

SEYMOUR

DEC 2024

explore more



**Holiday Village
VENDOR FAIR**
& Annual Tree Lighting

• **Your FREE guide to FSS festivities!**
• **ERIC DITTELMAN, Comedian/**
• **Mentalist: FREE, Live show**

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SERVICES

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- Large-format printing
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ADVERTISING & COMMERCIAL SPONSORSHIP

Event sponsorship gives you face time with and access to the SJAFB community. Build goodwill and brand recognition at our events!

Advertise in our monthly publication, SEYMOUR magazine, which is distributed throughout the base and online.

UDG_4FSS_MARKETING@us.af.mil

Commercial Sponsorship Coordinator
Anna Prezbindowski 919.722.7154

sjfss.com | fb.com/sjfss



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

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18 Dittelman combines amazing mind reading with comedy



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Cover and Scramble photos: Courtesy of Saving Grace Photography (www.facebook.com/profile.php?id=100034368765811) — No federal endorsement intended.

Season's HAPPENINGS

Dec
6

Jingle Bell Ruck

9am • 2-mile trail **FREE!**

Boost your spirits and load your backpack with 10% of your bodyweight to take your normal walk up a notch.

Co-hosted by the DFAC and Fitness Center, this event is open to all with base access. Dress festive!

Dec
6-8

Amn Cookie Drive

Dec 6 - 8 • Drop off

Dec 8 • 2pm • Packaging

Donate holiday cookies for Airmen in the dorms; drop off in the sleigh at the Commissary.

Volunteers will meet at the Mayroad Community Center on Dec 8, to package cookies. (Hosted by Team Seymour Spouses Club)

Dec
9

Holiday Village: Tree Lighting **FREE!**

5 to 7pm • Eagles Landing

CPPO kicks off the holiday season with a vendor fair, free attractions, hot cocoa and cookies, plus photo ops with the man in red himself, Santa Claus! Festivities begin in the Eagles Landing parking lot (Edwards St side) and conclude with the lighting of the tree on the corner in front of the BX. This base-wide event is brought to you in part by the 4th Force Support Squadron, Blue Cross Blue Shield, North Carolina Community Federal Credit Union (NCCFCU), and UNC Health. (No federal endorsement of sponsors intended.)

Dec
11

Arm Knitting

5:30pm • Mustang Taproom

Sign up by Dec 5, to learn to knit a blanket using your hands and chunky yarn. Materials and instructions for \$10 per Single Airman and Deployed Affected Personnel; \$40 all others.

Space is limited. For more information or to enroll in this class, call the Community Programs office at 919-722-8684.

Dec
12

Polar Express Storytime **FREE!**

6 to 7pm • Base Library

All aboard for a special storytime featuring a guest reader, book giveaway, a craft, hot cocoa and snacks. This popular annual event is sponsored in part by First Command and Texas Roadhouse. (No federal endorsement of sponsors intended.)

Dec
13

Jingle All the Way 5K **FREE!**

3pm • Mustang Taproom

Put on your most festive fitness attire and join Santa and his elves for a 5K fun run. There will be photo ops and more. Registration is open online at <https://www.signupgenius.com/go/805094AA9A62EABF85-52380494-jingle#/>

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

Dec
13

Elf! Christmas Celebration **FREE!**

6:30pm • Youth Center

Come celebrate with Youth Center staff—fun for all ages! Enjoy games, activities, and a spaghetti dinner.

Dec
14

Children's Holiday Party **FREE!**

11am to 3pm • 916th Hangar

Spread the cheer! Santa arrives in his jet at 11:30am. There will be free pizza and hot chocolate, games, prizes, and more! This event is co-hosted by the 4th Maintenance Group and 4th Operations Group.

WORD PUZZLE Game

SLAKING PUZZLE: WORD IS NOT STRAIGHT VERTICAL, HORIZONTAL, OR DIAGONAL, BUT "BENDS" AT 90 DEGREES AT ANY GIVEN LETTER

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C	M	R	E	L	S	T	O	C	A	T
A	I	K	I	O	L	L	I	P	O	H
P	R	E	S	S	P	R	O	M	P	G
B	R	D	E	N	T	U	C	E	W	I
S	A	H	T	A	H	O	U	S	E	S

- 1.Santa 2.Spruce 3.Present 4.Elf 5.Sock 6.Snowflakes
7.Houses 8.Deer 9.Gingerbread 10.Bag 11.Lollipop



11 TH ANNUAL

YOUR HOLIDAY BILL IS ON US

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GRAND PRIZE WINNERS

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MINIMUM PRIZE \$2,500

3RD PRIZE

25 WINNERS \$500
ACCOUNT CREDIT

NOVEMBER 1 - DECEMBER 31, 2024

APPLY NOW



EARN UNLIMITED 2% REWARDS ON ALL PURCHASES**

*VALID NOVEMBER 1 - DECEMBER 31, 2024, anywhere MILITARY STAR is accepted as tender of payment. Every purchase you make with your MILITARY STAR card automatically counts as one entry. No purchase necessary to enter or win. See official rules for alternative method to enter sweepstakes. A purchase does not increase the chances of winning. Winner will be notified by email on account. Inability to contact winner with 7 days after selection may result in disqualification and an alternate winner may be selected. Visit MyECP.com/CustomerAids for sweepstakes details.

