SEYMOUR

NOV 2026

explore more



Veterans & Military Families Appreciation Month

CRAFTS | OUTINGS | FALL FUN

Look inside for special offers from 4 FSS

AIR NATIONAL GUARD



SCAN TO CONTACT RECRUITER AND EXPLORE
90 WINGS IN 50 STATES AND 4 TERRITORIES

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 $60,000

RETIREMENT
-TSP, SGLI, & RETIREMENT OPTIONS

SECURITY CLEARANCE
-STAY ELIGIBLE

ASK ABOUT
PALACE CHASE | PALACE FRONT

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CONTENTS



11 First Friday might mooove you to paint a doormat and pet a cow



6

Looking back
— Guest speaker presents history of a local military unit, in the Base Library



19

Before the feast
— Don't miss the annual pre-Turkey Day fun run. Burn those calories!

4 **Fun**
Places to go, games to play, and fun events

12 **Food**
Daily specials and fun gatherings

14 **Month-at-a-Glance**
Centerspread pull out poster—just add magnets and post on your fridge

16 **Movie Schedule**
Free showings on the big screen

18 **Fitness**
Get the latest on programs to get you moving

20 **Family**
Classes, programs and events

23 **Opportunities**
Career opportunities and workshops

24 **Force Support**
Hard Charger Awards

25 **FSS Facility Map + Directory**
4 FSS facilities + base resources at a glance

COVER IMAGE:
— 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

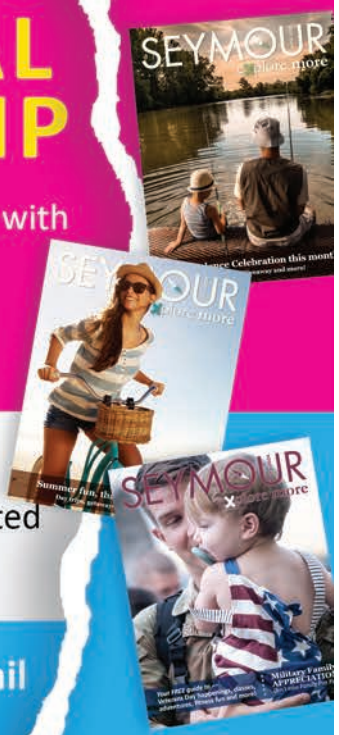
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Let our team of graphic design professionals tailor a visual solution to meet your needs.

ADVERTISING & COMMERCIAL SPONSORSHIP

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

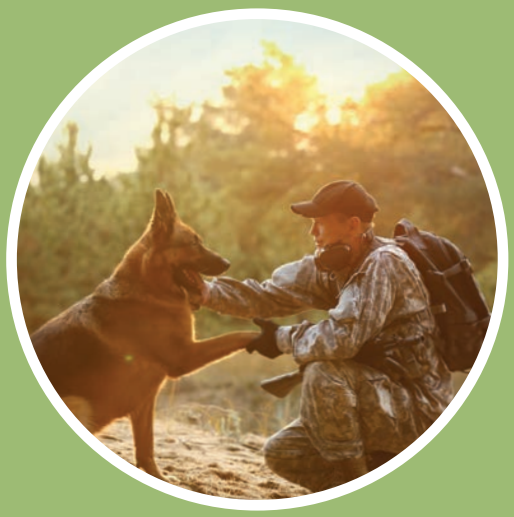


Advertise in our monthly publication, SEYMOUR magazine, which is distributed throughout the base and online.

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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LADEHRN

ERCSVIE

MTOOFCR

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Cash Bingo

Nov 5 | Nov 19 • 6pm • Eagles Landing

Join us 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 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 the day before.

Priced as follows:	*Advance*	*Day of*
• 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.

Trivia Night

Dec 16 • 5:30pm • Mustang Taproom

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 a thing to enter! No team, no problem. Individuals are welcome to play.







Exchange rewards students in You Made the Grade program

Military-connected students on Seymour Johnson are getting extra credit for academic effort through the Army & Air Force Exchange Service's You Made the Grade program, which rewards eligible first through 12th graders each grading period.

Military students, including homeschoolers, can bring their report cards to the Seymour Johnson customer service area each grading period to receive rewards. Students with straight As receive a $20 Exchange gift card, while students with a B average earn a $10 Exchange gift card.

Since 2000, the Exchange has honored military kids' hard work in the classroom. According to the Department of War, the average military child changes schools nine times before graduating, a challenge that can disrupt routines, courses and academic progress.



"For more than 25 years, the You Made the Grade program has recognized the perseverance of military-connected students as they pursue their goals during the transitions of military life," said Seymour Johnson store manager Sylvia Beard. "From adjusting to new schools, establishing new routines and remaining focused on their studies during a parent's deployment, these students show the resilience and dedication that merit recognition."

