can Bowl

Thursdays • Bowl early for the best deal

Cost includes bowling and shoe rental.

8am to 1pm \$4.99

1 to 5pm \$5.99

5 to 9pm \$7.59

Pizza, Pins and Pop

Daily • During 10-Pin Café hours

Up to four people can enjoy two hours of bowling, shoe rental, one large, single topping pizza, and four sodas for one low price of \$40.

TANDEM SKYDIVING

June 15

Cadence Sky Sports

REGISTRATION OPENS MAY 1. SIGN UP AT OUTDOOR REC.



\$75 per person
Must provide own transportation

919-722-1104
sjfss.com
/sjafb.fun



SINGLE PERSON HANG GLIDING

KITTY HAWK KITES, OUTER BANKS

JUNE 22
SIGN UP BY JUNE 7



\$30pp includes transportation, entry, all gear and 3-hour beginner's hang gliding lesson. Space is limited; must be R4R SAPI eligible (unmarried). Sign up in Eagles Landing.

CPPO 919-722-8684 sjfss.com | fb.com/sjafb.fun



SPECIAL OFFERS
FOR SEYMOUR JOHNSON AIR FORCE BASE
CLICK the DSG ad on sjfss.com for discount coupons



LET'S GO FLY FISHING

SUNDAY, JUNE 30TH
08:30 AM TO 7:30 PM

\$50 Registration | Transportation & Fishing Gear Provided | Lillington, NC

Sign-ups start June 1st End on June 20th
Call or Visit Outdoor Recreation



sjfss.com | 722.1104 | fb.com/sjafb.fun



OLYMPIC POOL SEASON



Splash Pad & Olympic Pool
Open Memorial Day Weekend

Open Swim - Lap Swim
Private Pool Party Packages



SCAN CODE FOR MORE DETAILS

Outdoor Rec • 1385 S Andrews St • 919.722.1104 • sjfss.com • fb.com/sjafb.fun

SCHEDULES SUBJECT TO CHANGE PENDING WEATHER AND STAFF AVAILABILITY



ENTER
for a chance to
WIN!

2 GRAND PRIZE WINNERS
RECEIVE A \$500 EXCHANGE GIFT CARD.

8 RUNNER UP WINNERS
RECEIVE A \$250 EXCHANGE GIFT CARD.



Go to shopmyexchange.com/sweepstakes
for complete details and links to enter.

May 1 - May 31, 2024



2023 Grand Prize Winners

SCAN HERE TO ENTER



FIND YOUR PLACE WITH
KEYSTONE MANAGEMENT



INFO@KEYSTONEMANAGEMENT.COM



(877) 776-4875



WWW.KEYSTONEMANAGEMENT.COM

How to ...

R4R Sip & Art: Ice Tie Dye Workshop

May 8 • 5:30pm

Mustang Taproom

Single Airmen and Deployed Affected are in for a treat this month. The Community Programs & Partnership (CPPO) staff is hosting an Ice Tie Dye workshop where participants will make unique tie dyed t-shirts using the ice and powdered dye. Instructions and supplies are included for \$5 per person. Space is limited. Ages 18 and up, call 919-722-8684 by May 3 to sign up.

Learn to Fish

June 6 • 10:30am to noon

Outdoor Adventure Park pond

Sign up your children, ages 3 and up, for this fun how to class at the Outdoor Rec pond. \$10 per child covers bait, use of a fishing pole and instruction. Limited spots are available. Call 919-722-1104 by May 30 to sign up.

Hot Glue Art

June 12 • 5:30pm

Mustang Taproom

Here's another fun craft for Single Airmen and Deployed Affected, ages 18 and up. CPPO offers instructions and supplies to make a three dimensional painting with hot glue on canvas. Space is limited. Call 919-722-8684 by June 7 to sign up.



Birdhouse Painting

May 17
4pm
Outdoor Rec

\$7 pp includes a birdhouse & paint supplies

Sign up by May 4 • Outdoor Recreation
919.722.1104 • sjfss.com • fb.com/sjafb.fun

AIR FORCE
RESERVE
COMMANDER
FOR PROBLEMS

10410 Moncreiffe Rd., Suite 101, Raleigh, NC 27817

10410 Moncreiffe Rd., Suite 101, Raleigh, NC 27817

Sign up by May 15th

5.18.24
- 2:30PM to 5:30PM - \$55 fee - covers painting, hors d'oeuvres, and transportation

Arrive at Outdoor Recreation by 1pm
9 spots available
Open to all with base access

sjfss.com | 919.722.1104 | fb.com/sjafb.fun

No Federal Endorsement Intended



PINOT'S PALETTE

PAINT & SIP

OUTDOOR RECREATION

10410 Moncreiffe Rd., Suite 101, Raleigh, NC 27817

5.18.24
- 2:30PM to 5:30PM - \$55 fee - covers painting, hors d'oeuvres, and transportation

Arrive at Outdoor Recreation by 1pm
9 spots available
Open to all with base access

sjfss.com | 919.722.1104 | fb.com/sjafb.fun

No Federal Endorsement Intended



PAINT YOUR ART OUT with goats

MAY 19 2PM The Painted Farmer
Lucama, NC

AGES 18 & UP
SIGN UP BY
MAY 10
EAGLES LANDING
919.722.8684

Open To Deployment Affected (DAP) R4R eligible
\$10pp includes materials to make a door hanger

sjfss.com FB.COM/SJAFB.FUN

AIR FORCE
RESERVE
COMMANDER
FOR PROBLEMS

AIR FORCE
RESERVE
COMMANDER
FOR PROBLEMS

DESIGNER BAG



All prizes are authentic designer handbags, clutches, wallets, etc.