**Rewards are equal to 2 points per \$1 spent and excludes military clothing line of credit.

VISIT MYECP.COM FOR MORE DETAILS

PHANTOM LANES

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 **FREE!**

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

Bowl for 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, unwind with 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

Bowling Pro Shop Sale

Now - Dec 14 • 10% off all in stock & online orders

Kids Bowl Free **FREE!**

Dec 21 - Jan 3 • Sign up on www.kidsbowlfree.com
Subject to lane availability; Cosmic hours excluded

New Year's Eve Cosmic Bowling

Dec 31 • Doors open at 9pm

Single Airman \$15 / Adult \$20 / Youth (17U) \$10
— Cost includes bowling, shoe rental, party favors, sodas, bubbly toast and breakfast buffet. Reserve now with deposit. Call 919-722-0350.

Cosmic Bowling

Fridays • 10pm to Midnight

Individuals may enjoy glow in the dark bowling for \$9 per person, shoe rental included. Bring a friend or three and take advantage of group rates.

Saturdays • 2:30 to 4:30pm

All the excitement of glow in the dark bowling while the sun is still up can be yours for \$7 per person. Shoe rental is included.

Saturdays • 9:30 to 11:30pm

Same as Friday night; group rates are three people for \$25 per lane, four for \$33 per lane, or a group of five for \$40 per lane.

Sunday Bowling

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.





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

 /sjafb.fun

Specialty Prize Bingo

Dec 4 • 6pm • Eagles Landing

Ages 18+ can play traditional Bingo to win a KitchenAid mixer, Yeti cooler, gaming system and more fabulous prizes to keep or gift.

Doors open and sales begin at 5pm. \$40 buy-in includes two books—add a book for \$15; Early Bird cards \$7, daubers \$1 each.

For more information, call CPPO at 919-722-8684.

Brainstormer Trivia

Dec 20 • 5:30pm • Mustang Taproom **FREE!**

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.

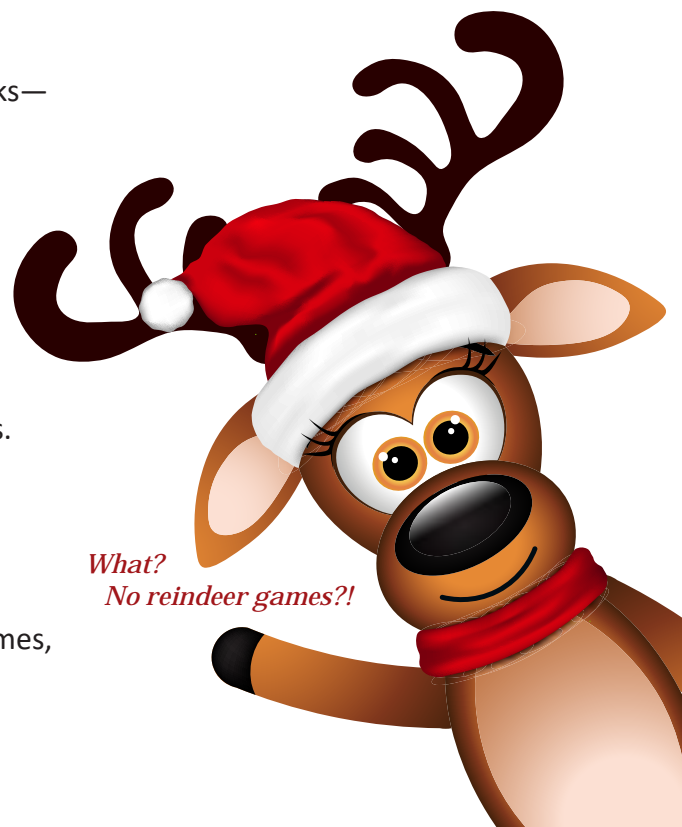
Team registration begins at 5pm.

Adult Board Game Night

Jan 16 • 5 to 7pm • Base Library **FREE!**

Mark your calendars to join library staff in an evening of board games, food, and fun with friends, ages 18 and up.

For more information, call CPPO at 919-722-5825.



What?
No reindeer games?!

PLACES TO *Go-o-o*

Winter RV Special

Now - March 31, 2025 • Kure Beach

Blakeslee Air Force Recreation Area is offering a great special for RV guests this winter. Book now to stay a minimum of three weeks and get one week free (no less than 28 days total)! Request a reservation online at sjfss.com/blakeslee/ or call 910-500-6465.

Single Airmen TopGolf Excursion

Dec 15 • 10:30am - 2:30pm • Durham

Sign up by Dec 6, to take advantage of this exclusive offer for Single Airmen assigned to Seymour Johnson. This Recharge for Resiliency (R4R) trip provides participants with four hours at Durham's premier entertainment destination. Use their complimentary clubs or bring your own to take aim at the giant outfield targets from the heated hitting bays. The cost is only \$5 per person with R4R eligibility. Transportation is not included. RSVP to CPPO by calling 919-722-8684.

