

SEYMOUR



MARCH 2026

explore more



Spring is in the Air
PROGRAMS & EVENTS
Presented by the 4th Force Support Squadron



AIR NATIONAL GUARD



IN-SERVICE RECRUITER

AIR NATIONAL GUARD



+ HEALTHCARE
-CONTINUED TRICARE FOR YOU & YOUR FAMILY

CAREER GROWTH
-CROSS TRAINING INTO YOUR DREAM AFSC

PAY & TUITION
-BONUSES AVAILABLE UP TO \$75,000

RETIREMENT
-TSP, SGLI, & RETIREMENT OPTIONS

SECURITY CLEARANCE
-STAY ELIGIBLE

ASK ABOUT
PALACE CHASE | PALACE FRONT

JOIN THE
AIR NATIONAL GUARD

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COVER IMAGE: U.S. Air Force photo by A1C Rebecca Tierney / Seasonal composition enhanced by 4 FSS Marketing
— Contact 4fss.marketing@us.af.mil to share your photos for consideration to place on the cover.

MARKETING PRINT SHOP

Request a quote: 919.722.8532

SERVICES

- Custom graphic design
- Printing services
- Large-format printing
- Programs & booklets
- Lamination

Let our team of graphic design professionals tailor a visual solution to meet your needs.

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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FREE FRIDAY GIVEAWAY

COMMENT TO ENTER!



Army & Air Force Exchange makes Fridays even better for military shoppers with its Free Friday giveaways

Authorized Seymour Johnson shoppers worldwide who comment on the Exchange's Free Friday post each Friday at Facebook.com/ShopMyExchange will be automatically entered to win trending products, including kitchen and housewares, furniture, power tools and more.

"Free Fridays provide Seymour Johnson shoppers an easy way to participate in free giveaways," said Seymour Johnson Exchange store manager Sylvia Beard. "It is an honor to celebrate military shoppers all year long through the giveaways."

In 2025, shoppers won nearly \$25,000 in Free Friday prizes, including appliances, bedding, patio sets and more. Since the giveaway started in 2017, military shoppers have won more than \$185,000 in prizes.

Among 2025 winners is Daniel Duplichien, of Keesler Air Force Base, an Air Force Veteran with 22 years of service, who won a vacuum set.

"I've entered a few sweepstakes hoping to win," Duplichien said. "Then suddenly, I won a Free Fridays giveaway—two vacuum cleaners. The standup one will soon replace my old one, then the other will be a gift to family or friends. Thanks, Free Friday giveaways."

Free Friday giveaways are open to all authorized Exchange shoppers, 18 and older, including honorably discharged and disabled Veterans, and Department of War and Coast Guard civilians and retirees.

All comments made on the Free Friday Facebook post by 11:59 p.m. Central time on the day of the post will be entered. Winners will be randomly selected and notified by Facebook message from the verified Facebook.com/shopmyexchange account and/or email from socialmedia@aafes.com. Shoppers can find official Free Friday rules at <https://publicaffairs-sme.com/Community/2017/02/01/free-friday-rules/>.



PLANK AWAY

ALL MONTH - MARCH
 FITNESS CENTER
 DURING MANNED HOURS

PARTICIPANTS WILL HAVE 1 ATTEMPT TO HOLD THEMSELVES UP IN A PLANK POSITION. INDIVIDUAL WITH THE LONGEST TIME WINS! CAN BE ATTEMPTED ONCE PER PERSON.

722-0420 | SJFSS.COM



FREEDOM ONE FITNESS CENTER

1000lb & 500lb Club

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

500LB CLUB - TOTAL WEIGHT 500LB OR GREATER (WOMEN ONLY)

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

ALL MEMBERS OF THE CLUB WILL RECEIVE A T-SHIRT

CALL 722-0420 TO SCHEDULE APPOINTMENT!



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

MAD HOOPS TEEN LATE NIGHT

MARCH AGES
 13 13-18

WHEN:
 7PM - 10PM

WHERE:
 YOUTH CENTER

MILITARY AFFILIATED YOUTH ONLY



919.722.0502 | SJFSS.COM | FB.COM/SJYOUTH

PHANTOM LANES

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.

All You Can Bowl

Thursdays • All Day

Cost includes bowling and shoe rental.
 7am to 5pm \$6.99
 5 to 9pm \$8.59

Cosmic Bowling

Saturdays • 2:30 to 4:30pm

Enjoy glow-in-the-dark bowling for only \$8.00 per person, shoe rental included!

YOUTH

SPRING SPORTS

REGISTRATION



SOCCER & BASEBALL

Start Smart Soccer: Age 3

Soccer: U6 - U15

Baseball: U6 - U12

Volunteer Coaches Needed

\$50 Registration Fee per child.
Current shot records and physicals required.
Two practices per week until games start.



Register Feb 2 - Mar 14
at Youth Center
MONDAY - FRIDAY

YOUTH CENTER: 919.722.0502



SPRING FORWARD RUN



MUSTANG TAPROOM

MARCH 6TH

3PM-4PM

Open to all DoD Civilians, Dependents, Retirees, Veterans and Members of SJAFB to Participate in.

SIGN UP USING QR CODE

722-0420 | SJFSS.COM

REMEMBER EVERYONE DEPLOYED

5K RUN / WALK

MUSTANG TAPROOM

MARCH 27

3PM - 4PM

SIGN-UP USING QR CODE



SJFSS.COM | 722-0420



Scan the code
BOOK NOW



COTTAGES • RV FAMCAMP • NO RESERVATIONS NEEDED FOR TENT SITES

BLAKESLEE
 AIR FORCE RECREATION AREA

108 Riverfront Rd, Kure Beach, NC 28449
 910-500-6465 | www.sjsss.com/blakeslee | fb.com/blakesleefra
 Valid DoD or VHIC ID required. See website for details. Accommodations may vary.