MAY 9 Doors open/sales begin • 5pm
Bingo • 5:30pm • Ages 18+

\$40 • 2-book min. | \$15 • ea. add'l book | \$7 • early bird

EAGLES LANDING 722.8684

sjfss.com
fb.com/sjafb.fun

Battle n Brews in the Mustang Taproom

Nighttime Bingo

May 1 • 5:30pm

Join us for a chance to win cash prizes in our monthly bingo event. There is a 2-book minimum purchase of \$10. Additional books and early bird cards are available beginning at 4:30pm.

Music Bingo

May 15 • 5:30pm

Play along for a fun, musical twist on bingo—listen to tunes to mark off spaces on your playing card. No cost to play and there are prizes to be won!

Brainstormer Trivia

May 17 • 5:30pm

Teams of up to six members go head to head in this recurring trivia challenge, which features a different theme each month. Bring your friends and play along for a chance to win FSS gift cards. Team registration begins at 5pm.

Backyard Game Night

May 22 • 5:30pm

Eagles Landing Backyard

Let's wind down this Wednesday playing corn hole and relaxing in our backyard.

MUSTANG TAPROOM

Hours of Operation

WED - THURS	3 - 8PM
FRI	3 - 10PM
FIRST SATURDAY	3 - 8PM



DUNGEONS DRAGONS FOR DUMMIES

@ The Base Library

FRIDAY, MAY 17
5 to 7pm

Meet to set up the characters and plan for play on Saturday.

SATURDAY, MAY 18
10 to 5pm

Game starts at 10am, players will continue until game is finished.

Learn to play Dungeons & Dragons // 6 - 10 Players // 18 and Over

This is a beginner "course" for those who want to learn or for those who have not played in a while.

Refreshments provided!

Scan QR code above to register // 722-5825 // [f /sjafb.library](https://www.facebook.com/sjafb.library)

MilSpouse Appreciation

COFFEE

May 6 • 8 to 10am
Seymo Joe to Go
 1514 GOODSON ST
 Free coffee and breakfast item
 while supplies last



For more information, call the
 Military & Family Readiness Center
 919.722.1123
sjfhs.com | facebook.com/sjafrc



Flavor Frenzy Deals

10-Pin Café —
 1290 Andrews St • 919-722-0349

Chicken Parmesan Melt
 Mondays • 7am to 8pm
 Combo with fries and drink 10.25

Taco Tuesday
 Tuesdays • 9am until sold out
 3 tacos with fries and drink 8.00
 - Beef or chicken, crunchy or soft

Specialty Burger (Five tasty choices)
 Wednesdays • 7am to 8pm
 Combo with fries and drink 9.25
 - Bowler Burger, Smoky Bacon Cheddar, Pepper Jack
 Bacon, Swiss Mushroom, or The Four Alarm

Chicken Fried Rice
 Thursdays • 9am until sold out
 Entree with egg roll and drink 5.50

Sloppy Joe Special
 Fridays • 9am until sold out
 Combo with fries and drink 6.25
 Sandwich alone 4.00

Compass Café —
 1385 S Andrews St • 919-722-0394

Burger Special (Four juicy options)
 Mondays • 10:30am to 1pm
 With choice of side and drink 9.00
 - BBQ Bacon Cheeseburger, Jalapeno Cheddar,
 Mushroom Swiss, or ODR Burger

Chicken & Waffle Special
 Wednesdays • 6:30am to 1pm
 Belgian waffle, 2 chicken strips and drink 8.00

French Toast Friday
 Fridays • 6:30 to 10:30am
 2 slices, choice of meat and 2 eggs or drink 8.00

TOP SPOUSE

SJAFB SPOUSES ★ WARRIOR DINING IN

MAY 10 6-9PM
 EAGLES LANDING

- ✈ NACHO BAR
- ✈ YARD GAMES
- ✈ VOLLEYBALL



Scan the QR code. Space is limited. Pre-registration required. Limited child care available. Event is open to all military spouses.



Alcoholic beverages available for purchase
 QUESTIONS? CALL 919.722.1123



NO FEDERAL ENDORSEMENT OF SPONSORS INTENDED.



MAY 17
 4:30 TO 6:30PM

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



MUSTANG TAPROOM

www.sjfss.com | fb.com/sjafb.food

HEARTS APART COMMUNITY DINNER

for Friends, Family and Fellow Airmen
of Deployed Service Members

ALL are welcome!