Besides gift cards, students also receive an Exchange coupon sheet for:

- A free small fountain, frozen or bubbler beverage
- A free kid's hair service or $15 off hair service at The Barber Shop
- 10% off any pair of headphones (excluding Apple and Beats)
- 10% off apparel and footwear
- A $5 coupon at SJ Exchange mall concessionaires or kiosks

Students who are making progress on their specialized education programs can participate, too. Parents can print this downloadable form (https://www.aafes.com/Images/AboutExchange/YouMadetheGrade/downloadform.pdf) and have it signed by their child's teacher or school official each grading period, indicating the modified grades of the student's academic progress. The signed form can be handed in at the customer service desk at the BX to earn You Made the Grade rewards.

Students who make the grade can also enter a biannual worldwide sweepstakes for a chance to win a $2,000, $1,500 or $500 Exchange gift card. The Fall 2026 drawing will take place in December.

To enter the drawing, students or parents can complete the form on the back of the gift card and mail it to: You Made the Grade, PO Box 227398, Dallas, TX 75222-7398

Wayne County Military Lecture

Nov 10 • 5pm • Library

Retired Air Force Lt Col Deborah Jones, historian and descendant of a soldier from the 135th Regiment, United States Colored Troops (USCT), will speak about the history of the unit organized in Goldsboro in 1865.

USCTs were groups of formerly enslaved black and some American Indian men who joined Union Gen. William Tecumseh Sherman's Army toward the end of the Civil War.

Jones will share background of this troop and present a slideshow where attendees can learn more about the role USCT troops played in the Civil War.

This event is open to all with base access. For more details, call 919-722-5825.

College Open House Q & A

Nov 17-19 • 9am to 2pm
Education Center, 1st Floor

Explore available education opportunities, get the scoop on scholarships, and meet with college representatives at the Education Center's Open House this month. Reps will be standing by, all three days, to greet visitors and answer questions. Please stop in at your convenience.

The Education Center, Building 3611, is located at 1195 Cannon Ave. For more information, call 919-722-5800.

PAID AD. NO FEDERAL ENDORSEMENT OF ADVERTISER(S) INTENDED.

November 14

9:30 to 11:30am

Youth Center

SPARK YOUR IMAGINATION!

FAMILY STEM WORKSHOP

An Exclusive Event for EFMP & Deployed Family Members



3D Printing Demo | Interactive Stations | Refreshments

REGISTER TODAY: 919-722-1123

Space is limited! Register early to help us prepare materials.

EFMP Exceptional Family Member Program

HEARTS APART

1410 Langley Ave, Bldg 4215 • sjfss.com • fb.com/sjmfrc

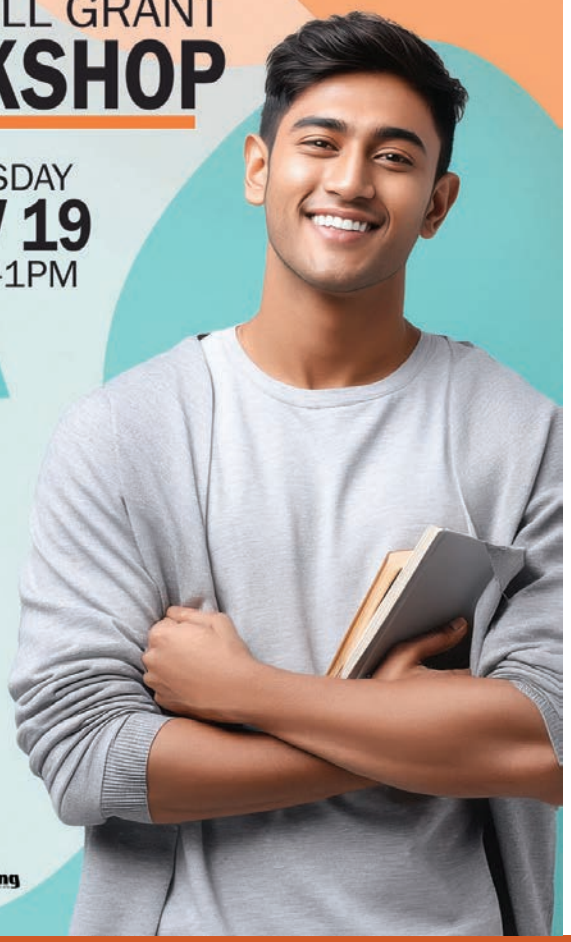
FAFSA PELL GRANT
WORKSHOP

THURSDAY
NOV 19
11AM-1PM

Q&A

FREE EVENT
Base access required

Assistance for attendees who need help completing their FAFSA applications



Education Center
Bldg 3611, 3rd floor
919.722.5800

sjfss.com | fb.com/sjfss

Education & Training

FSS Marketing

Polar Express Storytime

December 10

Base Library

Free To Attend 6:00-7:00 PM

Event Specials

BELIEVE

Special Reader
Special Guest with Book Giveaways
Crafts, Snacks, & Hot Chocolate

919-722-5825
sjfss.com | fb.com/sjafb.library

LIBRARIES

FIRST COMMAND

FSS Marketing

No Federal Endorsement Intended.