DY-LIA TRANSPORT LLC.
 Your safe journey is our priority
 984-323-1254
Dylia.transportllc17@gmail.com



Scan me!

Angela Akins
 Owner

WAYNE PREPARATORY ACADEMY

Open Enrollment
 February 2-April 24, 2026

ENROLL ONLINE

- www.wpanc.net
- 919-734-8085
- LCRUZ@wpanc.org
- AFREEMAN@wpanc.org



WAYNE PREPARATORY ACADEMY
 CREATING A LEGACY OF LEADERSHIP AND LEARNING

Wayne Preparatory Academy is a tuition-free, public charter school serving grades K-12.



4th Fighter Wing Chapel Easter Worship Services



ROMAN CATHOLIC

Stations of the Cross

20 Feb–27 Mar | Fridays | 1730

Lenten Soup

Daily Mass | 1130

Meatless Potluck Wednesdays

25 Feb-25 Mar | Chapel Annex | 1200

Lenten Penance Service

23 Mar | 1730

Holy Week

Palm Sunday – 29 Mar | 0900

Holy Thursday – 2 Apr | 1800

Good Friday – Stations 1500 | Liturgy 1600

Easter Vigil – 4 Apr | 2000

Easter Sunday – 5 Apr | 0900

PROTESTANT

Palm Sunday Service

29 Mar | 1100 | Chapel Sanctuary

Good Friday Service

3 Apr | 1200 | Chapel Sanctuary

Sunrise Service

5 Apr | 0630 | ODR Adventure Park

Breakfast to Follow @ Compass Café

Easter Worship Celebration

5 Apr | 1100 | Chapel Sanctuary

4TH FIGHTER WING CHAPLAIN CORPS

MISSION | SUPPORT | COMMUNITY

MISSION

Direct Unit Support
Embedded teams in every group

SUPPORT

Counseling & Crisis Care 24/7/365
100% Confidential

COMMUNITY

Free Exercise of Religion
Support for all faiths

WEEKLY PROGRAMS

ROMAN CATHOLIC

St. Michael the Archangel | Sun 0815

Mass | Sun 0900

Faith Formation | Sun 1030

Daily Mass | Mon–Thurs 1130

Confession by appointment only

MUSLIM SERVICES

Prayer – Mon–Fri | 1210–1250

Arabic – Sat & Sun | 1400–1600

Jumma – Fri | 1230

All services in Family Life Center Rm 100B

PROTESTANT

Worship Service | Sun 1100

Young Adult's Bible Study | Sun 1700

Women's Bible Study | Mon 1830 Fri 1000

Community Night | Wed 1700

Worship Team Rehearsal | Thurs 1700

Men's Bible Study | 3rd Sat 0930

1505 Vermont Garrison St. | 919-722-0315 | **EMERGENCY 919-722-0004**

Approved for distribution by the 4th FW Wing Chaplain

Pyrography Workshop

MARCH 19 | 5:30PM
SIGN UP BY MARCH 14

Design your own felt hat or charcuterie board

Supplies included

\$20 per person
Ages 16+

Limited space

Call 919-722-8684 to register

sjfss.com
fb.com/mustangtaproom

1240 ANDREWS ST

CANDLEMAKING WORKSHOP

APRIL 16 | 5:30PM
SIGN UP BY APRIL 9

Create your own scented candle

Supplies included

\$15 per person
Ages 16+

Limited space

Call 919-722-8684 to register

1240 ANDREWS ST
sjfss.com | fb.com/mustangtaproom

TREETOP ADVENTURE

& Forest EscAPE

MARCH 28

7:50am to 5:00pm
Ages 10+: \$13 per person

SCAN QR TO SIGN UP AS FOLLOWS—

MARCH 2-12:
Open to all ranks, Active Duty/Guard/Reservist

MARCH 9-12:
All other authorized patrons

Space is limited. Call for details,
919.722.1104
sjfss.com | fb.com/sjafb.fun

OUTDOOR RECREATION

1385 S Andrews St

Cash Bingo

March 12 • 6pm • Eagles Landing

You asked, we listened. Join us on the second Thursday of this month for a chance to win up to \$1,500 in CASH prizes! Play is open to ages 18 and up. Doors open at 5pm for card sales.

Need to know

If you are all in and ready to commit to playing, the best deal is to **pre-register by calling 919-722-8684**. You'll save \$5 off buy-in, \$2.50 off each additional book, and \$2 off every Early Bird sheet just by registering before close of business on March 11.

<i>Priced as follows:</i>	<i>Advance</i>	<i>Day of</i>
• Buy-in (two books)	\$25.00	\$30.00
• Add a book	\$12.50	\$15.00
• Early Bird sheet	\$5.00	\$7.00
• BINGO dauber	\$1.00	\$1.00

Prices are per player; no sharing books between players, please.

The next Cash Bingo will be on April 9, with pre-registration ending on April 8.

Trivia Night

March 18 • 5:30pm • Eagles Landing

Teams of up to six people go head to head in this monthly trivia challenge. Bring your friends and play along for a chance to win FSS gift cards. Team registration begins at 5pm in the Mustang Taproom.

Get your squad together and come up with a fun team name—it won't cost you a thing to enter! No team, no problem. Individuals are welcome to play.

Prize Bingo

April 23 • 6pm • Eagles Landing

The Community Programs & Partnership Office (CPPO) brings more of what you're looking for. Join us on the fourth Thursday for a chance to win some amazing prizes!