Please join us as we come together
as a community to support one another.

**3RD TUESDAY OF EACH MONTH
5 TO 7PM • EAGLES LANDING**



HOSTED BY THE MILITARY & FAMILY READINESS CENTER
919-722-1123 | sjfss.com | fb.com/sjfss
**First come, first served; while supplies last*



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Career Counselor

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

MSgt Katrina Jones

I am the Air Force Reserve In-Service
Recruiter for Seymour Johnson AFB, NC.
I am available to discuss the many
opportunities or answer any questions about
the Air Force Reserve - Palace Chase or
Palace Front Programs.

UNC HEALTH Wayne

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Pick up a

Smoothie

Monday - Friday
6 to 10:30am

Smoothies \$4.25

- Mango
- Peach
- Pineapple
- Strawberry
- Strawberry-Banana

Flavored or Frozen Lemonades \$3.50

- Green Apple
- Strawberry
- Raspberry
- Watermelon



1514 Goodson St
fb.com/sjafb.food
sjfss.com



FOOD COUNCIL MEETING MINI TACO BAR

Join Us

MAY 28TH | 12PM - 1PM

OPEN FOR ANYONE TO ATTEND
HIGHLY RECOMMENDED FOR DORM RESIDENTS!

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

Register Here



SJFSS.COM
722-5298
FB.COM/SJAFB.FOOD



Fly by Sodexo @SJAFB

Southern Eagle Dining Facility —

Wing Wednesday

May 1 & 29 • 10:30am to 1:30pm

Fried or roasted 8.00

Steak Night

May 5 • 4:30 to 6:30pm

Grilled steak and baked potato 12.55

District Dogs

May 8 • 10:30am to 1:30pm

Chicago Dog 1.70

Chili Cheese Dog 3.65

Southwest Dog 2.30

BYO Dog 3.75

National Shrimp Day

May 9 • 10:30am to 1:30pm

Seafood Stuffed Shrimp 6.50

Shrimp Scampi 6.00

Taco Tuesday

May 14 • 10:30am to 1:30pm

Beef (2) 3.80

Chicken (2) 3.85

Beyond (2) 5.65

Tastes of Asia

May 15 • 10:30am to 1:30pm

Beef and Broccoli Stir Fry

Pork Vindaloo

Punjabi Chicken Curry

Thai Mango Rice Pudding

Pork Bahn Mi

Spicy Gochujang Chicken Sandwich

Asian Pacific American Heritage Meal

May 23 • 10:30am to 1:30pm

Shoyu Chicken 3.55

Imperial Fried Rice 3.65

Hoison Pork Ribs 3.25

Memorial Day BBQ

May 27 • 10:30am to 1:30pm




BBQ Flank Steak

BBQ Pork Ribs

Honey BBQ Chicken

Hot Dogs

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
 <p>Carefully lift the staples and remove this handy calendar to place on your fridge or bulletin board</p>	 <p>AEROBICS SCHEDULE</p>	 <p>SJFSS.COM</p>	<p>1</p> <p>Wing Wednesday - DFAC EFMP 101 11am Penny-a-Pin Bowling 5pm Single Amn Bowl Free 5pm Nighttime Bingo 5:30pm</p>
<p>5</p> <p><i>Military Spouse Appreciation Week</i> Steak Night - DFAC</p>	<p>6</p> <p>Smoothie Special 6:30am <i>MilSpo Appreciation Coffee 8am</i> Hearts Apart Bowling 5pm Red Pin Bowling 5pm</p>	<p>7</p> <p>Airman's Attic 10am Taco Tuesday, 10-Pin Café Story Time 11am <i>The Art of Food Cooking Class 11am</i></p>	<p>8</p> <p><i>Education, Volunteer & Employment Fair 10am</i> District Dogs - DFAC Penny-a-Pin Bowling 5pm Ice Tie Dye Class 5:30pm</p>
<p>12</p> <p>MOTHERS' DAY</p>	<p>13</p> <p>Smoothie Special 6:30am Chicken Parm Melt, 10-Pin Burger Special, Compass Hearts Apart Bowling 5pm Red Pin Bowling 5pm</p>	<p>14</p> <p>Airman's Attic 10am Taco Tuesday, 10-Pin Café Taco Tuesday - DFAC Story Time 11am</p>	<p>15</p> <p>Chicken & Waffle, Compass FDS Officer Training 9am Tastes of Asia - DFAC Penny-a-Pin Bowling 5pm Music Bingo 5:30pm</p>
<p>19</p> <p>Paint Your Art Out With Goats 2pm</p>	<p>20</p> <p>Smoothie Special 6:30am Chicken Parm Melt, 10-Pin Burger Special, Compass Hearts Apart Bowling 5pm Red Pin Bowling 5pm</p>	<p>21</p> <p>Newcomers Orientation 8am Airman's Attic 10am Story Time 11am Fed Resume Class 11:30am Hearts Apart Dinner 5pm</p>	<p>22</p> <p>Chicken & Waffle, Compass Penny-a-Pin Bowling 5pm Single Amn Bowl Free 5pm Backyard Games 5:30pm</p>
<p>26</p> <p>Sunset Paddle on the Cape Fear River - BAFRA 7pm</p>	<p>27</p> <p>MEMORIAL DAY Memorial Day BBQ - DFAC Holiday Bowling 1pm</p>	<p>28</p> <p>Airman's Attic 10am Taco Tuesday, 10-Pin Café Story Time 11am Food Advisory Council & Mini Taco Bar 12pm</p>	<p>29</p> <p>Burger Special, 10-Pin Wing Wednesday - DFAC Penny-a-Pin Bowling 5pm Single Amn Bowl Free 5pm</p>

THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>Bundles for Babies 9am ABCs of PCSing 9am Car Buying 1pm Mustang Taproom will be closed for official function</p>	<p>3</p> <p>French Toast, Compass Café Sloppy Joe Fridays, 10-Pin Cosmic Bowling 10pm</p>	<p>4</p> <p>SCUBA Lessons 8am Open to All Ranks 12pm Kiddie Matinee 1pm Cosmic Bowling 2:30pm Cosmic Bowling 9:30pm</p>
<p>9</p> <p>All You Can Bowl, All Day Chicken Fried Rice, 10-Pin Airman's Attic 10am Shrimp Day - DFAC <i>Designer Bag Bingo 5pm</i></p>	<p>10</p> <p>Mental Health Walk 8am Free Movie 6pm <i>Top Spouse Dining In 6pm</i> Virtual Cooking Class 7pm Cosmic Bowling 10pm</p>	<p>11</p> <p>Cosmic Bowling 2:30pm Virtual Cooking Class 6pm Cosmic Bowling 9:30pm</p>
<p>16</p> <p>Jeep Jam, pier + tent areas closed thru Fri - Blakeslee All You Can Bowl, All Day Airman's Attic 10am Fly By Movie 4:30pm</p>	<p>17</p> <p>Murph Challenge 8am Birdhouse Painting 4pm Freebie Friday 4:30pm Dungeons & Dragons 5pm Brainstormer Trivia 5pm</p>	<p>18</p> <p>America's Kids Color Run, EFMP 9am, Others 10am Parents Day Out 9am-1pm Kiddie Matinee 1pm Sip & Paint 2:30pm</p>
<p>23</p> <p>All You Can Bowl, All Day Chicken Fried Rice, 10-Pin Airman's Attic 10am APAH Meal - DFAC Civ Resume Class 11:30am</p>	<p>24</p> <p>ACC FAMILY DAY Summer Kickoff - BAFRA Bowling opens 1pm Movie - BAFRA 8:30pm Cosmic Bowling 10pm</p>	<p>25</p> <p>Recreation Day - BAFRA Rec Hall 11am Cosmic Bowling 2:30pm Steak Night 4:30pm Cosmic Bowling 9:30pm</p>
<p>30</p> <p>All You Can Bowl, All Day Airman's Attic 10am Chicken Fried Rice, 10-Pin My Story 11:30am</p>	<p>31</p> <p>French Toast, Compass Café Sloppy Joe Fridays, 10-Pin Cosmic Bowling 10pm</p>	<p>ALL MONTH Fitness Challenge: One Rep Max Bench May Fitness Month Mental Health Awareness</p>



- June 1
 - Open to All Ranks
 - Kiddie Matinee
- June 5
 - Nighttime Bingo
- June 6
 - Bundles for Babies
 - Learn to Fish
- June 7
 - Friday Movie
- June 8
 - Parents Day Out
- June 12
 - Hot Glue Art
- June 13
 - Get to Know FCC
- June 15
 - Skydiving
 - Kiddie Matinee
- June 18
 - Summer Reading
- June 21
 - Freebie Friday
 - Brainstormer Trivia
- June 22
 - Hang Gliding Trip
- June 26
 - Backyard Movie, Double Feature
- June 28
 - Independence Event
- June 30
 - Fly Fishing Trip

Free Movies

From Friday night flicks to Saturday matinees, cult classics and new releases, we offer a variety of free movies throughout the month. Want snacks? You may bring your own but no alcoholic beverages please.

Finding Nemo

SATURDAY - May 4 • 1pm • Sabre Cinema
G • 2003, Adventure/Comedy, 1h 41 min

Kandahar

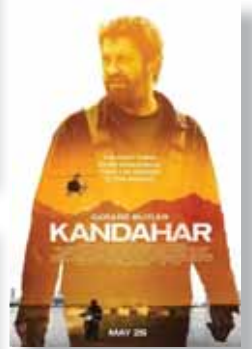
FRIDAY - May 10 • 6pm • Sabre Cinema
R • 2023, Action/Thriller, 2h

Doctor Strange in the Multiverse of Madness

THURSDAY - May 16 • 4:30pm • Southern Eagle Dining Facility
PG-13 • 2022, Fantasy/Horror, 2h 6m

Luca

SATURDAY - May 18 • 1pm • Kiddie Hawk Playground
PG • 2021, Family/Fantasy, 1h 38m



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MilSpouse Appreciation

SPOUSE WARRIOR WEEK

Celebrating the Heart of the Team—You! **Save the dates:** Attend special events to enter **DOOR PRIZE DRAWINGS!** Scan QR code to pre-register.