Disney Military Salute Tickets

Information, Tickets & Travel (ITT) @ Outdoor Rec

Purchase your Disney Military Salute Tickets through the ITT on base and save \$30, when you buy 2025 Disney Military Salute Tickets at 2024 prices! Offer available through Feb 1, 2025.

Tickets valid Jan 1 - Dec 19, 2025, with an advance Theme Park reservation and subject to block-out dates. For more details, see form on sjfss.com/information-tickets-travel/ or call 919-722-1104.



Fitness Challenge

Sit Up or Sit Down

Fitness Center **FREE!**

Participants will have two minutes to complete as many sit ups as as possible, with fitness staff supervision. The person with the most sit ups wins. It can only be attempted once per participant. This challenge may be attempted throughout December during manned hours.

Join the 500 & 1,000lb Club

Get the T-shirt

Fitness Center **FREE!**

Are you up for a strength challenge? The 500 and 1,000 Pound Club is a badge of honor reserved for people who are able to lift a combined total of 500-1,000 pounds or more in a barbell squat, bench press, and deadlift.

The 1,000 Pound Club is open to all with base access. The 500 Pound Club is for women only. To join the club, you have to hit 500 or 1,000 pounds or more with clean form on the big three. Lifters who reach this noteworthy achievement will earn the exclusive t-shirt for showing their proficiency and strength in the three major lifts.

To take your shot, call the Fitness Center at 919-722-0420 to schedule an appointment.

Personal Trainers

Get the help you need to reach your fitness goals

Did you know the Fitness Center has Certified Personal Trainers (CPTs) who can tailor workouts to help you see real results? We offer two!

GRACE is experienced with sports conditioning, competition prep, general weight loss, PT test prep, prenatal and postpartum fitness and more! She's a NASM CPT, NASM Certified Nutritionist, and a USAW Level 1 Weightlifting Coach offering 30-60 minute sessions ranging from \$25-55. Find her on Instagram @emboldenedfitness. To schedule a consultation, email emboldenedfitness@gmail.com.

Do you want to build strength, lose body weight, improve your military fitness test scores, train for a special event, or just improve your overall fitness? **JAMES** is ISSA Certified in personal training, strength and conditioning. He's a running coach and sports nutritionist offering a variety of package plans for personal training and running. Rates vary. Email james.richardson.cpt@gmail.com for details.

Once you have scheduled a session with one of our trainers, please pre-pay at the Fitness Center; cash, card, and checks accepted. For more Fitness Center information, call 919-722-0420.



Traditional Japanese Jujitsu

Fitness Center
Aerobics Room

Mondays & Wednesdays
4:30 to 5:30pm
with Master Aaron Barrett

- Self-confidence
- Self-defense
- Discipline

8 classes for \$80
or \$15 per class



Fitness Center

919-722-0420

sjfss.com | fb.com/sjafb.fitness



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PAID ADVERTISING - NO FEDERAL ENDORSEMENT INTENDED



A good weekend starts with a positive attitude and a great massage.

Give the gift of self-care

A massage certificate is a good present because it provides the recipient with the opportunity to relax, de-stress, and prioritize their well-being by getting a professional massage. It shows you care about their health and are encouraging them to take a break from daily pressures. Me time.

Key reasons why a massage certificate is a great gift:

Promotes relaxation: Massages are primarily designed to relieve stress and tension, offering a much-needed escape from daily pressures.

Personalized experience: Recipients can choose the type of massage that best suits their needs, whether it's a deep tissue massage for muscle pain or a gentle Swedish massage for relaxation.

Suitable for almost anyone: A massage can benefit people of all ages and fitness levels, making it a versatile gift for various recipients.

Shows you care: Giving a massage certificate signifies that you are thoughtful about their well-being and want them to take time for self-care.

Massage gift certificates are sold at the Fitness Center.

Massage services are available in the Fitness Assessment Cell (FAC) and can be scheduled by e-mailing mdiaz@elysiummassage.net. (<https://www.facebook.com/ElysiumMassage09>)

Marisa offers a variety of modalities to include Swedish, Deep Tissue, Hot Stone, Prenatal, and Thai massages.

No federal endorsement intended.



SJAFB Exchange Expands Return Policy for holidays

@shopmyexchange offers military families extended time to return holiday gifts through Jan. 31 with a receipt if they were bought between Nov 1 and Dec 24.

Military shoppers will have greater flexibility in making returns during a busy time of year, as the Army & Air Force Exchange Service extends its return policy for the holidays.

Under the extended policy, shoppers have until Jan 31 to return items purchased in-store or at ShopMyExchange.com from Nov 1 through Dec 24.

“With the hustle and bustle of the holidays, it can be easy to let the time for returning a gift lapse,” said Seymour Johnson BX store manager CarolAnn Peck. “The Exchange wants to make sure servicemembers and their families have the opportunity and time to return any gifts they need to.”

The Exchange’s regular return policy allows returns from 15 to 90 days after the purchase with a receipt, depending on the item. If an item’s regular return window extends past Jan. 31, that date will be honored.