Rules and fees are the same as mentioned under "Cash Bingo." Advance sales end on April 22. Call 919-722-8684 to get the discounted rates.

MUSTANG TAPROOM

KARAOKE NIGHTS



FRIDAYS 6-10PM



1240 ANDREWS STREET

sjfss.com
fb.com/sjafb.fun
fb.com/sjafb.food
fb.com/mustangtaproom

TEEN MARIO GAME NIGHT

MARCH 12
4:30 PM - 6:00 PM
BASE LIBRARY

PLAYING MARIO KART ON SWITCH PLUS OTHER MARIO RELATED ACTIVITIES.

PIZZA, CHIPS & SODAS PROVIDED

FREE!



SIGN UP BY MARCH 11
SCAN QR CODE TO SIGN UP!

NO FEDERAL ENDORSEMENT INTENDED.


AIR FORCE
LIBRARIES
SJFSS.COM
919.722.5825
[FB.COM/SJAFB.LIBRARY](https://fb.com/sjafb.library)



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 \$10.00

- Beef or chicken, crunchy or soft

Hot Link Sausage Dog Special

Wednesdays • 7am to 8pm

Combo with fries and drink \$6.00

Hot Link and bun alone \$2.75

Chicken Fried Rice

Thursdays • 9am until sold out

Entree with egg roll and drink \$5.50

Compass Café —

1385 S Andrews St • 919-722-0394

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, 2 eggs, choice of meat and drink \$8.00

Burger Special (Five juicy options)

Mondays • 10:30am to 1pm

With choice of side and drink \$12.00

- BBQ Bacon Cheeseburger, Jalapeno Cheddar, Mushroom Swiss, Buffalo Bacon Ranch, or ODR Burger

Southern Eagle Dining Facility —

3650 Pope St • 919-722-5294

Limited Time Offer

Berry Nutty Yogurt Bowl \$6.95

Shrimp & Peanut Chili Crisp Noodle Bowl \$8.00

Spicy Chipotle Chicken Pizzetta \$4.75

Wing Wednesday

March 4 • 10:30am to 1:30pm

Fried Wings \$8.00

Roasted Wings \$8.00

Fish Fry Friday

March 6 • 10:30am to 1:30pm | 4:30 to 6:30pm

Specials include Crispy Tempura Cod, Firecracker Shrimp, and Cauliflower Tempura Bites

Steak Night

March 8 • 4:30 to 6:30pm

Grilled Steak & Baked Potato \$12.55

Taco Tuesday

March 17 • 10:30am to 1:30pm

Beef (2) \$3.80

Chicken (2) \$3.85

Beyond (2) \$5.65

Mexican Street Corn \$1.65

Global Street Foods: Australia

March 26 • 10:30am to 1:30pm | 4:30 to 6:30pm

Discover the tastes of Australia:

Bush Tucker Stew \$3.15

Pub Style Fish & Chips \$5.60

Charred Carrots .45

Roasted Beets \$1.25

Creamy Coleslaw .60

Fries "Chips" \$1.35

Couscous Primavera .70

Pineapple Haupia .65

FIRST FRIDAYS

MUSTANG TAPROOM

MARCH 06, 2026

FREE ENTRY | 3:00 - 10:00 PM

DRINK SPECIALS | FREE FOOD
(WHILE SUPPLIES LAST)

DRINK RESPONSIBLY. HAVE A PLAN. GET A RIDE.
AIRMEN AGAINST DRUNK DRIVING
919-722-2233



SJFSS.COM | 919.722.8684 | FB.COM/SJAFB.FOOD
NO FEDERAL ENDORSEMENT INTENDED.

National Food Day of the Month is:

Meatballs



SOUTHERN EAGLE DINING FACILITY

March 9

10:30AM - 12:30PM

Free samples of a variety of meatballs. While taste testing pick up a survey card to let us know how we are doing and what you would like to see next!

sjfss.com | 919.722.5294
fb.com/sjafb.food

HEARTS APART COMMUNITY DINNER

for Friends, Family and Fellow Airmen of Deployed Service Members

ALL are welcome!

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

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



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



QUARTERLY BIRTHDAY LUNCH

SPECIAL MENU

- Grilled Pork Chop
- Carne Asada
- Baked Mac & Cheese
- Garlic Mashed Potato
- Steamed Broccoli
- Glazed Carrots
- Birthday Cake

MARCH 20

12:00 to 1:00pm
Southern Eagle Dining Facility
RSVP by March 13

Sign-Up with DFAC Cashiers

NO ADDITIONAL COST TO ESM AIRMEN
ALL CASH-PAYING CUSTOMERS PAY A LA CARTE

Open to all with birthdays in January, February or March. Base access is required.
One guest per ESM customer; guest doesn't have to be a meal card holder. Cash customers welcomed.

www.SJFSS.com | FB.com/sjafb.food | 919-722-5294

BREAKFAST with the BUNNY

in the Compass Cafe

Ages 13+: \$17 | 3-12: \$12 | 0-2: Free

Family fun, activities & photo ops

April 4

RSVP to CPPO by March 27
919.722.8684

Pre-registration required. Limited time slots.

