

A close-up photograph of a man in a military uniform holding a baby. The man is looking down at the baby with a gentle expression. The baby is wearing a dress with a red, white, and blue striped pattern and a blue section with white stars. The baby has a pacifier in its mouth. The background is blurred, suggesting an outdoor setting.

# SEYMOUR

NOV 2024

explore more

Your *FREE* guide to —  
Veterans Day happenings, classes,  
adventures, fitness fun and more!

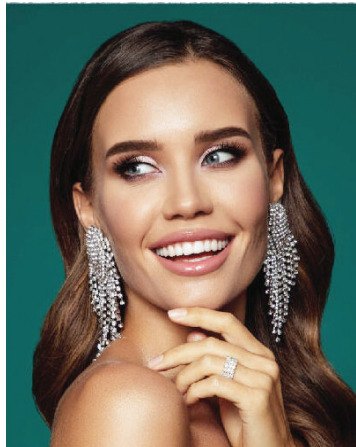
- **Military Family**
- **APPRECIATION**
- *Don't miss Family Fun Fest*



# Exchange shoppers can win \$8,400 in prizes with ‘Bling Bash’ sweepstakes

Just in time for the holidays, Seymour Johnson shoppers can add shine and style to their look with the Army & Air Force Exchange Service’s Bling Bash sweepstakes.

Now through Nov. 7, authorized Exchange shoppers 18 years and older can visit [ShopMyExchange.com/sweepstakes](https://ShopMyExchange.com/sweepstakes) for a chance to win one of nine pieces of jewelry from a prize pool valued at more than \$8,400.



“Nine lucky shoppers will hit the jackpot with this treasure trove of giveaways,” said Seymour Johnson Exchange store manager CarolAnn Peck. “From bracelets to watches, this sweepstakes is sure to enhance any wardrobe.”

## Prizes include:

- Men’s Seiko Presage Collection automatic watch (\$525 value)
- Women’s Seiko Presage Collection automatic watch (\$550 value)
- Ray Of Brilliance 3 ctw IGI-certified lab-grown diamond bracelet (\$2,199 value)
- True Origin 2 ctw certified lab-grown diamond solitaire earrings in 14K (\$1,499 value)
- 3 ctw diamond tennis necklace in sterling silver (\$999 value)
- 2x20mm round tube polished hoop earrings in 10K (\$199.00 value)
- Men’s Italian solid curb chain bracelet in 14K, 8 inch (\$1,379 value)
- 6-7mm freshwater cultured white pearl bead necklace in 14K (\$552 value)
- Created opal and created white sapphire bracelet, pendant and earrings set in sterling silver (5pc) (\$550 value)

No purchase is necessary to win. Winners will be notified by Dec. 6. Department of Defense and Coast Guard civilians and retirees and honorably discharged Veterans who have confirmed their eligibility to shop online can enter, too.

Veterans can learn more about their shopping benefits at <https://aafes.media/paveterans> and DoD civilians can visit <https://aafes.media/cacbenefitspa>.

*No federal endorsement intended.*



## FSS Scramble

### PLAY. ENTER. WIN.

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

NOEVBESSCAR



SOHBIEWN



EVGBATSEEL



TRSNIDATOI



IROECFETLNS



OLTFLAOB



NCREAKSTRUC



IARUGTDET



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— no planes and no parachutes; it's indoor skydiving!



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Cover image: U.S. Air Force photo by TSgt Christopher Hubenthal, 4th Fighter Wing



# VETERANS DAY CELEBRATION

HONORING THOSE WHO SERVED

**SATURDAY, NOV 9**

**11AM TO 2PM**

**LIVE MUSIC • GAMES • VENDORS**

A FREE EVENT TO SHOW APPRECIATION FOR VETERANS AND THEIR FAMILIES



910.500.6465 || [sjfss.com/blakeslee](http://sjfss.com/blakeslee) || [fb.com/blakesleeafra](https://fb.com/blakesleeafra)



EVERY SEASON STARTS AT



## SPECIAL OFFERS

**FOR SEYMOUR JOHNSON AIR FORCE BASE**

CLICK the DSG ad on [sjfss.com](http://sjfss.com) for discount coupons

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## 'Win a Gaming Lounge' sweepstakes: nearly \$15,000 in prizes!

Seymour Johnson shoppers can take home nearly \$15,000 in gaming prizes and gift cards in the Monster Energy 'Win a Gaming Lounge' sweepstakes.

Now through Nov. 30, authorized Exchange shoppers 18 years and older can enter at [ShopMyExchange.com/sweepstakes](http://ShopMyExchange.com/sweepstakes).

Five grand-prize winners will each receive a Monster Energy gaming chair, Respawn gaming desk, gaming backpack and PC gaming kit along with a \$900 Exchange gift card and \$140 American Express gift card, all valued at nearly \$10,000.

Fifty runners-up will each receive a \$100 Exchange gift card.

"Many service members use gaming as a way to decompress and unwind," said Seymour Johnson BX store manager CarolAnn Peck. "This sweepstakes will help Exchange shoppers take one step closer to their dream gaming setups."

Winners will be notified no later than Dec. 27. No purchase is necessary to enter. Department of Defense and Coast Guard civilians and honorably discharged Veterans who have confirmed their eligibility to shop online may also enter. Veterans can visit <https://aafes.media/paveterans> to learn more about their shopping benefit. DoD civilians can visit <https://aafes.media/cacbenefitspa>.

For full sweepstakes rules, visit [ShopMyExchange.com/sweepstakes](http://ShopMyExchange.com/sweepstakes).

# BASKETBALL & CHEER

## SIGN UP NOW THRU NOV 22

**Start Smart, age 4\***  
\$50 w/parent participation  
includes shirt \*Must be 4 by Jan 1

**Basketball, ages 5-15**  
\$50/member  
includes jersey

**Cheer, ages 5-12**  
\$65/member  
includes uniform

Youth must have a current physical and immunization record on file prior to the first practice.



**COACHES NEEDED**



Youth Center • 722-0503 [sjfss.com](http://sjfss.com)



# PHANTOM LANES

**All day, everyday**

— when lanes are open, except during Cosmic Bowling.

Get pizza, drinks, shoes and 2 hours of bowling for your foursome — just \$40!

919.722.0350

[sjfss.com](http://sjfss.com)

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





## TIRE FLIP >> COMPETITION

ALL MONTH - NOVEMBER  
FITNESS CENTER  
DURING MANNED HOURS

PARTICIPANTS WILL HAVE 2 MINUTES TO  
COMPLETE AS MANY TIRE FLIPS AS POSSIBLE.  
HIGHEST NUMBER OF TIRE FLIPS COMPLETED  
WINS! CAN BE ATTEMPTED ONCE PER PERSON.

>> 722-0420 | SJFSS.COM

## Jingle Bell Ruck

Dec 6 • 9am

### Fitness Center

The Southern Eagle Dining Facility and Fitness Center are co-hosting a Jingle Bell Ruck on Dec 6, at 9am, on the 2-mile trail.

Get into the season with this low impact, high cardio option. Grab your backpack and load it with 10% of your bodyweight to take your normal walk up a notch.

This event is open to all with base access. Participants are encouraged to dress in festive attire and decorate their ruck sacks. Sign up by Dec 1 on <https://www.signupgenius.com/go/10C0844ABA629AAFDC43-51029238-jingle>

## Jingle All the Way 5K

Dec 13 • 3pm

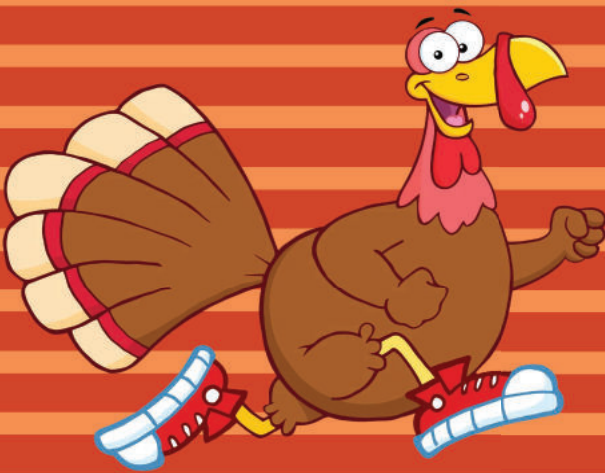
### Mustang Taproom

The Fitness Center's last run of the year is certain to be the jolliest. Join Santa and his elves for a 5K event on Dec 13, at 3pm. The race begins and ends at the Mustang Taproom.