MON 05.06.2024

DAY 1

Free Coffee

8 to 10am • Seymo Joe to Go

Enjoy a free coffee and breakfast item while supplies last.

Scavenger Hunt

Monday - Friday Noon

Download the GooseChase app and enter code 3G7M15.

The winner will be announced at the Top Spouse Dining In.

TUES 05.07.2024

DAY 2

The Art of Food Cooking Class

11am to 1pm • Eagles Landing

Space is limited. Registered participants will be making sushi, mocktails and more!



USO Recipe Swap Club

5pm • USO NC SJAFB Center

Scan code at left to register. Share a favorite recipe to celebrate Asian American and Pacific Islander Heritage Month. The group will prepare one recipe together.

WED 05.08.2024

DAY 3

Education, Volunteer & Employment Fair

10am to 1pm • Eagles Landing

Meet with college representatives, agencies seeking volunteers, and potential employers.

This will be our largest hiring event of the year! The focus of this job fair is you, our military spouses! Come see all the options there are for you in the local community. The event is open to all DoD cardholders with base access.

THURS 05.09.2024

DAY 4

Designer Bag Bingo

5:30pm • Eagles Landing

The M&FRC partners with Community Programs & Partnerships (CPPO) to host this special evening of Bingo. All prizes will be authentic designer handbags, clutches, wallets, etc.

\$40 2-book minimum purchase, \$15 each additional book, and \$7 Early Bird cards. Open to ages 18+ with base access.

FRI 05.10.2024

DAY 5

'Top Spouse' Warrior Dining-In

6 to 9pm • Eagles Landing

An informal dinner for spouses to experience their own Combat Dining-In, complete with altered uniforms, face paint, yard games, volleyball, etc. Limited on-site child care provided with pre-registration.

Sponsored in part by:



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For more information, call the
Military & Family Readiness Center
919.722.1123

sjfss.com || facebook.com/sjafrc



EFMP 101

May 1 • 11am to Noon • Connect 4, Room B

Learn more about how EFMP-Family Support, the School Liaison Program, Family Child Care, and Tricare supports EFMP families. Light refreshments will be provided. RSVP to 919-722-7337.

ABCs of PCSing

May 2 • 9 to 11:30am • Family Life Center, Room 200

Sign up now for this class that is designed to help you successfully navigate the Permanent Change of Station (PCS) maze. We can help minimize the stress, confusion and hardships often associated with moving. Call 919-722-1123 to pre-register.

Moving Out of the Dorms

May 2 • 9 to 11am | May 16 • 2 to 4pm | May 30 • 9 to 11am

M&FRC Conference Room or Family Life Center, Room 200

Topics include choosing where to live, considering a roommate, the application process, understanding the lease agreement, how to set up housekeeping, and budgeting. Airmen will develop a budget reflecting their new financial obligations. Call 919-722-1123.



Bundles 4 Babies

May 2 | June 6 • 9am to 1pm

Eagles Landing

This Military & Family Readiness Center presents this program for new and expectant parents. Topics include helpful tips on prenatal nutrition, budgeting, and caring for newborns. Each participating active duty Air Force family receives a \$100 grant from the Air Force Aid Society (AFAS). Light refreshments will be available. Space is limited. Call 919-722-1123.



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Car Buying

May 2 • 1 to 2pm

M&FRC Conference Room

It is important that buyers understand the specific steps involved in making a wise purchase. The Car Buying course is designed to develop knowledge and skills that will enable learners to conduct adequate research on a new car purchase, to determine how much they can afford to spend on a car and to negotiate effectively when purchasing an automobile. Sign up by calling 919-722-1123.

Open to All Ranks

May 4 • 12 to 2pm

Airman's Attic

The Attic opens to all ranks on the first Saturday of the month. It is open each Tuesday and Thursday from 10am to 1pm for E-6 and below. Donations may be dropped off 24 hours a day in the shed behind Connect 4. For more details or to volunteer, call 919-722-1123.

First Duty Station Officer Training

May 15 • 1 to 2pm

M&FRC Conference Room

Financial Briefing for First Duty Station Officers that covers pay and entitlements, banking and allotments, checkbook/debt management, budgeting and saving, retirement planning, insurance, credit management, car buying, PCS finances, financial counseling, investment tools, and personal and family readiness. For more information, call 919-722-1123.



EDUCATION, VOLUNTEER & EMPLOYMENT FAIR

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

OPEN TO ALL WITH BASE ACCESS

EDUCATION

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

VOLUNTEER

Local agencies will be in attendance offering information about volunteer opportunities.

EMPLOYMENT

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

EDUCATION OFFICE: 919.722.5800

MFRC OFFICE: 919.722.1123

MAY 8 • 10AM TO 1PM • EAGLES LANDING

Newcomers Orientation

May 21 • 8am to 1:30pm • Eagles Landing

Orientation/information fair for newly assigned personnel and their families.