VOLUNTEER OPPORTUNITIES AVAILABLE - CALL TODAY




sjfss.com

1385 S ANDREWS ST

fb.com/sjafb.food

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1 Bowling open 1pm	2 Burger Special, Compass Hearts Apart Bowling 5pm Red Pin Bowling 5pm	3 Airman's Attic 10am Story Time 11am Taco Tuesday, 10-Pin	4 Hot Link Special, 10-Pin Moving Out of Dorms 9am Wing Wednesday, DFAC Penny-a-Pin Bowling 5pm Single Airmen Bowling 5pm
8  Bowling open 1pm Steak Night 4:30pm	9 Burger Special, Compass Meatballs Day, DFAC Hearts Apart Bowling 5pm Red Pin Bowling 5pm	10 Federal Resume Class 9am Airman's Attic 10am Story Time 11am Taco Tuesday, 10-Pin	11 Chicken & Waffle, Compass EFMP Roundtable 10am Hot Link Special, 10-Pin Penny-a-Pin Bowling 5pm Single Airmen Bowling 5pm
15 Bowling open 1pm	16 Burger Special, Compass Hearts Apart Bowling 5pm Red Pin Bowling 5pm	17 Newcomers Orientation 8am Airman's Attic 10am Taco Tuesday, 10-Pin, DFAC Story Time 11am Hearts Apart Dinner 5pm	18 Chicken & Waffle, Compass Moving Out of Dorms 2pm Penny-a-Pin Bowling 5pm Single Airmen Bowling 5pm Trivia Night 5:30pm
22 Bowling open 1pm	23 Burger Special, Compass Hearts Apart Bowling 5pm Red Pin Bowling 5pm	24 Airman's Attic 10am Story Time 11am Taco Tuesday, 10-Pin	25 Chicken & Waffle, Compass Personal Finance 9am Hot Link Special, 10-Pin Penny-a-Pin Bowling 5pm Single Airmen Bowling 5pm
29 Bowling open 1pm	30 Burger Special, Compass Hearts Apart Bowling 5pm Red Pin Bowling 5pm	31 Airman's Attic 10am Salary Negotiations 10am Story Time 11am Taco Tuesday, 10-Pin Job Fair Strategies 1pm	THIS MONTH <i>Fitness Center:</i> Free Throw Madness <i>Youth Programs:</i> Spring Sports registration open thru mid-March

Looking for 4 FSS Holiday Hours and Updates?

1. Visit sjfss.com (QR code below) and check out the FSS Events Calendar: sjfss.com/events/
2. Follow us on Facebook: 4th Force Support Squadron - Seymour Johnson AFB: facebook.com/sjfss
3. Sign up for email updates: sjfss.com/join-our-newsletter/

THURSDAY	FRIDAY	SATURDAY
<p>5</p> <p>All You Can Bowl, All Day Bundles for Babies 9am Airman's Attic 10am Chicken Fried Rice, 10-Pin</p>	<p>6</p> <p>French Toast, Compass Café Fish Fry Friday, DFAC First Friday 3pm Spring Forward Run 3pm Karaoke 6pm</p>	<p>7</p> <p>Dr Seuss Storytime 11am Open to All Ranks 12pm Matinee Movie 1pm Cosmic Bowling 2:30pm Taproom open 3pm</p>
<p>12</p> <p>All You Can Bowl, All Day Mario Game Night 4:30pm Military Spouse Pre-deployment Brief 5pm Cash Bingo 6pm</p>	<p>13</p> <p>French Toast, Compass Café Sloppy Joe, 10-Pin Karaoke 6pm Movie Night 6pm Teen Mad Hoops 7pm</p>	<p>14</p> <p>Cosmic Bowling 2:30pm Taproom open 3pm</p>
<p>19</p> <p>All You Can Bowl, All Day Airman's Attic 10am Chicken Fried Rice, 10-Pin Pyrography Workshop 5:30pm</p>	<p>20</p> <p>HELLO SPRING French Toast, Compass Café Quarterly Birthday, DFAC Karaoke 6pm</p>	<p>21</p> <p>Kiddie Movie 1pm Cosmic Bowling 2:30pm Give Parents a Break/ Parents Night Out 6pm</p>
<p>26</p> <p>All You Can Bowl, All Day Airman's Attic 10am Chicken Fried Rice, 10-Pin Ways to Save 5pm</p>	<p>27</p> <p>French Toast, Compass Café Sloppy Joe, 10-Pin RED 5K 3pm Karaoke 6pm Movie Night 6pm</p>	<p>28</p> <p>Treetop Adventure Trip Cosmic Bowling 2:30pm Taproom open 3pm</p>
<p>Carefully lift the staples and remove this handy calendar to place on your fridge or bulletin board</p> 	 <p>AEROBICS SCHEDULE</p>	 <p>SJFSS.COM</p>



- April 1
 - Moving Out of Dorms
- April 2
 - Bundles for Babies
- April 3
 - First Friday
- April 4
 - Breakfast with the Bunny
 - Under the Sea (shell hunt/MOMC)
- April 7
 - Resume Essentials
- April 8
 - LinkedIn Workshops
- April 9
 - Heart Link
- April 10
 - Home Buying Seminar
- April 15
 - Moving Out of Dorms
- April 16
 - Candlemaking
- April 17
 - Purple Up Day
 - Purple Up Prom
- April 22
 - Volunteer Celebration
 - Vesting in TSP
- April 25
 - Give Parents a Break/
Parents Day Out

Free Movies

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

Shrek

SATURDAY - March 7 • 1pm • Sabre Cinema

PG • 2001, Fairy Tale/Dark Comedy/Quest, 1h 30m

A Quiet Place

FRIDAY - March 13 • 6pm • Sabre Cinema

PG-13 • 2018, Alien Invasion/Horror/Psychological Drama, 1h 30m

Moana

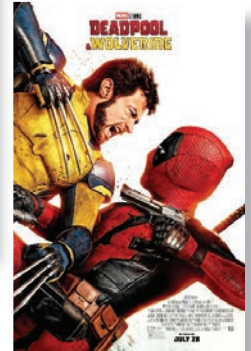
SATURDAY - March 21 • 1pm • Kiddie Hawk Playground

PG • 2016, Fantasy Epic/Buddy Comedy/Sea Adventure, 1h 47m

Deadpool & Wolverine

FRIDAY - March 27 • 6pm • Sabre Cinema

R • 2024, Action/Comedy/Superhero/Adventure, 2h 8m



Join Us To Celebrate DR. SEUSS BIRTHDAY STORYTIME

March 7 • 11AM - 12PM • Base Library

sjfss.com | 919.722.5825
fb.com/sjafb.library

Special Guest Reader
Book Giveaways* & More

(*While supplies last)

No Federal Endorsement Intended.