Some exclusions apply. For more information, military shoppers can check with the Seymour Johnson Exchange or call 800-527-2345 for online returns.

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- ASSISTS WITH SCHOOL TRANSITIONS
- PROVIDES DEPLOYMENT AND PCS SUPPORT
- SUPPORTS FAMILIES WITH SPECIAL EDUCATION
- ADVOCATES FOR MILITARY-CONNECTED STUDENTS

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919.722.5810

cristy.barnes-williams@us.af.mil



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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

Apple Cinnamon Latte
apple syrup, brown sugar cinnamon, carn, cinnamon powder

Elfish Latte
maple and pecan latte

Gingerbread Latte

Nutty Elf Latte
praline and toffee nut syrups

Praline Latte
praline syrup and cinnamon powder

Sugar Cookie Latte

Christmas Cheer
peppermint white chocolate mocha

Grinch-y Mocha
crème de menthe, white chocolate, whip

Ready, Set, S'mores
s'mores, mocha, whip

Thin Mint Mocha
crème de menthe, dark chocolate, whip

Holdin' on to Fall
pumpkin sauce and caramel syrup, carn drizzle

Irish Elf
Irish cream and dark chocolate, whip

Winter Wonderland
toasted marshmallow and white chocolate, whip

Hot Cider

Hot Chocolate

Winter Drink Specials

MON - FRI
6 TO 10:30AM

Seymo Joe to Go

1514 GOODSON STREET | 919.722.3104 | SJFSS.COM/SEYMO-JOE-TO-GO

MUSTANG TAPROOM

EAGLE HOUR

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

Quarterly Birthday Lunch

Dec 17 • 12pm • DFAC: Highlands Room **FREE!**

The Southern Eagle Dining Facility celebrates Airmen whose birthdays fall in the fourth quarter of the year. The luncheon features a menu of steak, skewed shrimp, garlic mashed potatoes, bacon wrapped asparagus, sauteed zucchini and squash. There's no additional cost to Essential Station Messing (ESM) customers. Airmen may invite a plus one.

This event is open to all with base access, birthday or not. Cash paying customers will be charged a la carte.

To ensure you and your guest are accounted for, be sure to RSVP in advance with a dining facility cashier. For more information, call 919-722-5298.

Hearts Apart Community Dinner

Dec 17 • 5pm • Eagles Landing **FREE!**

You're all invited to join the Military & Family Readiness Center staff for a family-friendly dinner and activities. Enjoy a night out of the kitchen as we gather in support of our deployed servicemembers and their families.

Rations for Heroes

Dec 20 • 10am to 12pm **FREE!**

700 Stevens Mill Rd

Drive thru for free produce and other food items on the third Friday of each month. This program is open to all ranks with no income requirement. Food boxes are based on family size. Free food distribution for active duty, Reservists, Veterans, retirees, and spouses is presented by the Three in One Family Center with the Food Bank of Central & Eastern North Carolina. (No federal endorsement intended.)

Freebie Friday (Wings)

Dec 20 • 4:30pm **FREE!**

Mustang Taproom

Be among the first 30 taproom customers on the third Friday of the month, and receive a ticket that's redeemable for free wings — compliments of First Command. (No federal endorsement of sponsor intended.)

Christmas Day Lunch


Dec 25 • 10:30am to 1:30pm • Southern Eagle DFAC

All are invited to join us for a special feast on Christmas day. The menu includes Roast Beef with Gravy, Carved Pit Ham, Savory Rotisserie Chicken, Mango Cranberry Chutney, Twice Baked Potatoes, Broccoli with Carrots and Red Peppers, and Balsamic Roasted Vegetables.

The dining facility is open to all with base access. For more information, call 919-722-5294.



DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>1</p> <p>Save 10% off all in stock merch and special orders in the Bowling Pro Shop thru Dec 14</p> <p>Bowling Center open 1pm</p>	<p>2</p> <p>Chicken Parm Melt, 10-Pin Burger Special, Compass Hearts Apart Bowling 5pm Red Pin Bowling 5pm</p>	<p>3</p> <p>Airman's Attic 10am Taco Tuesday, 10-Pin Café Story Time 11am</p>	<p>4</p> <p>Burger Special, 10-Pin Eagle Hour 4pm Penny-a-Pin Bowling 5pm Single Amn Bowl Free 5pm Specialty Bingo 6pm</p>
<p>8</p> <p>Airman Cookie Drive packaging 2pm Mayroad</p> <p>Bowling Center open 1pm</p>	<p>9</p> <p>Chicken Parm Melt, 10-Pin Burger Special, Compass Holiday Village Vendor Fair, Tree Lighting 5pm</p>	<p>10</p> <p>Airman's Attic 10am Taco Tuesday, 10-Pin Café Story Time 11am</p>	<p>11</p> <p>EFMP 101 11am Eagle Hour 4pm Penny-a-Pin Bowling 5pm Single Amn Bowl Free 5pm Arm Knitting Craft 5:30pm</p>
<p>15</p> <p>TopGolf Excursion 10:30am</p> <p>Bowling Center open 1pm</p>	<p>16</p> <p>Chicken Parm Melt, 10-Pin Burger Special, Compass Hearts Apart Bowling 5pm Red Pin Bowling 5pm</p>	<p>17</p> <p>Newcomers Orientation 8am Taco Tuesday, 10-Pin Café Story Time 11am Birthday Lunch 12pm Hearts Apart Dinner 5pm</p>	<p>18</p> <p>Chicken & Waffle, Compass Burger Special, 10-Pin Eagle Hour 4pm Penny-a-Pin Bowling 5pm Single Amn Bowl Free 5pm</p>
<p>22</p> <p>Bowling Center open 1pm</p>	<p>23</p> <p>Chicken Parm Melt, 10-Pin Burger Special, Compass Hearts Apart Bowling 5pm Red Pin Bowling 5pm</p>	<p>24</p> <p>Taco Tuesday, 10-Pin Café Airman's Attic Closed Story Time 11am</p>	<p>25</p> <p>CHRISTMAS DAY Holiday Lunch 10:30am</p>
<p>29</p> <p>Bowling Center open 1pm</p>	<p>30</p> <p>Chicken Parm Melt, 10-Pin Burger Special, Compass Hearts Apart Bowling 5pm Red Pin Bowling 5pm</p>	<p>31</p> <p>Taco Tuesday, 10-Pin Café Airman's Attic Closed Story Time 11am New Year's Eve Cosmic Bowling 9pm</p>	<p>Carefully lift the staples and remove this handy calendar to place on your fridge or bulletin board</p> 



THURSDAY	FRIDAY	SATURDAY
<p>5</p> <p>All You Can Bowl, All Day</p> <p>Bundles for Babies 9am</p> <p>Moving Out of Dorms 9am</p> <p>Eagle Hour 4pm</p> <p>Hot Cocoa Craft 5:30pm</p>	<p>6</p> <p>French Toast, Compass Café</p> <p>Jingle Bell Ruck 9am</p> <p>Sloppy Joe Fridays, 10-Pin</p> <p>Cosmic Bowling 10pm</p>	<p>7</p> <p>Discovery Flight 8am</p> <p>Open to All Ranks 12pm</p> <p>Cosmic Bowling 2:30pm</p> <p>Parents Night Out 6pm</p> <p>Cosmic Bowling 9:30pm</p>
<p>12</p> <p>All You Can Bowl, All Day</p> <p>Get to Know FCC 11am</p> <p>Eagle Hour 4pm</p> <p>Spouse Pre-Deployment 5pm</p> <p>Polar Express Story 6pm</p>	<p>13</p> <p>French Toast, Compass Café</p> <p>Sloppy Joe Fridays, 10-Pin</p> <p>Jingle All the Way 5K 3pm</p> <p>Elf Celebration 6:30pm</p> <p>Cosmic Bowling 10pm</p>	<p>14</p> <p>Children's Holiday Party 11am (916th Hangar)</p> <p>Cosmic Bowling 9:30pm</p> <p>Eric Dittelman Comedian/Mentalist Show 6pm</p>
<p>19</p> <p>All You Can Bowl, All Day</p> <p>Chicken Fried Rice, 10-Pin</p> <p>Moving Out of Dorms 2pm</p> <p>Eagle Hour 4pm</p>	<p>20</p> <p>FDS Officer Financial 9am</p> <p>Rations for Heroes 10am</p> <p>Free Wings Friday 4:30pm</p> <p>Brainstormer Trivia 5:30pm</p> <p>Cosmic Bowling 10pm</p>	<p>21</p> <p>Kids Bowl Free thru Jan 3</p> <p>Cosmic Bowling 2:30pm</p> <p>Cosmic Bowling 9:30pm</p>
<p>26</p> <p>ACC FAMILY DAY</p> <p>Airman's Attic Closed</p> <p>Bowling Center open 1pm</p>	<p>27</p> <p>French Toast, Compass Café</p> <p>Sloppy Joe Fridays, 10-Pin</p> <p>Cosmic Bowling 10pm</p>	<p>28</p> <p>Cosmic Bowling 2:30pm</p> <p>Cosmic Bowling 9:30pm</p>
<p>THIS MONTH</p> <p><i>Fitness Challenge:</i> Sit Up or Sit Down</p>	 <p>AEROBICS SCHEDULE</p>	 <p>SJFSS.COM</p>



- Jan 1
 - Volunteer Hours Report
- Jan 4
 - Open to All Ranks
- Jan 8
 - Moving Out of Dorms
- Jan 9
 - Bundles 4 Babies
 - Home Buying Class
 - Spouse Reintegration
- Jan 11
 - Give Parents a Break
- Jan 13
 - Honor Guard Auxiliary
- Jan 14
 - Federal Resume Class
 - Op Deployed Hearts
- Jan 16
 - Adult Board Game Night
- Jan 17
 - Rations for Heroes
- Jan 20
 - Holiday Bowling Special
- Jan 21
 - Newcomers
 - Hearts Apart Dinner
- Jan 22
 - Moving Out of Dorms