The Jingle All the Way 5K is open to all ranks. Wear your most festive, fitness attire for this fun run. There will be photo ops and more. Registration is open online at [https://www.signupgenius.com/go/805094AA9A62EABF85-52380494-jingle#](https://www.signupgenius.com/go/805094AA9A62EABF85-52380494-jingle#/)

For more information, call the Fitness Center at 919-722-0420.

# TURKEY TROT



FITNESS CENTER 2-MILE TRACK

NOVEMBER 22

3:00PM

WWW.SJFSS.COM | 722-0420



FREE  
TO  
SIGN-UP!





# COSMIC BOWLING



**FRI**  
**SAT**

**10PM - 12AM**

\$9 per person, includes shoe rental

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

**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

HONORING THOSE WHO SERVED

**Veterans Day**  
BOWLING



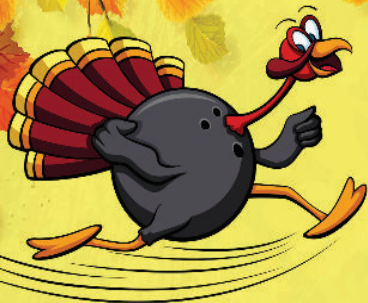
**NOV 11 • 1 TO 7PM**

**\$2 GAME**  
**\$2 SHOES**

SUBJECT TO LANE AVAILABILITY

**PHANTOM LANES**

sjfss.com • fb.com/sjafb.fun



**FAMILY DAY**  
**BOWLING**

**NOV 29 1 to 9pm**

**\$2 BOWLING**  
**\$2 SHOE RENTAL**

**PHANTOM LANES**

sjfss.com  
fb.com/sjafb.fun

**919.722.0350**

# PHANTOM LANES

## Open on Sundays

**1 to 7pm**

Enjoy open bowling when lanes are available. The center hosts league bowlers from 4 to 7pm each Sunday. The 10-Pin Café is open to all with base access from 1 to 6pm.

## 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, \$1.99 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



# Enter 11th Annual MILITARY STAR 'Your Holiday Bill Is On Us' Sweepstakes

It's almost the most wonderful time of year—and MILITARY STAR® is making it extra special by paying holiday bills off in full.

During the 11th annual Your Holiday Bill Is On Us sweepstakes, cardmembers will be automatically entered every time they use their card from Nov. 1 through Dec. 31.

Five grand-prize winners will have their MILITARY STAR card balance paid in full. Cardmembers with a balance below the \$2,500 grand-prize minimum will receive a statement credit for the difference. Ten second-place winners will receive \$1,000 statement credits, and 25 third-place winners will receive \$500 statement credits.

Since 2014, the Exchange Credit Program has paid off more than \$400,000 in balances for cardmembers.

"There is no other time of year like the holidays season," said Seymour Johnson GM TK Kuttamperoor. "Cardmembers on Seymour Johnson have more options on how and where they use their STAR cards."

In Sept. 2024, the Exchange Credit Program announced a new-and-improved card will be hitting mailboxes, allowing cardmembers to enjoy even more features. New features include:

- EMV® chip technology for more secure transactions.
- Digital payment options, such as tap-to-pay and mobile wallet capabilities.
- Acceptance at more on-installation merchants, including concessionaires; third-party vendors; name-brand restaurants; food delivery services; certain Morale, Welfare and Recreation activities; and more.

Authorized Seymour Johnson shoppers can use their MILITARY STAR cards at any military exchange or commissary, Exchange mall vendor, Armed Forces Recreation Center, ShopMyExchange.com, MyNavyExchange.com, ShopCGX.com. and more.

Cardmembers enjoy everyday benefits, including:

- 5 cents off per gallon at Exchange gas stations.
- 10% off food purchases at participating Exchange restaurants.
- Free standard shipping at ShopMyExchange.com and MyNavyExchange.com.
- 10% discount on all first-day purchases.
- Earning points on purchases and automatically receiving a \$20 digital rewards card every 2,000 points.
- A \$1,000 interest-free Military Clothing line of credit and deployment benefits for eligible cardmembers.
- No annual, late, or over-limit fees.
- Industry-low flat APR for all cardmembers, regardless of credit score.

Department of Defense and Coast Guard civilians and honorably discharged Veterans who have confirmed their eligibility to shop online may also enter. Veterans can visit <https://aafes.media/paveterans> to learn more about their shopping benefit. DoD civilians can visit <https://aafes.media/cacbbenefitspa>.



AIR FORCE  
COMMUNITY CENTER

# Barber Shop

Yolanda Paiz

Eagles Landing  
M-F 10am - 5pm

Scan QR Code  
to Book Now:



602.403.7314 📞

P.H.D.BARBER 📷



## AIRMAN'S ATTIC VOLUNTEERS NEEDED

Help is needed for sorting, stocking, and working the customer service desk.

Hours can vary.

Please call for more details.



MILITARY & FAMILY READINESS CENTER • 919-722-1123  
sjfss.com | facebook.com/sjafb.family

SWEDISH • DEEP TISSUE • HOT STONE • PRENATAL • THAI

# MASSAGE THERAPY

*email for appointment*

mdiaz@elysiummassage.net

*Swedish*  
30/60/90-MIN/2-HR  
\$30/\$45/\$85/\$105

*Deep Tissue*  
60/90-MIN/2-HR  
\$75/\$95/\$120

*Hot Stone*  
60/90-MIN/2-HR  
\$80/\$90/\$110

*Prenatal*  
30/60/90-MIN  
\$30/\$45/\$85

*Thai Oil*  
60/90-MIN  
\$70/\$90

*Elysium  
Signature  
Massage*  
60/90-MIN  
\$100/\$110

TOP THREE METHODS  
COMBINED

ENHANCEMENTS  
HOT STONE OR THAI \$15

Massage service by appointment at the  
Fitness Assessment Cell (FAC)

sjfss.com || fb.com/sjfss

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



# R4R SINGLE AIRMEN TOPGOLF EXCURSION

CHOICE OF DATES  
**NOV 16** SIGN UP BY 11/13  
**DEC 15** SIGN UP BY 12/6

TIME  
**10:30AM-2:30PM**

EXCLUSIVE OFFER FOR ALL  
 SINGLE AIRMEN ASSIGNED TO  
 SEYMOUR JOHNSON AFB —  
 ENJOY 4 HOURS OF TOPGOLF  
 FOR ONLY \$5 PER PERSON!  
 TRANSPORTATION NOT INCLUDED.

RSVP TO CPPO  
 AT EAGLES LANDING  
**919.722.8684**

NO FEDERAL ENDORSEMENT INTENDED

TOPGOLF LOCATION:  
 4901 TOPGOLF WAY  
 DURHAM, NC 27703



[SJFSS.COM](http://SJFSS.COM)  
[FACEBOOK.COM/SJAFB.FUN](https://FACEBOOK.COM/SJAFB.FUN)



*Indoor  
 Skydiving  
 & Laser Tag*



**NOV 23**  
 8AM TO 5PM

**\$500** pp, R4R eligible, includes  
 transportation + admission



Sign up by Nov 15 • Outdoor Rec • 1385 S Andrews St  
 919.722.1104 • [sjfss.com](http://sjfss.com) • [fb.com/sjafb.fun](https://fb.com/sjafb.fun)

# DISCOVERY FLIGHT

SEE OUTDOOR REC FOR SCHEDULE



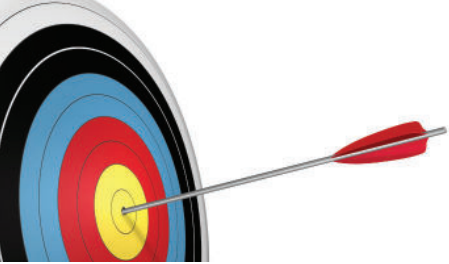
**SATURDAY DEC 7**

Sign up by Nov 26 at Outdoor Rec

- **R4R RecOn eligible:** open to active duty, Reserve, and their immediate family members
- \$5.00 per person includes 30 minutes of flight time
- Ask about alternate dates

1385 S ANDREWS ST  
**919-722-1104** [sjfss.com](http://sjfss.com)  
[fb.com/sjafb.fun](https://fb.com/sjafb.fun)





## Archery Range

### What you need to know

Outdoor Recreation oversees an Archery Range located near the Warrior Pines Log Cabin.