Federal Resume Writing Workshop

May 21 • 11:30am to 1pm • Connect 4

Learn to write an effective resume for government positions, how to search for jobs on USAJobs, and tips and tricks to navigate the web site. Call 919-722-1123 to sign up.

Civilian Resume Writing Workshop

May 23 • 11:30am to 1pm • Online

Learn to write an effective resume that will open the door to your next career. For more information, call 919-722-1123.



Parents Day Out

May 18 • 9am to 1pm

Pre-register for childcare May 6 - 15

CDC (6wks-5yrs) 722.1198 • Youth Center (5-12yrs) 722.0502

* \$8/hr per child (\$32 per session)

DEPLOYMENT CHILD CARE IN DAF CERTIFIED FCC HOMES



YOU MAY BE ELIGIBLE FOR
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- Each month the member is deployed
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Call or email the Family Child Care office to discuss eligibility requirements and request care



919.722.7194 | 4FSS.FCC.workflow@us.af.mil
sjfss.com | fb.com/sjafb.family

STORY TIME

Tuesdays 11 AM

In-Person @Library

AIR FORCE LIBRARIES

722-5825 /sjafb.library www.SJFSS.com

AIR FORCE LIBRARIES SUMMER READING PROGRAM on Military Installations Worldwide

READ, RENEW, REPEAT



JUNE 18 - JULY 30

Program kickoff June 18 @ 1pm

Base Library program days	Ages 0-6 Tuesdays 11am beginning June 25	Ages 7-12 Wednesdays 11am beginning June 26
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AIR FORCE LIBRARIES

1520 Goodson St | 919.722.5825 | sjfss.com
airforcelibraries.libguides.com/sjafb-library | fb.com/sjafb.library

Welcome, EFMP Navigator

Meet Sergio Jimenez, who joins the Exceptional Family Member Program - Family Support staff as the EFMP Navigator for Seymour Johnson. With nine years of experience with EFMP, he is ready to assist families with special needs by navigating available care systems and providing support at meetings and appointments.



“My background spans over 20 years in various roles within the military, giving me insight into the complexities of military life,” says Jimenez. “As an EFMP Navigator, I can help identify strengths and needs, assist in goal setting, and help create Family Need Assessments to achieve these goals. I also provide informed referrals, insights into disabilities or medical concerns, and empower families to advocate effectively.”

EFMP - Family Support is located in the Connect 4. He can be reached at sergio.jimenez.10@us.af.mil.

2024 VIRTUAL

Cooking Classes

WITH LUCA MANFE

WINNER OF MASTER CHEF SEASON FOUR

- | | |
|---|---------------------------------|
| 02.08 @ 1800 CT Mushroom Grepes | 07.26 @ 1800 CT Fish and Chips |
| 03.09 @ 1700 CT Chocolate Souffle + Cream Puffs | 07.27 @ 1700 CT Steak Night |
| 03.22 @ 1800 CT Lemon Risotto + Sea Scallops | 08.23 @ 1800 CT Beef Short Ribs |
| 03.23 @ 1700 CT Frico + Polenta | 08.24 @ 1700 CT Pork Tenderloin |
| 04.12 @ 1800 CT Lasagna | 09.06 @ 1800 CT Veal Scaloppini |
| 04.19 @ 1700 CT Taco Night | 09.07 @ 1700 CT Seafood Stew |
| 05.10 @ 1800 CT Tiramisu + Olive Oil Cake | 10.26 @ 1700 CT Rack of Lamb |
| 05.11 @ 1700 CT Homemade Gnocchi | |



ATTEND FOR A CHANCE TO WIN ONE OF TWO GRAND PRIZES*

*TERMS AND CONDITIONS APPLY



SCAN QR CODE TO LEARN MORE OR GO TO MYAIRFORCELIFE.COM/MASTERCHEF



SJ Express shoppers save at the pump with MILITARY STAR card

The Seymour Johnson community can rely on everyday savings at the pump with MILITARY STAR®.

Cardmembers save 5 cents on every gallon of gas at the Seymour Johnson Express. Last year, cardmembers worldwide saved \$3 million with this exclusive MILITARY STAR card benefit.

“The Seymour Johnson community doesn’t need to wait for a special offer to save on fuel,” said Seymour Johnson BX store manager CarolAnn Peck. “Airmen, military families, retirees and other authorized shoppers can count on MILITARY STAR savings at the pump every day.”

Cardmembers also earn 2% in rewards when they fuel up with MILITARY STAR. Choosing MILITARY STAR over other payment options also helps give back to Warfighters and their families, as 100% of Exchange earnings are reinvested in the military community.

In 2023, the fuel discount was part of a total \$439 million annual benefit MILITARY STAR provided to the military community worldwide.

Rewards exclude the Military Clothing plan. For more information on MILITARY STAR, shoppers can ask an associate or visit <https://afes.media/Mil-StarPA>.