Free!

UNDER THE SEA

Youth Center
1035 Langley Ave

MONTH OF THE MILITARY CHILD CELEBRATION

PRIZES, GAMES & CRAFTS | ALL AGES
INFORMATION & RESOURCE FAIR

9am
to 1pm

APRIL 4



SEASHELL HUNTS

EFMP	9:15 - 10:00AM
0 - 3 YRS	10:15 - 10:30AM
4 - 6 YRS	10:45 - 11:00AM
7 - 9 YRS	11:15 - 11:30AM
10 & UP	11:45AM - NOON

CALL 919-722-0502 FOR DETAILS



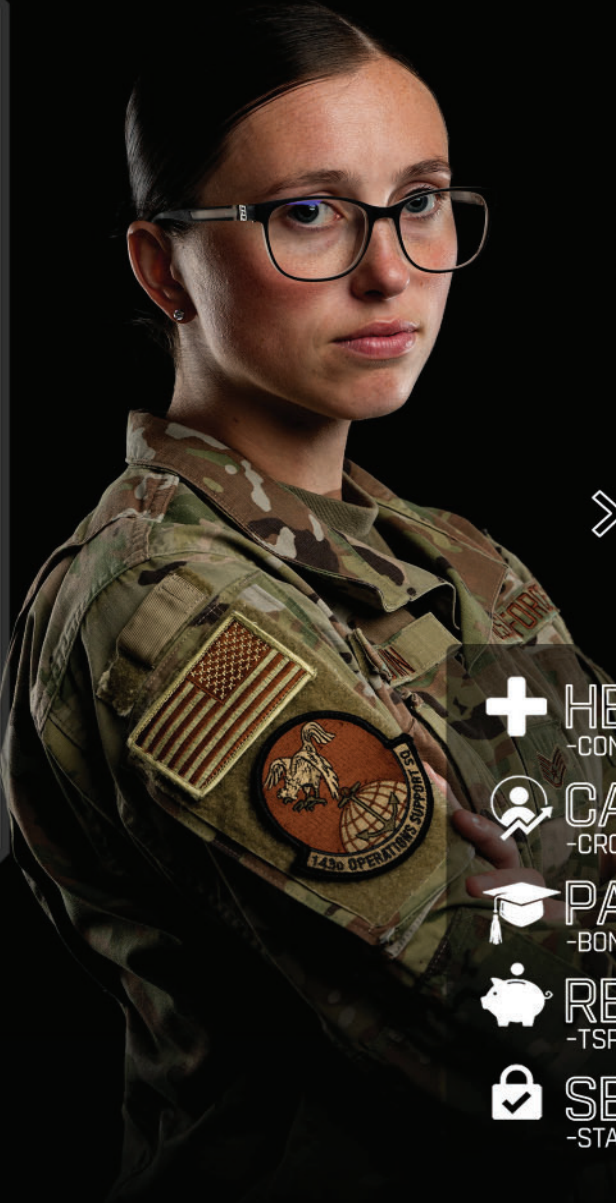
sjfss.com
fb.com/sjyouth
fb.com/sjmfrc
fb.com/sjefmp





AIR NATIONAL GUARD

AIR NATIONAL GUARD >>>



>>> IN-SERVICE RECRUITER <<<<

+ HEALTHCARE
-CONTINUED TRICARE FOR YOU & YOUR FAMILY

CAREER GROWTH
-CROSS TRAINING INTO YOUR DREAM AFSC

PAY & TUITION
-BONUSES AVAILABLE UP TO \$75,000

RETIREMENT
-TSP, SGLI, & RETIREMENT OPTIONS

SECURITY CLEARANCE
-STAY ELIGIBLE

ASK ABOUT
PALACE CHASE | PALACE FRONT

>>> JOIN THE AIR NATIONAL GUARD

PERSONAL FINANCE FOR YOUNG ADULTS

This is a workshop geared toward young service members and young adults who may be attending college for the first time. We will cover the basics of budgeting and credit management.

Join Us



March 25
9am - 10:30am



M&FRC
1410 Langley Ave.,
Building 4215



Call to Register

Contact Us Now

919.722.1123 | sjfss.com | fb.com/sjmfrc



SJFSS.COM | 919.722.5825 | FB.COM/SJAFB.LIBRARY

WAYS TO SAVE & BECOME DEBT FREE

March 26 | 5PM - 6PM | Base Library

LIBRARY AND M&FRC ARE TEAMING UP TO HELP YOU OUT!
THIS EVENT WILL BE LOCATED AT THE LIBRARY AND
M&FRC WILL BE PRESENTING WAYS TO HELP YOU
SAVE MONEY AND BECOME DEBT FREE.



Scan QR Code
To Sign Up
By March 25



Moving Out of the Dorms Class

March 4 • 9am | March 18 • 2pm • M&FRC Training Room

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.

Bundles for Babies Class

March 5 | April 2 • 9am to 12:30pm • M&FRC

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 \$150 grant from the Air Force Aid Society (AFAS). Space is limited. Call 919-722-1123.