- All participants must have a signed waiver prior to use.
- If more than 1 person is using the range, archers may shoot a max of 5 arrows. Once all participants have completed their shots, "all clear" may be called, enabling everyone to retrieve arrows while not being in a line of fire.
- Do NOT leave trash or broken arrows/pieces on the range or shooting line.
- No broadheads; only field points/tips may be used on any range target.
- DO NOT tamper with or move ANY of the targets UNLESS to reset in the same place due to them falling over.
- NEVER bring pets to the range. This will prevent injury to them, distraction to other archers and damage to the targets.
- Children under 16yrs old MUST be accompanied by an adult who has signed a waiver.



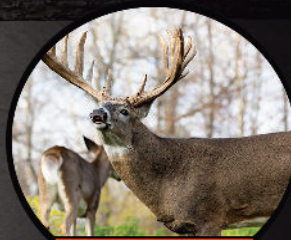
# HUNTING ON BASE



1 SEPT 2024 - 31 AUG 2025  
COYOTE SEASON



1 SEPT 2024 - 31 AUG 2025  
FERAL HOG SEASON

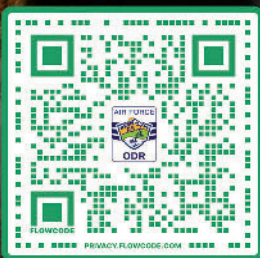


7 SEPT 2024 - 1 JAN 2025  
DEER SEASON



5 APRIL - 10 MAY 2025  
TURKEY SEASON

MORE DETAILS ON



ODR WEB PAGE

TAKE THE ANNUAL



SPORTSMAN TEST



Outdoor Recreation  
**919.722.1104**

[sjfss.com](http://sjfss.com)  
[fb.com/sjafb.fun](http://fb.com/sjafb.fun)

**AUTO HOBBY**  
EVERYDAY PRICES=  
**BIG**  
SAVINGS ON  
OIL CHANGES  
WEDNESDAY - SUNDAY  
10:00AM TO 4:30PM



Local cost comparison on synthetic oil change service with filter:

Competitors charge \$81-\$85

**OUR price \$55**

Prices vary pending vehicle specs

Call for an appointment

**1295 JABARA AVE • 919.722.1309**

LOCATED ONE BLOCK BEHIND MPF/ID & DEERS • [WWW.SJFSS.COM](http://WWW.SJFSS.COM)



# Military kids can win a share of \$3,700 in trending toys in Exchange's Toy Book Sweepstakes

The Army & Air Force Exchange Service is kicking off the holiday season with its Toy Book sweepstakes, giving away more than \$3,700 in trending toys and games to military kids worldwide.

Now through Nov. 27, authorized shoppers 18 and older can enter to win one of 80 prizes:

- BMW 4-in-1 Red Push Car – (five prizes – \$148.95 each)
- G.I. Joe Classified Series 60th Anniversary Deluxe Figure - Infantry – (five prizes – \$34.95 each)
- G.I. Joe Classified Series 60th Anniversary Deluxe Figure – Sailor, Recon Diver – (five prizes – \$34.95 each)
- Star Wars Lightsaber Forge Acolyte Masterworks Set – (five prizes – \$49.95 each)
- Spider-Man Glow FX Feature Mask – (five prizes – \$24.95 each)
- Beyblade X Battle Set – (five prizes – \$49.95 each)
- Baby Alive Crawl N Play – (five prizes – \$39.95 each)
- Nerf N-Series Infinite Blaster – (five prizes – \$39.95 each)
- Nerf N-Series Gear-Up Pack – (five prizes – \$24.95 each)
- Monopoly Go! – (five prizes – \$19.95 each)
- Play-Doh Pizza Delivery Scooter – (five prizes – \$94.95 each)
- Peppa Pig Muddle Puddles doll – (five prizes – \$39.95 each)
- Spidey & Friends Dance and Crawl Spidey – (five prizes – \$49.95 each)
- Spidey & Friends Dino Webs Playset – (five prizes – \$49.95 each)
- Play-Doh Spiderman Battle Playset – (five prizes – \$19.95 each)
- Play-Doh Rainbow Swirls Ice Cream Playset – (five prizes – \$19.95 each)



*Floral Broomstick Workshop*  
Nov. 13th @ 5:30pm

MUSTANG TAPROOM  
R4R ELIGIBLE - FREE  
SIGN UP BY NOV. 6TH

PARTICIPANTS WILL BE PROVIDED ALL  
MATERIALS AND INSTRUCTIONS ON HOW TO  
CREATE A FLORAL BROOMSTICK USING  
LARGE STICKS AND FLORAL PICKS.

AIR FORCE  
COMMUNITY CENTERS

MUSTANG  
TAPROOM

SJFSS.COM | 919.722.8684 | FB.COM/SJAFB.FUN

MUSTANG TAPROOM

fragments fig  
pottery and more

Make your own  
**FACE MUG** NOV 20  
6 TO 8PM

AN R4R CLASS IN THE MUSTANG TAPROOM

Hand-thrown mug, materials & firing included: \$10 each

Pre-registration REQUIRED. \* Sign up at Eagles Landing/CPPO  
or call 919-722-8684.

\* Open to Single Airmen (SAI) & Deployed  
Affected Personnel (DAP), ages 16 & up

[sjfss.com](http://sjfss.com) | [facebook.com/sjafb.fun](https://facebook.com/sjafb.fun)

AIR FORCE  
COMMUNITY CENTER

AIR FORCE  
RECHARGE FOR RESILIENCY

NO FEDERAL ENDORSEMENT INTENDED



Military shoppers can browse a sneak peek of the annual Toy Book for the season's hottest toys at military-exclusive prices at [weeklyad.shopmyexchange.com/view/98336278/](http://weeklyad.shopmyexchange.com/view/98336278/). The full book will be available at ShopMyExchange.com/weekly-ads beginning Oct. 25. Prices are valid through Nov. 27.

"This special sweepstakes kicks off the holiday season for America's youngest heroes," said store manager CarolAnn Peck. "The Exchange's greatest gift is giving back to those who serve, and military kids serve, too."

**Follow the Exchange:**

Facebook: [www.facebook.com/shopmyexchange](http://www.facebook.com/shopmyexchange)  
 Twitter: <https://twitter.com/shopmyexchange>  
 Instagram: [@shopmyexchange](https://www.instagram.com/shopmyexchange)



CHECK OUT THIS WEEK'S  
**DEALS!**

AAFES.MEDIA/WEEKLYADS



**R4R HOT COCOA DECORATION**  
*Dec 5th @ 5:30pm*  
 Mustang Taproom

**R4R ELIGIBLE \$10**  
**SIGN UP BY NOV 22ND**



[SJFSS.COM](http://SJFSS.COM)  
 919.722.8684  
[FB.COM/SJAFB.FUN](http://FB.COM/SJAFB.FUN)

**R4R ARM KNITTING**

Dec. 11th  
 5:30PM  
 Mustang Taproom

R4R Eligible \$10  
 Sign up by Dec. 5th

Participants will be provided all materials and instructions on how to knit a blanket using their hands and chunky yarn.



[sjfss.com](http://sjfss.com)  
 919.722.8684  
[fb.com/sjafb.fun](http://fb.com/sjafb.fun)





# 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.

**NOVEMBER 19 • 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*

MUSTANG TAPROOM AND CHURCH SPIRITS AND COCKTAILS

PRESENTS

# MIXOLOGY CLASS

\$30 PER  
PERSON



AT MUSTANG  
TAPROOM

19 NOVEMBER  
2024

CLASS STARTS  
AT 6PM

🌿 SIGN UP AT EAGLES LANDING OR CALL 919-722-8684 🌿  
NO FEDERAL ENDORSEMENT INTENDED



## Seymo Joe to Go Loyalty Card

**Mon - Fri • 6 to 10:30am**

Did you know Seymo Joe to Go offers a Loyalty Card redeemable for a free beverage, up to a \$6 value? Pick up a card at the drive-thru, buy nine beverages and get the 10th free. (ESM ineligible) — Scan the QR code to view our new menu.

## Brainstormer Trivia

**Nov 15 • 5:30pm**

**Mustang Taproom**

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.

## Thanksgiving Day Meals

**Nov 28 • Southern Eagle  
Dining Facility**

Take it easy this Thanksgiving and let us serve you turkey and all the fixings in the dining facility. Lunch is open to all from 10:30am to 1:30pm, and dinner is available from 4:30 to 6:30pm.