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Youth of the Year

Meet Arryana D, the 2024 Youth of the Year for Seymour Johnson AFB. Arryana is a 17-year old junior who attends school in Goldsboro and participates in Youth Programs on base.

She competed in April for the Boys & Girls Clubs of North Carolina 2024-2025 Military Youth of the Year (MYOY) and won. Arryana goes on to compete for the Boys & Girls Clubs of America, Southeast MYOY, later this month in Atlanta, Ga.

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CONTACT



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

WEEKLY PROGRAMS

ROMAN CATHOLIC: St. Michael the Archangel

Confession	Sunday	0815-0845 (by appt.)
Sunday Mass	Sunday	0900-1000
Faith Formation	Sunday	1030-1145
Daily Mass	Mon-Thu	1130-1200

PROTESTANT: Christian/Non-Denominational

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

VACATION

BIBLE SCHOOL

24-27 June, 6-8:30 pm

Volunteer to Lead



Register Your Kids (ages 3 to 11)



All Families...

VBS REGISTRATION DINNER

Wed, 29 May, 6:00pm

To sign up, email pamela.ferrell.ctr@us.af.mil

All Ranks Auxiliary Honor Guard

We are excited to launch the Seymour Johnson Auxiliary Honor Guard (AHG) program. This elite team of volunteers will supplement the Base Honor Guard with supporting the installation and local community performing ceremonial colors events and funeral honors as their schedule permits. This unique opportunity is open to, active and reservist personnel of all ranks. Prior Honor Guard experience is not required.

Volunteers will attend a 3-day training course to learn Ceremonial Colors sequences and are invited to attend Honor Guard monthly training sessions on the 1st and 3rd Mondays of each month.

AHG volunteers should plan to support the team for a minimum of 6 months as their schedule allows and may remain on the team indefinitely if desired. Ceremonial uniforms will be issued to AHG members for the duration of their time actively supporting the AHG team. Reservist personnel must coordinate with their unit; per diem costs will not be reimbursed.

The tentative initial AHG training classes are scheduled for May 13-15 and June 10-12.

For additional information, please contact the Base Honor Guard at 919-722-7019 or email 4fw.hg@us.af.mil



GET TO KNOW FCC

JUNE 13 • 11AM-1PM • CONNECT 4

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

Open your own business with low start-up costs.

Support the Wing mission while working from home.

Flexible hours. Care for your own children.

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

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Call 919.722.7194

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

— *Hard Charger Awards* —



ABOVE: 4th Force Support Squadron Director, Ms. Kaci Harrison, presents the Hard Charger Team Award and traveling lightning bolt to the Military Personnel Flight. Left to right, 1st row: SrA Sanders, Ms. Harrison, SrA Worsham, SrA Hicks, TSgt Albaugh, TSgt Devane, Maj Beckler. 2nd row: SMSgt Darden, SrA Crisco, SrA Siner, SrA Hart, A1C Locklear, A1C Edwards, Amn Anthony. 3rd row: SSgt Fletcher.



LEFT: Ms. Harrison presents SrA Cassandra Hart with an individual Hard Charger award. Left to right: SMSgt Darden, Ms. Harrison, SrA Hart, Maj Beckler, and MSgt Woods.



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- **Afterburner Kiosk**
919.722.5294 • 2814 Jabara Ave
fb.com/sjafb.food
- **Compass Cafe & Catering**
919.722.0394 • 1385 S Andrews St
fb.com/sjafb.food
- **Mustang Taproom**
919.722.8547 • 1240 Andrews St
fb.com/sjafb.food
- **Seymo Joe to Go**
919.722.3104 • 1514 Goodson St
fb.com/sjafb.food
- **Southern Eagle Dining Facility**
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RECREATION

- **Auto Hobby Shop**
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1295 Jabara Ave • fb.com/sjafb.fun
- **Blakeslee Air Force Recreation Area**
910.500.6465
118 Riverfront Rd., Kure Beach
- **Bowling, Phantom Lanes**
919.722.0350 • 1290 Andrews St
fb.com/sjafb.fun
- **Community Programming & Partnership Office (CPPO)**
919.722.8684 • 1240 Andrews St
fb.com/sjafb.fun
- **Fitness & Sports Center**
919.722.0420 • 1500 Langley Ave
fb.com/sjafb.fitness
- **Kiddie Hawk Playground**
919.722.8684 • 1515 Goodson St
fb.com/sjafb.family
- **Outdoor Recreation Adventure Park**
919.722.1104 • 1385 S. Andrews St
fb.com/sjafb.fun
- **Sabre Cinema**
919.722.8684 • 919.722.8684
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- **Splash Pad (seasonal)**
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Debden Park • fb.com/sjafb.fun
- **Swimming Pool (seasonal)**
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4 FSS SERVICES & RESOURCES

- **Airman's Attic**
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- **Barbershop**
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- **Casualty & Survivors Benefits Plans**
919.722.7192 • 1600 Wright Brothers Ave