Airman's Attic: Open to All Ranks

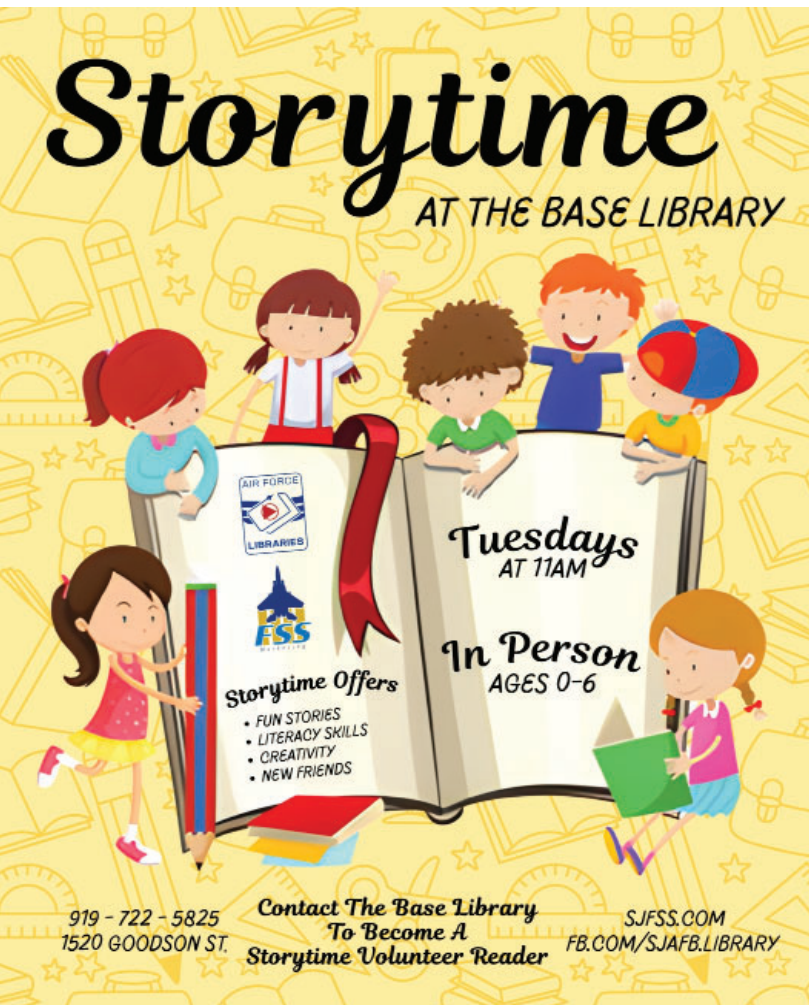
March 7 • 12 to 2pm • Connect 4

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. Unless otherwise posted, 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.

Newcomers Orientation

March 17 • 8am to 12:30pm • Eagles Landing

This info fair is held monthly for newly assigned personnel and their families. For details, call 919-722-1123.



Storytime
AT THE BASE LIBRARY

Tuesdays
AT 11AM

In Person
AGES 0-6

Storytime Offers

- FUN STORIES
- LITERACY SKILLS
- CREATIVITY
- NEW FRIENDS

Contact The Base Library
To Become A
Storytime Volunteer Reader

919 - 722 - 5825
1520 GOODSON ST.

SJFSS.COM
FB.COM/SJAFB.LIBRARY

MILITARY SPOUSE PRE-DEPLOYMENT BRIEFING

Learn about helping agencies and resources on the homefront

March 12 | 5 to 6pm

Space is limited. Call to sign up.



MILITARY & FAMILY READINESS
1410 LANGLEY AVE - BLDG 4215
919-722-1123 | SJFSS.COM FB.COM/SJMFR



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



Pre-register for childcare March 9-18, 2026

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

FREE with Give Parents a Break (GPAB) referral or \$8/hour (\$32 for the session)

GPAB referral vouchers may be provided by one of the following:

- Squadron Commander
- First Sergeant
- Chaplain
- Doctor or other medical professional
- Family Advocacy personnel
- Military & Family Readiness Center personnel

Home Buying Workshop

April 10 • 1 to 2:30pm • 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.




Vesting in the Thrift Savings Plan

April 22 • 1pm • M&FRC

Upon completing two years in the Air force, Airmen are vested 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 five percent of basic pay. To sign up, call 919-722-1123.

HEART LINK

Military Spouse Orientation

-  Join us for a base tour
-  4 SFS MWD Demo
-  Complimentary lunch



Meet other spouses. Learn about programs and resources that are essential to Air Force spouses.

Limited free childcare available, upon request by March 24.

Scan the QR code or call the M&FRC to sign up.

Registration ends on April 8.

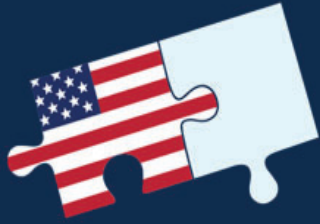
APRIL 9
9am to 1:30pm
M&FRC



919-722-1123

sjfss.com | fb.com/sjafb

ARE YOU LOOKING FOR A NAF JOB?



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

APPLY → WWW.USAJOBS.GOV

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

Federal USAJobs Resume Writing

March 10 • 9 to 11am • M&FRC Training Room

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 by March 9.

Salary Negotiations

March 31 • 10am to 12pm • Virtual

This workshop is designed to take the mystery out of salary negotiation. Attendees are instructed on how to conduct salary research and fundamentals of effective negotiation.

Job Fair & Interview Strategies

March 31 • 1 to 3pm • Virtual

This workshop digs deeper into job fair strategies, how to handle on the spot interview, and actions to take following the event. Call 919-722-1123 for more information and to sign up.