For more information, call 919-722-5294.



MUSTANG  
TAPROOM

# EAGLE WEDNESDAY & THURSDAY FROM 4 TO 5PM HOUR



\$1 off all drafts  
\$2 Red Bulls  
1/2 price sodas

Drink responsibly. Have a plan.

1240 Andrews St | sjfss.com | fb.com/sjafb.food



**NOV 15**  
4:30-6:30PM

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



MUSTANG  
TAPROOM

[sjfss.com](http://sjfss.com) | [fb.com/sjafb.food](https://fb.com/sjafb.food)

FIRST  
COMMAND

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## 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



# NOVEMBER

| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY   |
|--|---|---|---|
|  <p><b>AEROBICS SCHEDULE</b></p>              |  <p><b>SJFSS.COM</b></p>                   | <p><b>THIS MONTH</b></p> <p><i>Fitness Challenge:</i><br/>Tire Flip</p> <p><i>Veteran Saves Week:</i><br/>Nov 12-15 (See pg 25)</p>                       |   |
| <p>3</p> <p>Fall back: Daylight Saving<br/>Time ends at 2am</p> <p>Bowling Center open 1pm</p> <p>Paint Your Pet Class 3pm</p> | <p>4</p> <p>Chicken Parm Melt, 10-Pin<br/>Burger Special, Compass<br/>Hearts Apart Bowling 5pm<br/>Red Pin Bowling 5pm</p>  | <p>5</p> <p>Airman's Attic 10am</p> <p>Taco Tuesday, 10-Pin Café<br/>Story Time 11am</p>  | <p>6</p> <p>Chicken &amp; Waffle, Compass<br/>Burger Special, 10-Pin<br/>Eagle Hour 4pm</p> <p>Penny-a-Pin Bowling 5pm<br/>Single Amn Bowl Free 5pm</p> |
| <p>10</p> <p>Bowling Center open 1pm</p>   | <p>11</p> <p><b>VETERANS DAY</b></p> <p>Holiday Bowling 1 to 7pm</p>  | <p>12</p> <p>Airman's Attic 10am</p> <p>Taco Tuesday, 10-Pin Café<br/>Story Time 11am</p>   | <p>13</p> <p>Chicken &amp; Waffle, Compass<br/>Burger Special, 10-Pin<br/>Penny-a-Pin Bowling 5pm<br/>Floral Broomstick Work-<br/>shop 5:30pm</p>       |
| <p>17</p> <p>Bowling Center open 1pm</p>   | <p>18</p> <p>Chicken Parm Melt, 10-Pin<br/>Burger Special, Compass<br/>Hearts Apart Bowling 5pm<br/>Red Pin Bowling 5pm</p> | <p>19</p> <p>Newcomers Orientation 8am</p> <p>Airman's Attic 10am</p> <p>Taco Tuesday, 10-Pin Café<br/>Hearts Apart Dinner 5pm<br/>Mixology Class 6pm</p> | <p>20</p> <p>Federal Resume Class<br/>11:30am</p> <p>ABCs of PCSing 1pm<br/>Eagle Hour 4pm<br/>Make a Face Mug 6pm</p>                                  |
| <p>24</p> <p>Bowling Center open 1pm</p>   | <p>25</p> <p>Chicken Parm Melt, 10-Pin<br/>Burger Special, Compass<br/>Hearts Apart Bowling 5pm<br/>Red Pin Bowling 5pm</p> | <p>26</p> <p>Airman's Attic 10am</p> <p>Taco Tuesday, 10-Pin Café<br/>Story Time 11am</p>   | <p>27</p> <p>Burger Special, 10-Pin<br/>Eagle Hour 4pm<br/>Penny-a-Pin Bowling 5pm<br/>Single Amn Bowl Free 5pm</p>                                     |



| THURSDAY  | FRIDAY   | SATURDAY   |
|---|--|--|
| <p><b>Carefully</b> lift the staples and remove this handy calendar to place on your fridge or bulletin board</p>  | <p>1</p> <p>French Toast, Compass Café<br/>Sloppy Joe Fridays, 10-Pin<br/>Cosmic Bowling 10pm</p>  | <p>2</p> <p>Open to All Ranks 12pm<br/>Saturday Matinee 1pm<br/>Cosmic Bowling 9:30pm</p>  |
| <p>7</p> <p>All You Can Bowl, All Day<br/>Bundles for Babies 9am<br/>Car Buying Workshop 1pm<br/>Moving Out of Dorms 2pm<br/>Candle Making 5:30pm</p>   | <p>8</p> <p>French Toast, Compass Café<br/>Sloppy Joe Fridays, 10-Pin<br/>Free Movie 6pm<br/>Cosmic Bowling 10pm</p>   | <p>9</p> <p>Parents Day Out 9am<br/>Veterans Day Celebration @Blakeslee 11am<br/>Cosmic Bowling 2:30pm<br/>Cosmic Bowling 9:30pm</p> |
| <p>14</p> <p>All You Can Bowl, All Day<br/>Chicken Fried Rice, 10-Pin<br/>Civilian Resume Class 11:30am<br/>Eagle Hour 4pm</p>  | <p>15</p> <p>French Toast, Compass Café<br/>Sloppy Joe Fridays, 10-Pin<br/>Free Wings Friday 4:30pm<br/>Brainstormer Trivia 5:30pm<br/>Cosmic Bowling 10pm</p> | <p>16</p> <p>Kiddie Matinee 1pm<br/>Cosmic Bowling 2:30pm<br/>Family Fun Fest 5pm<br/>Cosmic Bowling 9:30pm</p>                      |
| <p>21</p> <p>All You Can Bowl, All Day<br/>Moving Out of Dorms 9am<br/>Chicken Fried Rice, 10-Pin<br/>Eagle Hour 4pm</p>  | <p>22</p> <p>Turkey Trot 5K 3pm<br/>Free Movie 6pm<br/>Teen Late Night, Sneaker Dance 7pm<br/>Cosmic Bowling 10pm</p>  | <p>23</p> <p>Indoor Skydiving &amp; Laser Tag 8am<br/>Cosmic Bowling 2:30pm<br/>Cosmic Bowling 9:30pm</p>                            |
| <p>28</p> <p><b>THANKSGIVING DAY</b></p>  | <p>29</p> <p><b>ACC FAMILY DAY</b><br/>Family Day Bowling 1-9pm<br/>Cosmic Bowling 10pm</p>  | <p>30</p> <p>Saturday Matinee 1pm<br/>Cosmic Bowling 9:30pm</p>  |



- Dec 5
  - Bundles for Babies
  - Hot Cocoa Decoration
- Dec 6
  - Jingle Bell Ruck
- Dec 7
  - Discovery Flights
  - Open to All Ranks
  - Matinee
  - Parents Night Out
- Dec 9
  - Holiday Village Vendor Fair + Tree Lighting
- Dec 11
  - Arm Knitting
- Dec 12
  - Polar Express Story Times
- Dec 13
  - Jingle All the Way 5K
  - Friday Movie
- Dec 14
  - Air Force Entertainment Comedy Show
- Dec 17
  - Newcomers
  - Hearts Apart Dinner
- Dec 20
  - Free Wings Friday
  - Brainstormer Trivia
- Dec 21
  - Matinee



# Free Movies

From Friday night flicks to Saturday matinees, cult classics and new releases, we offer a variety of free movies throughout the month.

## IF

**SATURDAY - Nov 2 • 1pm • Sabre Cinema**  
PG • 2024, Animation/Comedy/Drama, 1h 44m

## Furiosa: A Mad Max Saga

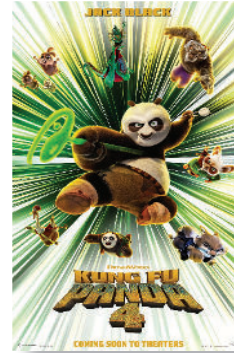
**FRIDAY - Nov 8 • 6pm • Sabre Cinema**  
R • 2024, Action/Adventure/Sci-Fi/Thriller, 2h 28m

## Kung Fu Panda 4

**SATURDAY - Nov 16 • 1pm • Kiddie Hawk Playground**  
PG • 2024, Action/Adventure/Animation, 1h 34m

## Thanksgiving

**FRIDAY - Nov 22 • 6pm • Sabre Cinema**  
R • 2023, Horror/Mystery/Thriller, 1h 46m



**LIVE STAGE**  
AN AIR FORCE ENTERTAINMENT PRODUCTION



**ERIC DITTELMAN**  
COMEDIAN/MENTALIST  
SAT, 14 DEC • 6PM  
SABRE CINEMA



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# family FUN FEST

AT EAGLES LANDING

MILITARY FAMILY APPRECIATION  
MONTH EVENT

**SATURDAY, NOVEMBER 16**  
**5:00PM – 7:00PM**



Bring non-perishable food to help Airman's Attic for door prizes!!