- **Child Development Center**
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1030 Langley Ave • fb.com/sjafb.family
- **Civilian Personnel Section**
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- **Commercial Sponsorship**
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- **Community Cohesion Coordinator (C3)**
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- **Connect 4**
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- **DEERS & ID Cards**
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- **Marketing**
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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**
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
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- **Youth Programs**
919.722.0502 • 1035 Langley Ave
fb.com/sjafb.family
- **Vet Clinic**
919.722.1465 • 1003 Collier Ave
By appointment only

BASE HELPING AGENCIES









- **Alcohol & Drug Abuse Prevention**
919.722.1883
- **Chaplain/Chapel**
919.722.0315 • 1505 Vermont Garrison St
- **Equal Opportunity**
919.722.1180
- **Family Advocacy**
919.722.7878
- **Health Promotion**
919.722.0407
- **Medical Group Primary Care**
919.722.1802
- **Mental Health Clinic**
919.722.1883
- **Military Family Life Counselor**
919.886.3346 - Adult
919.886.3405 - Child
- **Military One Source**
800.342.9647
- **Sexual Assault Response Coordinator**
919.722.0154 • 919.722.0155
919.722.7272 - Hotline

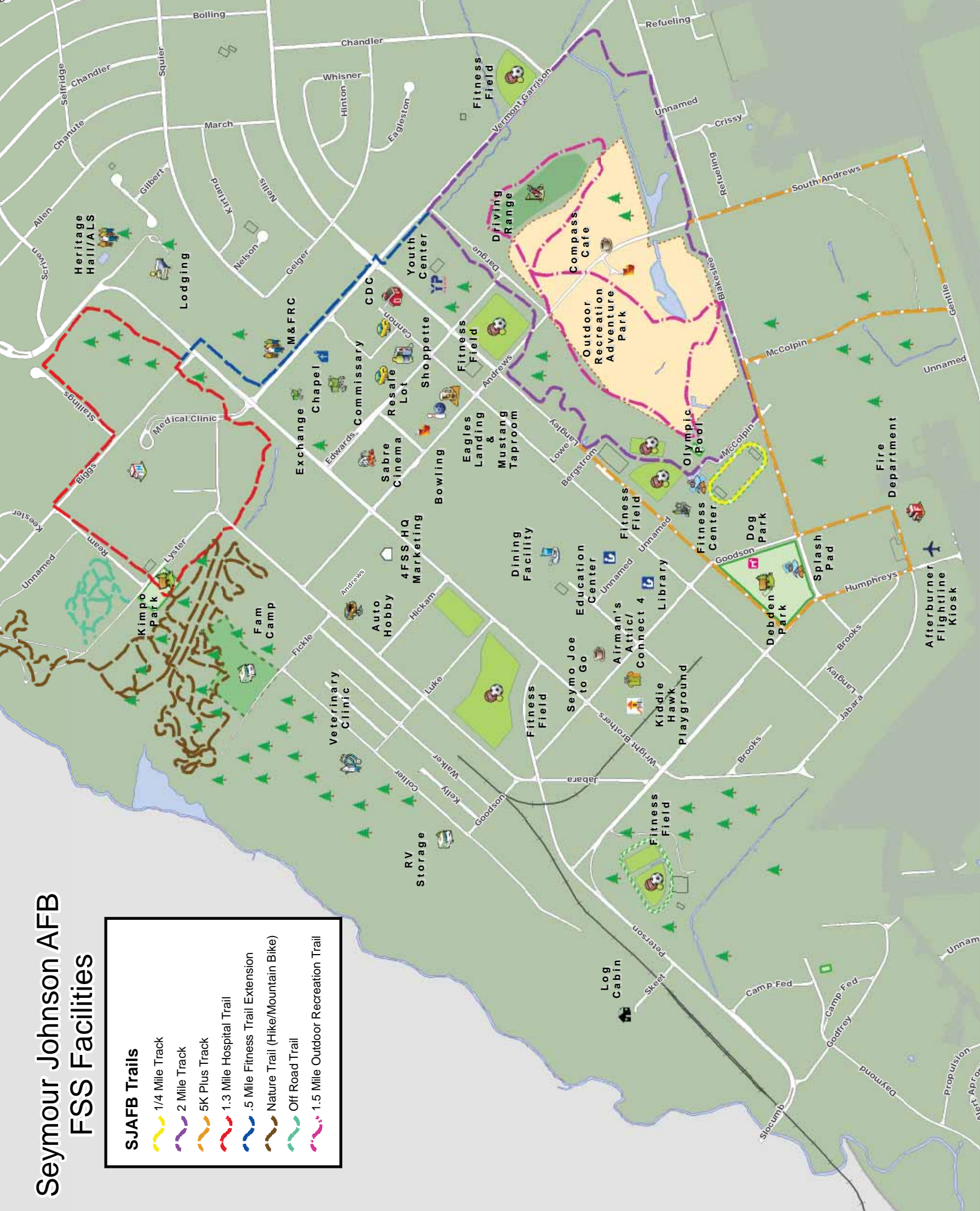
BASE SERVICES & RESOURCES

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

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SjAFB Trails	
	1/4 Mile Track
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