Free

MIND
READING
MEETS
COMEDY



**ERIC
DITTELMAN**
COMEDIAN/MENTALIST

America's got Talent LIVE KERRY AND RYAN PENN & TELLER: FOOL US ellen the ellen degeneres show

SATURDAY, 14 DECEMBER • 6 PM
SABRE CINEMA

NO FEDERAL ENDORSEMENT INTENDED

Holiday

BUCKET LIST

- | | |
|---|--|
| <input type="checkbox"/> BAKE HOLIDAY COOKIES | <input type="checkbox"/> GO ICE SKATING |
| <input type="checkbox"/> WATCH HOLIDAY MOVIE | <input type="checkbox"/> BUILD A SNOWMAN |
| <input type="checkbox"/> RANDOM ACT OF KINDNESS | <input type="checkbox"/> SING HOLIDAY SONGS |
| <input type="checkbox"/> SEND HOLIDAY CARD | <input type="checkbox"/> PUT ON A COZY SWEATER |
| <input type="checkbox"/> WRITE LETTER TO SANTA | <input type="checkbox"/> READ HOLIDAY BOOK |
| <input type="checkbox"/> MAKE GINGERBREAD HOUSE | <input type="checkbox"/> MAKE ADVENT CALENDAR |
| <input type="checkbox"/> LIGHT SCENTED CANDLES | <input type="checkbox"/> WRAP A PRESENT |
| <input type="checkbox"/> DONATE TO A FOOD DRIVE | <input type="checkbox"/> MAKE ADVENT WREATH |
| <input type="checkbox"/> WEAR HOLIDAY SOCKS | <input type="checkbox"/> VISIT FRIENDS OR FAMILY |
| <input type="checkbox"/> DRINK HOT CHOCOLATE | <input type="checkbox"/> DRING EGGNOG |
| <input type="checkbox"/> KISS UNDER MISTLETOE | <input type="checkbox"/> PICTURE WITH SANTA |



**FREE
TRAINING**

GET TO KNOW FCC

DEC 12 • 11AM-1PM • CONNECT 4
PLEASE CALL TO RSVP BY DEC 11

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

www.sjfss.com
fb.com/sjfabfamily
Call 919.722.7194

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

EXTENDED DUTY CARE

—designed to assist families when weekly parental workloads, due to extended duty hours, exceed the normal operating hours of the facility where they are already purchasing full-time care.

Submit a request form at least one week in advance of needing care.



DAF FCC ECC request form is available from the Family Child Care office - 1515 Goodson St (Connect 4)

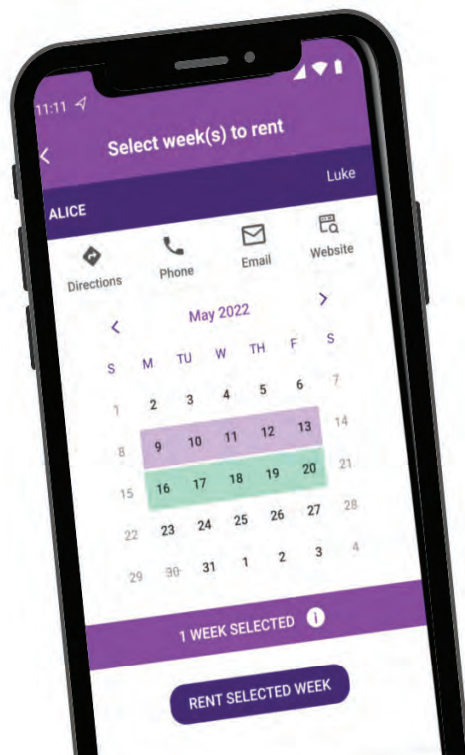
Call 919-722-7194

sjfss.com | fb.com/sjafb.family

DEPARTMENT OF THE AIR FORCE



FAMILY CHILD CARE



1

DOWNLOAD THE APP

Become a verified user.

2

OFFER AND/OR RENT A SPOT

Week-long intervals can be offered and rented by children of the same age.

3

CDC HANDLES THE PAYMENT

Spot Renters pay their rate to the CDC directly, and Spot Holders are credited at their existing rate.



An official United States Department of the Air Force Application

Bundles 4 Babies

Dec 5 | Jan 9 • 9am to 1pm • Eagles Landing

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.

Moving Out of the Dorms

Dec 5 • 9 to 11am | Dec 19 • 2 to 4pm • M&FRC

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.

Open to All Ranks

Dec 7 | Jan 4 • 12 to 2pm • Airman's Attic (Closed for Winter Break: Dec 20 - Jan 3)

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.

EFMP 101

Dec 11 • 11am to 12pm • M&FRC

Learn more about the Exceptional Family Member Program (EFMP) and how the School Liaison, Tricare, and Family Child Care supports it. Briefings by EFMP Medical and Family Support. Call 919-722-7337 for more.



VOLUNTEERS

**Record your volunteer hours,
individual and group, for 2024
Presidential Service Awards.**

**SCAN THE CODE TO
Enter between
Jan 1 - Feb 14
no later than 5:00pm**

**Military & Family
Readiness Center
919.722.1123**





Pre-register for childcare Nov 25 - Dec 4

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

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

Give Parents a Break has resumed! Free with voucher.