Top 3 Family Costume Prizes

- Theme
- Funniest
- Most Creative

*Event Highlights*

**COSTUME CONTEST**  
**TURKEY DINNER & INFO TABLES**  
**LIVE MUSIC & ACTIVITIES**  
**GAMES & PHOTO BOOTH**



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**WWW.SJFSS.COM | 919.722.1123 | FB.COM/SJMFRC**



# PET & READ

at the Base Library

NOV 16 • 1 TO 3PM

EFMP and Hearts Apart families are invited to read with the USO therapy dogs.

Call 919-722-1123 to sign up.

[sjfss.com](http://sjfss.com) | [fb.com/sjafb.family](https://fb.com/sjafb.family)



TEEN LATE NIGHT

## SNEAKER DANCE

*Party*

WEAR YOUR HOTTEST SNEAKERS AND MATCH THE REST! BRING A FRIEND OR DATE AND LET'S DANCE!

Friday

22  
NOV

7-10PM

FREE | YOUTH CENTER | REFRESHMENTS



[SJFSS.COM](http://SJFSS.COM) | 919.722.0502 | [FB.COM/SJYOUTH](https://FB.COM/SJYOUTH)



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VENDOR OPPORTUNITIES

# Holiday VENDOR FAIR

MONDAY  
DEC 9  
5 TO 7PM

\* RESERVE YOUR SPOT \* SELL YOUR GOODS \*  
\* LIMITED SPACES AVAILABLE \*  
SIGN UP BY NOV 29

AIR FORCE  
  
COMMUNITY CENTER

 4th FSS

ANNUAL TREE  
LIGHTING EVENT

\$25/table & chair

Call 919.722.8684 or email  
4FSS.CPPO.CommunityCenter@us.af.mil  
Eagles Landing Parking Lot • Edwards St

SJFSS.COM FB.COM/SJFSS FB.COM/SJAFB.FUN



Military & Family  
Readiness Center



[www.sjfss.com](http://www.sjfss.com)  
919.722.1123

# We've

# Moved

## 1410 Langley Ave Bldg 4215

*Across from the tennis courts*

### Open to All Ranks

**Nov 2 • 12 to 2pm • Airman's Attic**

The shop will open to all ranks on the first Saturday of the month. The Airman's Attic is regularly open on Tuesdays and Thursdays 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.

### Bundles 4 Babies

**Nov 7 | Dec 5 • 9am to 1pm • Eagles Landing: Pegasus Room**

The 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). Space is limited. Call 919-722-1123.

### Car Buying Workshop

**Nov 7 • 1 to 2:30pm • M&FRC Conference Room**

This class 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, and to negotiate effectively when purchasing an automobile. Call 919-722-1123 to sign up.

### Moving Out of the Dorms

**Nov 7 • 2 to 4pm | Nov 21 • 9 to 11am • Family Life Center**

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 to sign up.





Pre-register for childcare Oct 28 - Nov 6

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

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

## Free Food

**Nov 15 • 10am to Noon • 700 Stevens Mill Road**

Rations for Heroes is a free food distribution for military families that includes produce and other food items. Food boxes are available on the third Friday of each month, while supplies last, at the Three In One Family Center off base. This exclusive offer is open to all ranks, no income requirement, to include active duty, Reserve, veterans, retirees and spouses. For more information, call the Military & Family Readiness Center at 919-722-1123.

## Newcomers Orientation

**Nov 19 • 8am to 12:30pm • Eagles Landing**

Orientation/information fair for newly assigned personnel and their families. This is held monthly on the third Tuesday. For more information, call the M&FRC at 919-722-1123.

## FDS Officer Financial Brief

**Nov 20 • 9 to 10:30am • 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 details, call 919-722-1123.

## ABCs of PCSing

**Nov 20 • 1 to 3pm • Family Life Center**

This workshop is designed to help you successfully navigate the relocation maze by helping minimize stress, confusion, and hardships, often associated with moving. During this informative class, you'll hear from agencies such as TMO and Finance. For more information or to sign up, call 919-722-1123.



**November 12 - 15, 2024**

*The annual campaign focuses on increasing the financial confidence of Veterans, transitioning military members, and their families/ caregivers while encouraging them to engage in a financial check-in, gaining valuable insights to enhance their financial well-being.*

The Military & Family Readiness Center is a proud participant in Veteran Saves Week, an annual national campaign that encourages military-affiliated individuals and families to check-in on their finances by highlighting several key areas of financial readiness; such as financial stress, housing, employment, and banking.

Since 2007, Veteran Saves Week (formerly Military Saves Week), coordinated by America Saves and its partners, has been an annual celebration as well as a call to action for military-affiliated Americans to commit to saving successfully. Through the support of hundreds of participating organizations, together, we encourage our local communities to do a financial check-in to get a clear view of their finances and saving behaviors. The Veteran Saves pledge is an online tool that allows Savers to set a goal and make a simple savings plan that works. Learn more at [veteransaves.org](http://veteransaves.org).



# The EFMP Three Components

## Identification and Enrollment

Identification and enrollment is the point of entry into the Exceptional Family Member Program (EFMP). When a family member is identified as having special medical or educational needs, medical services will coordinate the documentation of those needs and the service member's enrollment in EFMP.

EFMP enrollment is mandatory for service members who have a family member with a special medical or educational needs. Enrollment ensures the family's needs are considered during the assignment process.

## Assignment Coordination

With the family member's special medical or educational needs documented, EFMP assignment staff and military personnel departments work together to coordinate assignments to locations that have the resources to address those needs. While the military mission is the driving force in assignments, the family member's needs are considered since appropriate services may be limited in some locations.

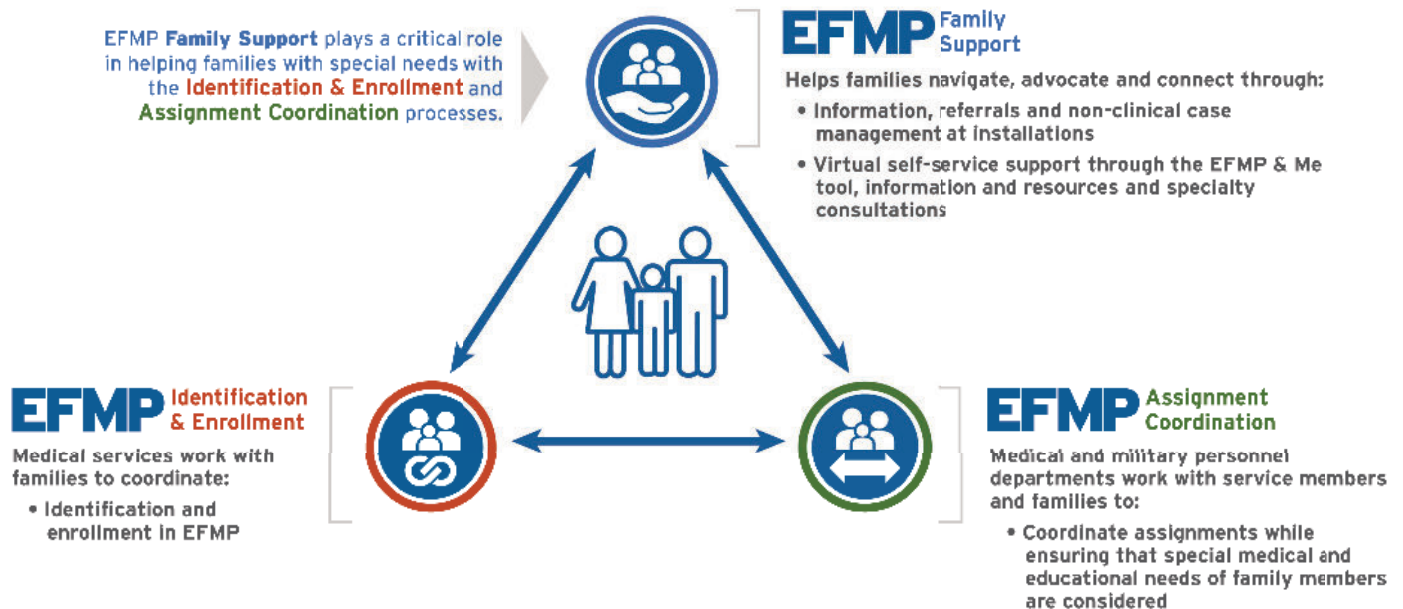
## Family Support

This is the most visible component of EFMP, with a Family Support center on most installations. Family Support providers help families navigate the identification and enrollment and assignment coordination processes.