Mastering Resume Essentials

April 7 • 8am to 12:30pm • M&FRC

This intensive workshop is designed to help you create your most effective civilian resume for the career you want. Trained facilitators will provide guidance on how to evaluate your resume and understand job application techniques. To sign up, call 919-722-1123.

LinkedIn Profile Builder

April 8 • 10am to 12pm • M&FRC Training Room

This two-hour workshop walks participants through building their LinkedIn profiles. Participants learn how to create a profile that markets their professional brand, uses keywords to attract recruiters, and utilizes LinkedIn for skill endorsements and recommendations from their networks. **This workshop is a prerequisite for the LinkedIn Job Search workshop.** Call 919-722-1123 to sign up.

LinkedIn Job Search Workshop

April 8 • 1 to 3pm • M&FRC Training Room

This two-hour workshop offers insider knowledge to utilize LinkedIn's job search features. Participants learn how to set job alerts, connect with new people, join groups, and follow organizations to grow their networks. This workshop also shares a rare sneak peek into the recruiter's view on LinkedIn providing invaluable insight into LinkedIn job searches. Call 919-722-1123 to sign up.



A VIRTUAL Roundtable for families with special needs to learn more about TRICARE

March 11
10 to 11am
Virtual

For more information, call
EFMP-FS at 919-722-1123

No Federal endorsement intended

sjfss.com/exceptional-family-member-program
fb.com/sjafb.family || fb.com/groups/sjefmp



EFMP Family Support



Auxiliary Honor Guard Training

Open to all ranks

This opportunity is open to active duty personnel of all ranks and local Reserve personnel with approval.

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

TRAINING DATES

March 9-11
—8:30am to 4pm each day

Auxiliary members may also attend Honor Guard recurring training sessions on the first and third Mondays of each month.

For more information, reach out to the Base Honor Guard at 919-722-7019 or 7020.

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

VOLUNTEER APPRECIATION CELEBRATION

It's time to recognize our volunteers for 2025 Seymour Johnson Volunteer Program Service Award Installation.

APRIL 22
9 to 11:30am
Eagles Landing Backyard

Hosted by the M&FRC.
Open to all with base access.
Questions? Email 4FSS.FSFR@us.af.mil



Military & Family Readiness Center
1410 Langley Ave (Bldg 4215)
919.722.1123



NO FEDERAL ENDORSEMENT INTENDED

Hard Charger Awards



ABOVE: 4th Force Support Squadron Commander, Lt Col Luis Linares-Ayala (LA), presents the Hard Charger Team Award and traveling bolt trophy to the Child & Youth Services Flight. Left to right: Tina Williamson, Shavana Jones, Clara Weaver, Lt Col LA, Alexandria Goodwine-Crockett, Jasmine Carroll, Lynn Lepley, and MSgt Danielle Mendez.











RIGHT: The Hard Charger Individual Award goes to SSgt Teresa Peters, Afterburner Flight Kitchen Manager. Left to right: Lt Col LA, SSgt Peters, CMSgt DeMarcus Hunt, and MSgt Mendez.