Families must be referred and voucher provided by one of the following: Squadron Commander/First Sergeant, Chaplain, doctor or other medical professional, Family Advocacy personnel, or Military & Family Readiness Center personnel

Spouse Pre-Deployment Briefing

Dec 12 • 5 to 6pm • Eagles Landing: Pegasus Room

Be informed. This briefing is designed to give spouses and families the information they need to know in preparation for deployments.

Federal USAJobs Resume Writing

Dec 13 • 9 to 11am • M&FRC

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 919-722-1123 to sign up.

Newcomers Orientation

Dec 17 • 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

Dec 20 • 9 to 10:30am • M&FRC

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. Call 919-722-1123.

Home Buying Workshop

Jan 9 • 1 to 3pm • M&FRC

Buying a home is the most significant purchase many people will ever make. Increase your knowledge as a first-time home buyer or take a refresher before your next purchase. Call 919-722-1123 to sign up.

Spouse Reintegration

Jan 9 • 5 to 6pm

Eagles Landing: Ballroom

Be ready. This briefing is designed to help spouses prepare for the return of their loved ones from deployments and remote tours.

Operation Deployed Hearts

Jan 14 • 5pm • Connect 4

This quarterly seminar helps equip spouses with the tools and information to transition through various phases of deployment.

Vesting in TSP

Jan 16 • 1 to 3pm • M&FRC

Upon completing two years in the Air force, Airmen vest in the Thrift Savings Plan (TSP). This means that all Service Automatic contributions made to their TSP accounts during their first two years become theirs to keep. Airmen who contribute to their TSP accounts are also then eligible for matching contributions from the Department of Defense (DoD), up to 5 percent of basic pay.

Holiday Price

G U A R A N T E E

Find an identical item elsewhere for less and we will give you an Exchange gift card for the difference.*

Eligible on purchases made between
December 1-24, 2024

*Must present original receipt and current local competitor's ad.
Offer excludes online pricing.
Other restrictions may apply.

AAFES gives shoppers best value with an extended holiday price guarantee

The Army & Air Force Exchange Service is helping Seymour Johnson shoppers get the best deals this season with an extended holiday price guarantee.

Until Dec. 24, shoppers making a purchase in-store or on ShopMyExchange.com can receive an Exchange gift card for the price difference if they find an identical item from a local retailer at a lower price.

"Where you shop matters and the Exchange is helping shoppers get the best deals this holiday season," Seymour Johnson Exchange store manager CarolAnn Peck said. "The price match guarantee, in addition to the tax-free benefit, means shoppers can save on purchases."

To receive a gift card, shoppers can bring an original receipt or order confirmation and a local competitor's advertisement to the BX customer service desk. Online shoppers can receive their gift card by filling out a customer feedback form found on ShopMyExchange.com/customer-service/contact-us or by calling the Exchange's Customer Contact Center at 800-527-2345.

Exclusions apply on items related to Black Friday and Cyber Week sales or one-day specials. Other restrictions may apply.

Follow the Exchange:

Facebook: www.facebook.com/shopmyexchange

Instagram: [@shopmyexchange](https://www.instagram.com/shopmyexchange)

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



Call for appointment

1295 Jabara Ave
919-722-1309

ARE YOU LOOKING FOR A NAF JOB?



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

APPLY → WWW.USAJOBS.GOV



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

SEYMOUR JOHNSON AUXILIARY HONOR GUARD

OPEN TO ALL RANKS



Program Description

- Volunteer to support ceremonial details as your schedule permits
- Must present a sharp military image
- Members are issued a tailored ceremonial uniform
- Prior Honor Guard experience not required
- Must attend a 3-day training class; 1-2 days for those with prior Honor Guard experience



Upcoming Training Dates

January 13 - 15
February 10 - 12



Information

Auxiliary members may also attend Honor Guard recurring training sessions on the first and third Mondays each month. This opportunity is open to active duty personnel of all ranks and local Reserve personnel with approval

CONTACT



Base Honor Guard



919-722-7019/7020



4fw.hg.hg@us.af.mil



Update Your vRED

Take a few minutes

When was the last time you checked your virtual Record of Emergency Data? If something were to happen to you, who would be notified?

Thirty percent of Air Force fatalities have outdated information on their vRed. This could lead to significant delays to next of kin being notified or incorrect beneficiaries receiving your military benefits.

Make it a point to update your vRED every year on your birthday, upon reporting to a new duty station, when going TDY more than 30 days, prior to all deployments, and when there are major life changes such as marriage, divorce, birth of a child, or permanent change of station.

For more information, contact Rocky Ballantini, Air Force Casualty Assistance Representative and Survivor Benefits Plan (SPB) Counselor. He can be reached at 919-722-7192 or 919-722-1123.

Take a few minutes to protect what matters most. Accurate emergency contact information is crucial to family readiness.