They provide individualized support to families and help them become their own best advocate by providing:

- Information and referrals for military and community services
- Education outreach
- Information about early intervention and local school services
- Warm handoff to the EFMP program at the next location
- Non-clinical case management

For more information, contact the EFMP-Family Support Coordinator at 919-722-7337 or call the Military & Family Readiness Center at 919-722-1123.







# 4TH FIGHTER WING CHAPLAIN CORPS



## MISSION

DIRECT UNIT SUPPORT: **EMBEDDED TEAMS IN EVERY GROUP**  
COUNSELING & CRISIS CARE: **100% CONFIDENTIAL - 24/7/365**  
FREE EXERCISE OF RELIGION: **SUPPORT FOR ALL FAITHS**

## CONTACT

CHAPEL: **1505 VERMONT GARRISON ST.**  
PHONE/FB: **919-722-0315**  
**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-THURS | 1130-1200            |

### PROTESTANT: CHRISTIAN/NON-DENOMINATIONAL

|                           |          |           |
|---------------------------|----------|-----------|
| WORSHIP SERVICE           | SUN.     | 1100-1200 |
| YOUNG ADULT BIBLE STUDY   | SUN.     | 1700-1900 |
| WOMEN'S BIBLE STUDIES     | MON.     | 1830-1930 |
|                           | FRI.     | 1000-1100 |
| CHRISTIAN COMMUNITY NIGHT | WED.     | 1700-1915 |
| WORSHIP TEAM REHEARSAL    | THURS.   | 1700-1800 |
| MEN'S BIBLE STUDY         | 3RD SAT. | 0930-1100 |

## *Celebrate Christmas With Us!*

### Stockings for Airmen

|                        |                                   |
|------------------------|-----------------------------------|
| Item Collection Begins | Friday, 25 Oct                    |
| Item Collection Ends   | Saturday, 8 Dec                   |
| Fill the Stockings     | Sunday, 15 Dec, 12:30 pm – 3:30pm |
| Deliver the Stockings  | Saturday, 21 Dec, 3:00pm          |

### Protestant Schedule

|                                    |                          |
|------------------------------------|--------------------------|
| Advent Wreath Lighting commences   | Sunday, 1 Dec, 11:00am   |
| Christmas Eve Candlelight Service  | Tuesday, 24 Dec, 7:00pm  |
| New Year's Eve Service & Breakfast | Tuesday, 31 Dec, 11:00pm |

### Catholic Schedule

|                                |                            |
|--------------------------------|----------------------------|
| Advent Sunday Masses           | 1, 8, 15, & 22 Dec         |
| Children Christmas Eve Pageant | Tuesday, 24 Dec, 4:20pm    |
| Christmas Eve Mass             | Tuesday, 24 Dec, 5:00pm    |
| Christmas Day                  | Wednesday, 25 Dec, 10:00am |



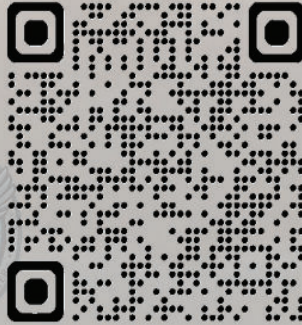
## SJAFB DEVELOPMENT ADVISOR

Enlisted, Officer, and Civilian Courses provided

- Career & Retrain Counseling
- Pro. Development Courses
- First Term Officer & Enlisted Courses
- AF Foundations Courses

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[HTTPS://4FWDEVELOPMENT.SETMORE.COM/](https://4fwdevelopment.setmore.com/)



## Virtual Civilian Resume Writing

Nov 14 • 11:30am • Online

Learn to write an effective resume that will open the door to your next career. Call the Military & Family Readiness Center at 919-722-1123 for details.

## Federal USAJobs Resume Writing

Nov 20 • 11:30am

Connect 4

This class focuses on resume writing for government positions, how to search for jobs on USAJobs.gov, plus tips and tricks to using the website. Call the Military & Family Readiness Center at 919-722-1123 to pre-register.

## CARE FOR INFANTS NEEDED!

Love babies? Want to make a difference? Work from home while supporting the 4th Fighter Wing mission! Become a certified Family Child Care Provider today.



### INFORMATION:

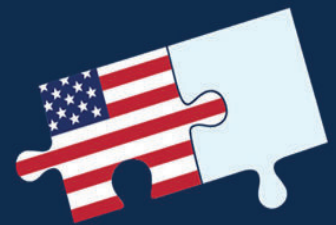
 FCC Office  
Located in Connect 4  
1515 Goodson St.

 919.722.7194

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

 [www.sjfss.com](http://www.sjfss.com)

## ARE YOU LOOKING FOR A NAF JOB?



SHAPE AMERICA'S FUTURE  
Find your fit in the Federal Government

APPLY  [WWW.USAJOBS.GOV](http://WWW.USAJOBS.GOV)



Let's talk

## Financial Readiness

- Credit Management
- Debt Management
- Budgeting
- Spending Plans
- Saving
- Car Buying
- Investing
- Thrift Savings Plan
- Retirement Planning



*Schedule an appointment with a Financial Counselor*  
M&FRC • Call 919-722-1123

[sjfss.com](http://sjfss.com)  
[fb.com/sjmfrfc](https://fb.com/sjmfrfc)



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- Classes toward CCAF degree available



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# — Hard Charger Awards —



**ABOVE:** 4th Force Support Squadron Commander, Maj Luis Linares-Ayala (Maj LA), presents the Hard Charger Team Award and traveling bolt trophy to the Military & Family Readiness Center (M&FRC) team. Left to right, front: MSgt Ashley Woods, Ms Kaci Harrison, Dalilah Jimenez, Maj LA, Jeff Craver, Lee Wright, and CMSgt Jason Brandy. Back: Jay Francis, Brandy Kentch, Capt Zachary Newman, Sandi Townson, Amber Creech, SMSgt Demond Darden, and Maj Nathan Beckler. Not pictured: Kevin McGill, Ashley McFarland, Jessica Davis, MSgt Chakindra Coats, TSgt Matthew Ballard, Rocky Ballantini, Arndrea Thomas, Sergio Jimenez, Crystal Correa, Bridget Sleppy, Jan Hicks and the Airman's Attic volunteers.











**RIGHT:** Maj LA presents A1C Cristian Diodati of the Southern Eagle Dining Facility with an individual Hard Charger award. Left to right: Maj LA, A1C Diodati, and SMSgt Demond Darden.