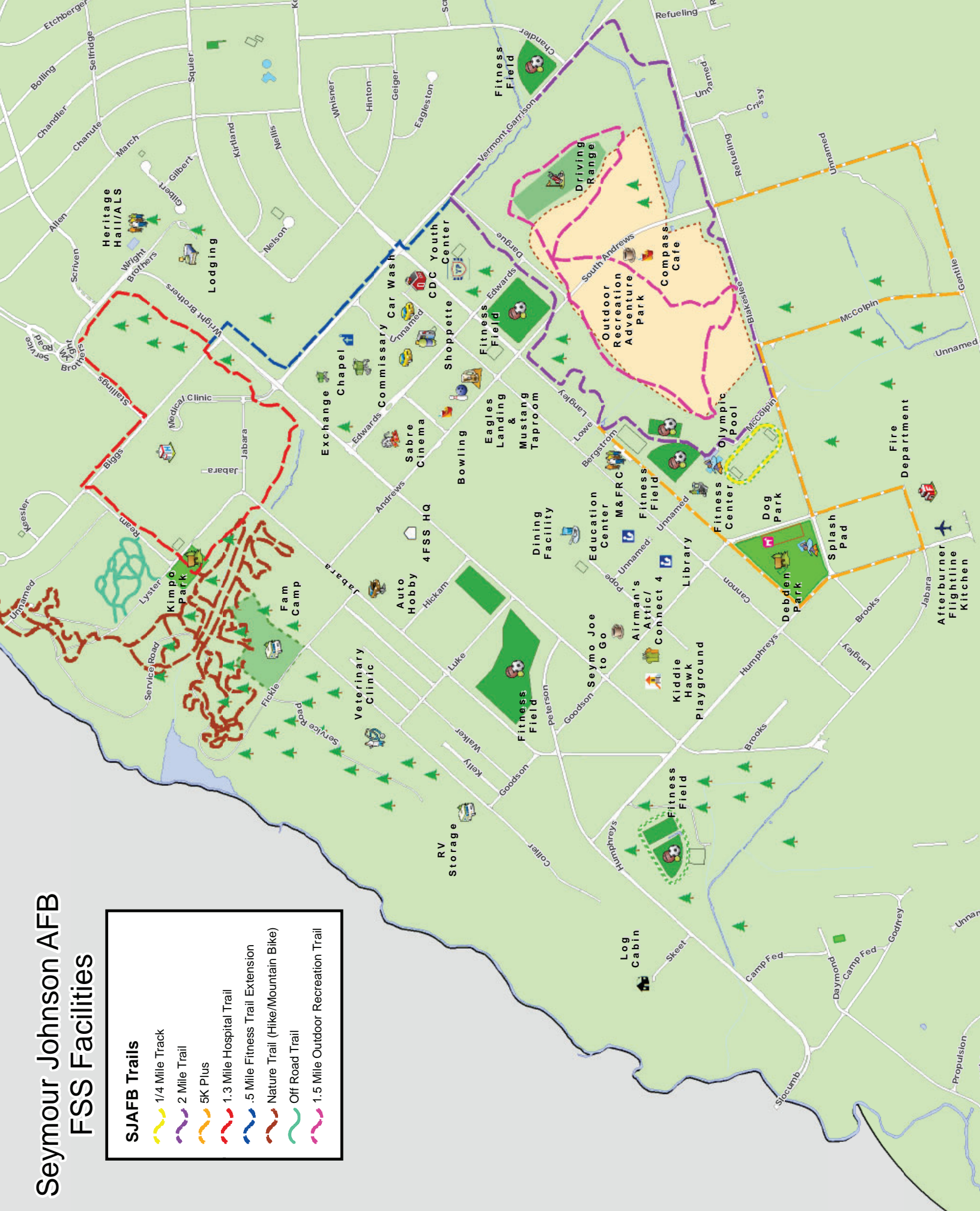


Please join us in recognizing these outstanding members of the 4 FSS.

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://www.facebook.com/sjafb.family)

Family Support—

- **EFMP - Family Support**
919.722.1123 • 1410 Langley Ave
[fb.com/sjefmp](https://www.facebook.com/sjefmp)
Monday - Friday 8:00am - 4:00pm
- **Military & Family Readiness Center**
919.722.1123 • 1410 Langley Ave
[fb.com/sjmfrfc](https://www.facebook.com/sjmfrfc)
Monday 8:00am - 4:00pm
Tuesday 8:00am - 12:00pm
Wednesday - Friday 8:00am - 4:00pm
- **School Liaison**
919.722.5810 • 1515 Goodson St
[fb.com/schools.sj](https://www.facebook.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 - 7:05am
3:00 - 6:00pm
Non-school days (M-F) 6:30am - 6:00pm

Youth Activities—

- **Youth Programs**
919.722.0502 • 1035 Langley Ave
[fb.com/sjyouth](https://www.facebook.com/sjyouth)
Monday - Friday 6:30 - 7:30am
3:00 - 6:00pm
Non-school days (M-F) 1:00 - 6:00pm

SHOPPING

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

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://www.facebook.com/teamseymourspouses)
Tuesday & Thursday 9:30am - 1:00pm

FUN

[fb.com/sjafb.fun](https://www.facebook.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 - 5:00pm
- **Connect 4**
919.722.8684 • 1515 Goodson St
Monday - Friday 8:00am - 5:00pm
- **Kiddie Hawk Playground**
919.722.8684 • 1515 Goodson St
Daily 8:00am - 8:00pm

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 - 10:00pm
> Down Day/Holiday* 1:00pm - 10:00pm
Saturday 9:00am - 10:00pm
Sunday 1:00pm - 7:00pm
*Closed on New Years, Thanksgiving and Christmas days
- **Information, Tickets & Travel (ITT)**
919.722.1104 • 1385 S. Andrews St
Monday - Friday 9:00am - 4:00pm
No ticket sales on last business day of a month
- **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 - 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://www.facebook.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://www.facebook.com/sjafb.food)

Food—

- **10 Pin Café**
919.722.0349 • 1290 Andrews St
Monday - Thursday 7:00am - 8:00pm
> Down Day/Holiday* 1:00 - 6:00pm
Friday 7:00am - 9:00pm
> Down Day/Holiday* 1:00 - 9:00pm
Saturday 9:00am - 9:00pm
Sunday 1:00pm - 6:00pm
*Closed on New Years, Thanksgiving and Christmas days
- **Afterburner Kiosk**
919.722.5294 • 2814 Jabara Ave
Sunday - Friday
> Midnight Meal 12:00 - 3:00am
> Lunch 11:00am - 2:00pm
> Dinner 5:00 - 8:00pm
- **Compass Café & 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://www.facebook.com/mustangtaproom)
Wednesday - Thursday 3:00 - 8:00pm
Friday - Saturday 3:00 - 10:00pm
- **Seymo Joe to Go**
919.722.3104 • 1514 Goodson St
Monday - Friday 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, Down Days and holidays
> Breakfast 6:30 - 8:30am
> Lunch 10:30am - 1:30pm
> Dinner 4:30 - 6:30pm
Grab-n-Go is available after breakfast and lunch meals

Lodging—

- **Blakeslee Air Force Recreation Area**
910.500.6465 • Kure Beach
[fb.com/blakesleeafr](https://www.facebook.com/blakesleeafr)
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 Flight**
919.722.8677 • 1600 Wright Brothers Ave
Monday - Friday 9:00am - 3:00pm*
*Closed for training 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 7:00am - 4:00pm
- **Resource Management Flight**
919.722.7286 • 1600 Wright Brothers Ave
Monday - Friday 7:00am - 4:00pm

Support—

- **UNITE**
919.722.4697 • 1385 S Andrews St
Tuesday - Friday 8:00am - 12:00pm

Education—

- **Education & Training**
919.722.5800 • 1195 Cannon Ave
Monday - Wednesday 8:00am - 4:00pm
Thursday Scheduled briefings only
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 Office**
919.722.0117 • 1500 Vermont Garrison St
Monday - Friday 7:30am - 4:30pm*
*Closed for training on first Wednesday
- **NAF Human Resources**
919.722.5939 • 1500 Vermont Garrison St
Monday - Friday 7:30am - 4:30pm
*Closed for training on first Wednesday

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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