SJAFB DEVELOPMENT ADVISOR

Enlisted, Officer, and Civilian Courses provided

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

LOCATED IN BUILDING 1600

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



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



Barber Shop

Yolanda Paiz

Eagles Landing M-F 10am - 5pm

Scan QR Code to
Book Now:



602.403.7314 ☎

P.H.D.BARBER 📷

— *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 4 FSS Resource Management Information Technology team. Left to right, front: Capt Zachary Newman, Ms Kaci Harrison, Maj LA, Elliot Pabon Garcia, Jesse Chen, and CMSgt Jason Brandy.











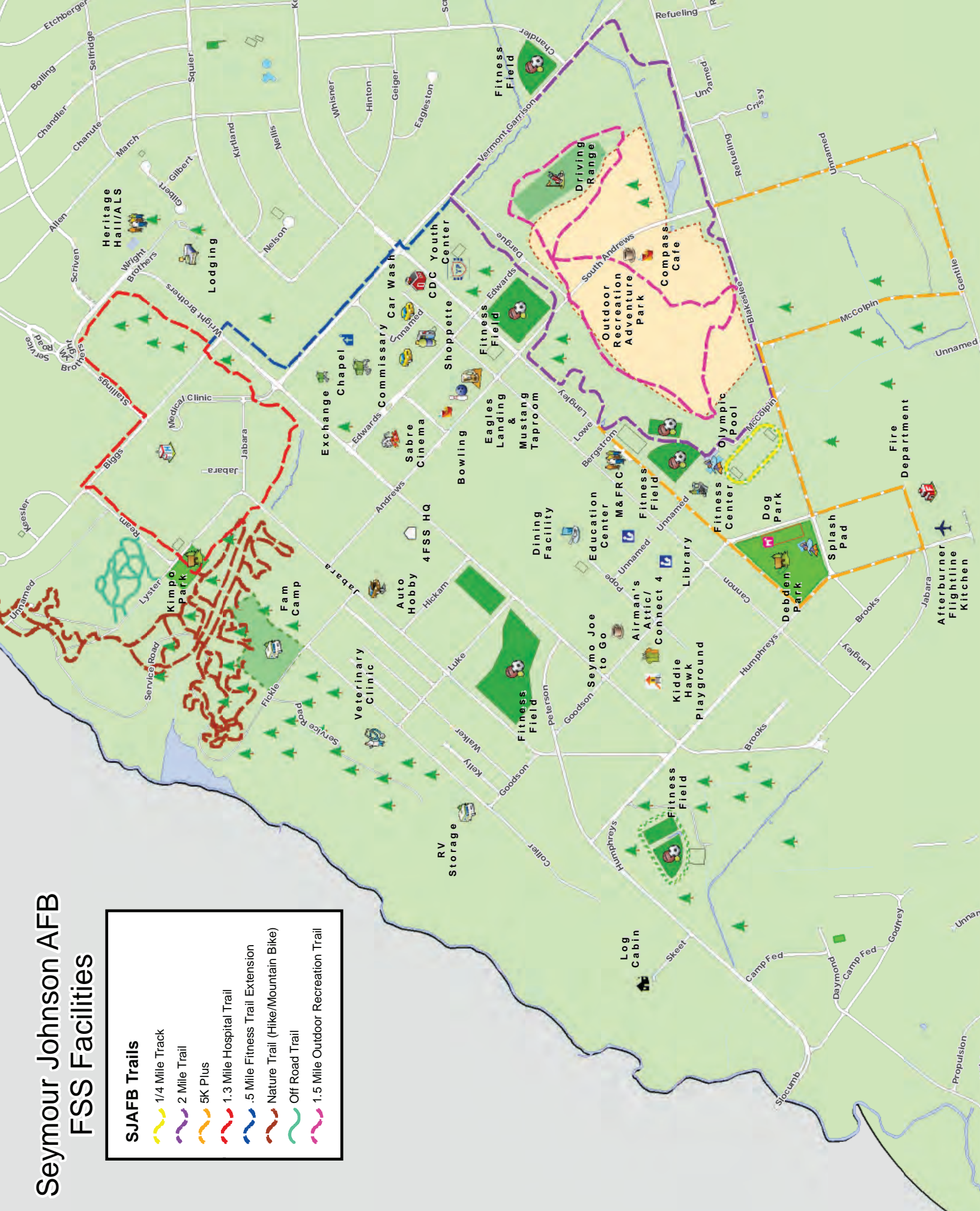
RIGHT: Maj LA presents Brittany Ward of the Education Center with an individual Hard Charger award. Left to right: Capt Newman, Ms. Harrison, Maj LA, Brittany Ward, and Chief Brandy.



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

Family Support—

- **EFMP - Family Support**
919.722.1123 • 1410 Langley Ave
fb.com/sjefmp
Monday - Friday 8:00am - 4:00pm
- **Military & Family Readiness Center**
919.722.1123 • 1410 Langley Ave
fb.com/sjmfrfc
Monday - Friday 8:00am - 4:00pm
- **School Liaison**
919.722.5810 • 1515 Goodson St
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
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
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
Tuesday & Thursday 9:30am - 1:00pm

FUN

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

- **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

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
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/blakesleeafra
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

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
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
- **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
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
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
- **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
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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