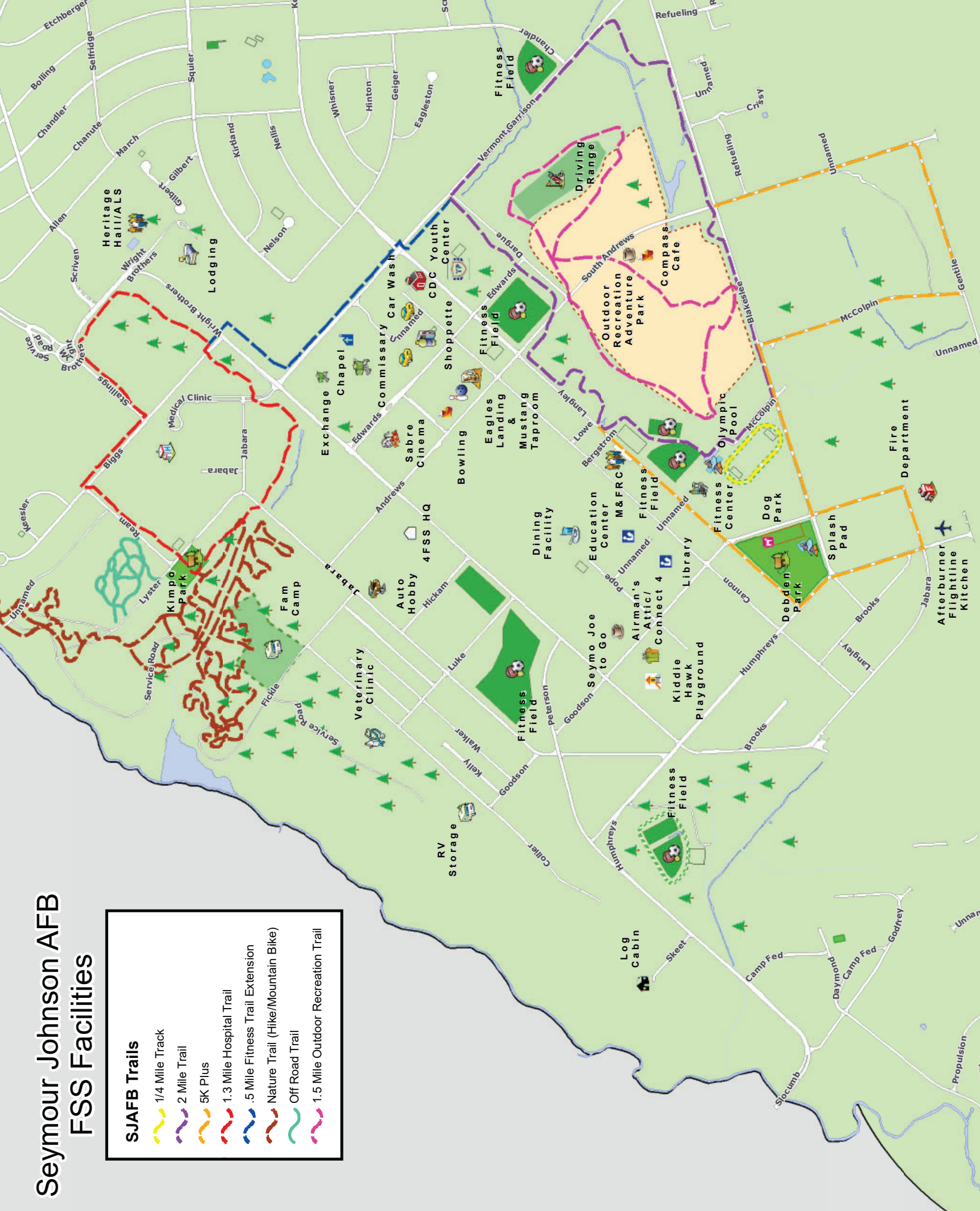




# Seymour Johnson AFB FSS Facilities

**SJAFB Trails**

-  1/4 Mile Track
-  2 Mile Trail
-  5K Plus
-  1.3 Mile Hospital Trail
-  .5 Mile Fitness Trail Extension
-  Nature Trail (Hike/Mountain Bike)
-  Off Road Trail
-  1.5 Mile Outdoor Recreation Trail





## FAMILY

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

Family Support—

- **EFMP - Family Support**  
919.722.1123 • 1410 Langley Ave  
[fb.com/sjefmp](https://fb.com/sjefmp)  
Monday - Friday 8:00am - 4:00pm
- **Military & Family Readiness Center**  
919.722.1123 • 1410 Langley Ave  
[fb.com/sjmfrfc](https://fb.com/sjmfrfc)  
Monday - Friday 8:00am - 4:00pm
- **School Liaison**  
919.722.5810 • 1515 Goodson St  
[fb.com/schools.sj](https://fb.com/schools.sj)  
Monday - Friday 8:00am - 4:00pm

Child Care—

- **Child Development Center**  
919.722.1198 • 1030 Langley Ave  
Monday - Friday 6:30am - 5:30pm
- **Family Child Care**  
919.722.7194 • 1515 Goodson St  
Monday - Friday 8:00am - 4:00pm
- **School Age Care**  
919.722.0502 • 1035 Langley Ave  
Monday - Friday 6:30 - 8:00am  
2:30 - 6:00pm  
Non-school days 6:30am - 6:00pm

Youth Activities—

- **Youth Programs**  
919.722.0502 • 1035 Langley Ave  
[fb.com/sjyouth](https://fb.com/sjyouth)  
Monday - Friday 7:00 - 8:00am  
2:45 - 6:00pm  
Non-school days 1:00 - 6:00pm

## SHOPPING

- **Commissary**  
919.722.0321 • 1310 Edwards St  
Sunday 11:30am - 6:00pm  
Monday - Saturday 8:30am - 7:00pm
- **Exchange (BX)**  
919.735.8511 • 1350 Edwards St  
[fb.com/SeymourJohnsonExchange](https://fb.com/SeymourJohnsonExchange)  
Sunday 11:00am - 6:00pm  
Monday - Saturday 9:00am - 6:00pm
- **Express with Class Six**  
919.734.7235 • 1090 Cannon Ave  
Sunday 9:00am - 8:00pm  
Monday - Friday 6:00am - 9:00pm  
Saturday 8:00am - 9:00pm

Thrift Shops—

- **Airman's Attic**  
919.722.7181 • 1515 Goodson St  
*Overseen by the M&FRC*  
Tuesday & Thursday 10:00am - 1:00pm  
First Saturday 12:00 - 2:00pm
- **Thrift Shop**  
919.722.0606 • 1585 Andrews St  
[fb.com/teamseymourspouses](https://fb.com/teamseymourspouses)  
Tuesday & Thursday 9:30am - 1:00pm

## FUN

[fb.com/sjafb.fun](https://fb.com/sjafb.fun)

Base Community—

- **Barber Shop**  
919.722.7760 • 1240 Andrews St
- **Community Programs & Partnership Office (CPPO/Eagles Landing)**  
919.722.8684 • 1240 Andrews St  
Monday - Friday 8:00am - 12:00pm
- **Connect 4**  
919.722.8684 • 1515 Goodson St  
Monday - Friday 8:00am - 5:00pm
- **Kiddie Hawk Playground**  
919.722.8684 • 1515 Goodson St  
Monday - Friday 9:00am - 6:00pm  
Saturday - Sunday 10:00am - 6:00pm

Entertainment—

- **Auto Hobby Shop**  
919.722.1309 • 1295 Jabara Ave  
Wednesday - Sunday 10:00am - 6:00pm
- **Bowling: Phantom Lanes**  
919.722.0350 • 1290 Andrews St  
Monday - Thursday 7:00am - 9:00pm  
> Down Day/Holiday\* 1:00 - 7:00pm  
Friday 7:00am - 12:00am  
> Down Day/Holiday\* 1:00pm - 12:00am  
Saturday 9:00am - 11:30pm  
Sunday 1:00 - 7:00pm  
\*Closed on New Years, Thanksgiving and Christmas days
- **Information, Tickets & Travel (ITT)**  
919.722.1104 • 1385 S. Andrews St  
Monday, Tuesday, Thursday, and Friday 9:00am - 4:00pm
- **Sabre Cinema**  
919.722.8684 • 3740 Edwards St  
Open by reservation only and for advertised movie showings

Outdoor Recreation—

- **Adventure Park (Outdoor Rec)**  
919.722.1104 • 1385 S. Andrews St  
Monday, Tuesday, Thursday, and Friday 9:00am - 4:00pm
- **FamCamp**  
919.722.1104 • 100 Fickel St  
*Operated by Outdoor Recreation*
- **Splash Pad (seasonal)**  
919.722.1104 • Debden Park  
*Operated by Outdoor Recreation*
- **Swimming Pool (seasonal)**  
919.722.1104 • Behind Fitness Center  
*Operated by Outdoor Recreation*

## FITNESS

[fb.com/sjafb.fitness](https://fb.com/sjafb.fitness)

- **Fitness & Sports Center**  
919.722.0420 • 1500 Langley Ave  
Monday - Friday 5:00am - 9:00pm  
Saturdays, Down Days 7:30am - 5:30pm  
Sundays, Holidays Unmanned access

## FOOD & LODGING

[fb.com/sjafb.food](https://fb.com/sjafb.food)

Food—

- **10 Pin Cafe**  
919.722.0349 • 1290 Andrews St  
Monday - Thursday 7:00am - 8:00pm  
> Down Day/Holiday\* 1:00 - 6:00pm  
Friday 7:00am - 11pm  
> Down Day/Holiday\* 1:00 - 11:00pm  
Saturday 9:00am - 10:30pm  
Sunday 1:00 - 6:00pm  
\*Closed on New Years, Thanksgiving and Christmas days
- **Afterburner Kiosk**  
919.722.5294 • 2814 Jabara Ave  
Monday - Friday  
> Lunch 11:00am - 2:00pm  
> Dinner 5:00 - 8:00pm  
> Midnight Meal 12:00 - 3:00am
- **Compass Cafe & Catering**  
919.722.0394 • 1385 S Andrews St  
Monday - Friday 6:30am - 1:00pm
- **Mustang Taproom**  
919.722.8547 • 1240 Andrews St  
[fb.com/mustangtaproom](https://fb.com/mustangtaproom)  
Wednesday - Thursday 3:00 - 8:00pm  
Friday 3:00 - 10:00pm
- **Seymo Joe to Go**  
919.722.3104 • 1514 Goodson St  
Mon - Fri 6:00 - 10:30am
- **Southern Eagle Dining Facility**  
919.722.5294 • 3650 Pope St  
Monday - Friday  
> Breakfast\*\* 6:00 - 9:00am  
> Lunch 10:30am - 1:30pm  
> Dinner 4:30 - 6:30pm  
\*\*Saturday, Sunday, and holidays  
> Breakfast 6:30 - 8:30am  
Daily: Grab-n-Go 6:00/6:30am - 6:30pm

Lodging—

- **Blakeslee Air Force Recreation Area**  
910.500.6465 • Kure Beach  
[fb.com/blakesleeara](https://fb.com/blakesleeara)  
Daily 9:00am - 5:00pm
- **Lodging @ Southern Pines Inn**  
919.722.0385 • 1235 Wright Brothers Ave  
Daily 24 hours a day/7 days a week

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.



## FORCE SUPPORT

[fb.com/sjffs](http://fb.com/sjffs)

Military—

- **Honor Guard**  
919.722.7019 • 1175 Wright Brothers Ave  
Monday - Friday 8:00am - 4:00pm
- **Military Personnel Section**  
919.722.8677 • 1600 Wright Brothers Ave  
Monday - Friday 9:00am - 3:00pm\*  
\*Closes at noon on first Wednesday
- **DEERS & ID Cards**  
919.722.8702 • 1600 Wright Brothers Ave  
Monday, Tuesday, Thursday,  
and Friday 7:30am - 3:30pm  
Wednesday 8:30am - 3:30pm
- **Private & Unofficial Organizations**  
919.722.7286 • 1600 Wright Brothers Ave  
Monday - Friday 7:30am - 4:30pm
- **Resource Management Flight**  
919.722.7286 • 1600 Wright Brothers Ave  
Monday - Friday 7:30am - 4:30pm

Support—

- **Unite**  
919.722.4697 • 1240 Andrews St  
Tuesday - Friday 8:00am - 12:00pm

Education—

- **Education & Training**  
919.722.5800 • 1195 Cannon Ave  
Monday - Wednesday 8:00am - 4:00pm  
Thursday 8:00am - 12:30pm  
Friday 8:00am - 4:00pm
- **Library**  
919.722.5825 • 1520 Goodson St  
[fb.com/sjafb.library](http://fb.com/sjafb.library)  
Monday - Wednesday 10:00am - 6:00pm  
Thursday 10:00am - 7:00pm  
Friday 10:00am - 6:00pm  
Saturday 10:00am - 5:00pm
- **Professional Development Center**  
919.722.1149 - Airman Leadership School  
919.722.5857 - Career Assistance  
1175 Wright Brothers Ave  
Monday - Friday 7:00am - 4:00pm

Civilian Jobs—

- **Civilian Personnel Section**  
919.722.0117 • 1570 Wright Brothers Ave  
Monday - Friday 7:00am - 5:00pm\*  
\*By appointment only. Closes at noon on  
the 2nd & 4th Tuesday
- **NAF Human Resources**  
919.722.5939 • 1570 Wright Brothers Ave  
Monday - Friday 7:30am - 4:30pm

Publicity—

- **Commercial Sponsorship**  
919.722.7154 • 1600 Wright Brothers Ave  
Cell 919.396.2843  
Monday - Friday 8:30am - 4:00pm
- **Marketing**  
919.722.8532 • 1600 Wright Brothers Ave  
Monday - Friday 8:00am - 4:00pm

## HELPING AGENCIES

- **4 FW/IG Hotline**  
919.722.0211 • Cell 919.273.9850
- **Air Force Aid Society**  
919.722.1123
- **Air Force Discrimination/Sexual  
Harrassment** • 888.231.4058
- **Alcohol & Drug Abuse Prevention**  
919.722.1883
- **Area Defense Council**  
919.722.5345
- **Behavioral Health Optimization Program**  
919.722.1802
- **Casualty & Survivors Benefits Plans**  
919.722.7192 • 1600 Wright Brothers Ave
- **Chaplain/Base Chapel**  
919.722.0315 • 1505 Vermont Garrison St
- **Child Protective Services**  
919.580.4034
- **DoD Fraud, Waste & Abuse Hotline**  
800.424.9098
- **Domestic Violence Victim Advocate**  
919.230.2980
- **Equal Opportunity**  
919.722.1180 • 919.722.1184
- **Employee Assistance Program (CIV)**  
866.580.9046
- **Exceptional Family Member Program -  
Medical** • 919.722.0809
- **Family Advocacy**  
919.722.1878
- **Health Promotion**  
919.722.0407
- **Integrated Resiliency Office**  
919.722.4492
- **Key Support Liaison Coordinator**  
919.722.1123
- **Legal Assistance**  
919.722.5322
- **Medical Group Primary Care**  
919.722.1802
- **Mental Health Clinic**  
919.722.1883
- **Military Family Life Counselor**  
919.886.3346 - Adult  
314.943.9784 - Child
- **Military One Source**  
800.342.9647
- **Safety**  
919.722.4222
- **TRICARE Information & Referral**  
800.444.5445
- **USO of NC - SJAFB Center**  
919.330.1226 • 1240 Andrews St  
[northcarolina.uso.org](http://northcarolina.uso.org)
- **Violence Prevention Coordinator**  
919.722.0748
- **Worldwide DoD Safe Helpline**  
977.995.5247

## EMERGENCY SERVICES

- **Ambulance/Fire/Police**  
911
- **Command Post**  
919.722.1973
- **Eagle Eyes**  
919.722.1212 - If you observe suspicious  
activity, please call us.
- **National Suicide Hotline**  
800.273.8255
- **Points East Veterinary Specialty  
Hospital** (24/7 emergency care)  
252.991.6560 • 5702 Grover Lane, Sims
- **Poison Control Center**  
800.222.1222
- **Red Cross Emergency Communications**  
877.272.7337
- **Security Forces**  
919.722.1211 • Tip Line 919.722.8477
- **Sexual Assault Prevention & Response**  
919.722.7272 - Hotline

## RESOURCES

- **Airmen Against Drunk Driving**  
919.722.2233 • [fb.com/callaadd](http://fb.com/callaadd)  
Friday - Saturday 10:00pm - 3:00am
- **Base Operator**  
919.722.1110
- **Equipment Rental**  
919.722.1104 • 1385 S Andrews St  
Monday, Tuesday, Thursday,  
and Friday 9:00am - 4:00pm
- **Manpower & Organization**  
919.722.5336 • 1195 Cannon Ave  
Monday - Friday 7:00am - 4:30pm
- **Mayroad**  
919.988.6920 • 600 Kenly Rd  
[fb.com/sjres](http://fb.com/sjres)  
Monday - Friday 7:30am - 5:30pm
- **Military Housing Office**  
919.722.0362 • 919.722.0363  
919.722.0364 • 600 Kenly Rd
- **Public Affairs**  
919.722.0027 • 1600 Wright Brothers Ave  
[fb.com/SeymourJohnsonAirForceBase](http://fb.com/SeymourJohnsonAirForceBase)
- **RV Storage**  
919.722.1104 • Collier Ave  
*Operated by Outdoor Recreation*
- **Traffic Management Office (TMO)**  
919.722.5490 • 919.722.5458
- **Vet Clinic**  
919.722.1465 • 1003 Collier Ave  
[fb.com/SJVTF](http://fb.com/SJVTF)  
By appointment only  
Monday - Thursday 10:00am - 3:00pm
- **Visitors Center**  
919.722.1335 • 919.722.1345  
1050 Wright Brothers Ave  
Monday - Friday 7:00am - 4:30pm  
After hours visitor passes: go to the main  
gate on Berkeley Blvd



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