WARRIOR FISHING FALL CLASSIC

ONLY 6 SPOTS FOR SJAFB AIRMEN

AIR FORCE OUTDOOR RECREATION



SATURDAY, NOVEMBER 7, 2026

$10

On-site registration: 6:30 AM
Fishing: 8 AM–2 PM

268 E Water St.
Belhaven, NC 27810

Food provided by Sam Jones BBQ

Fishing awards • Raffle prizes

SIGN UP BY NOVEMBER 5

Coordinated by Outdoor Recreation | 919-722-1104

Sponsored by Take a Warrior Fishing, Inc.
No federal endorsement intended

2ND ANNUAL PIER & SURF FISHING EVENT

Supporting Toys for Tots



NOVEMBER 14–15, 2026

Emerald Isle & Salter Path, NC

Starts at 7:00 AM

$5

Fishing equipment provided for your selected event

November 14 pier fishing includes a 24-hour pier pass

BRING A TOY
A toy donation is required per participant each day.

Transportation not provided

REGISTER BY NOVEMBER 13

www.sjfss.com | /sjafb.fun

AIR FORCE OUTDOOR RECREATION

Outdoor Recreation • 919-722-1104

Downtown Lights Up!

Tuesday, November 24th 2026

5pm–8pm









DOWNTOWN GOLDSBORO

EAT • SHOP • FUN

#DoItDowntown

Not intended for Federal Endorsement

PAID AD. NO FEDERAL ENDORSEMENT OF ADVERTISER(S) INTENDED.

Exchange celebrates Salute to Service Month

The Seymour Johnson Exchange honors active-duty service members, military retirees and service-connected disabled Veterans with in-store giveaways Nov. 7, 11 and 20, during Salute to Service Month. Giveaways are available to eligible shoppers with in-store shopping benefits, while supplies last.



"Salute to Service Month reflects the Seymour Johnson Exchange's commitment to serving those who serve," said store manager Sylvia Beard. "One day is not enough to honor our heroes. We are looking forward to recognizing those who have given so much to protect our freedoms."

In-store Salute to Service giveaway dates include:

Nov 7: Veteran for Life keychains provide heroes with a tangible badge of honor to commemorate their service no matter where they go.

Nov 11: An Exchange tradition going on its seventh year, the challenge coin features an America 250 design on one side and the emblems of all six military branches on the other.

Nov 20: Collectible Service-specific penny POGS, designed for Salute to Service month. The penny POG serves as a special memento with history dating back to Southwest Asia in the early 2000s.

"We are excited to welcome our heroes to the Seymour Johnson Exchange for the recognition they deserve," Beard said. "We look forward to strengthening our connection with the military community."

Visit ShopMyExchange.com/salute-to-service for more information or contact the Seymour Johnson Exchange.






Tweetsie Wild West
Holiday Adventure Trip
Dec 12 - 13 | Blowing Rock, NC
SCAN FOR DETAILS
& REGISTRATION
OUTDOOR REC • 1385 S ANDREWS ST • 919.722.1104
SIGN UP BY NOV 20


WINTER
RV SPECIAL
11/1/26 – 02/28/27
SCAN TO REQUEST A RESERVATION
BOOK NOW!
STAY 3 WEEKS, GET 1 WEEK FREE!
SPECIAL APPLIES ONLY TO RV RESERVATIONS
108 RIVERFRONT RD., KURE BEACH, NC 28449
WWW.SJFSS.COM/BLAKESLEE
BLAKESLEE
AIR FORCE RECREATION AREA


Glow into the Night
CAMPOUT
GLOW DANCE PARTY
FISHING
GAMES
MOVIE SHOWING
S'MORES
KARAOKE
LOCATION:
Outdoor Recreation Backyard
WHEN:
November 13 and 14
TIMEFRAME:
Starting November 13 at 5pm
and ending November 14 at 9am
COST:
$7 per Camper
SCAN QR CODE HERE
Sign up by November 6
sjfss.com | 919-722-1104 | fb.com/sjafb.fun

PAINTS, PINTS, & PETTING ZOO



Must Know Info:

NOVEMBER 6

4PM - 6:30PM

EAGLES LANDING BACKYARD

SIGN UP BY NOVEMBER 2
SCAN QR CODE BELOW

$35 Per Doormat
All supplies included

The Fun Stuff:

- Petting Zoo Animals: Highland Cow, Goats, & Bunnies
- Other Crafts Free To Do
- Enjoy First Friday Drink Specials & Enjoy Delicious Food From Onsite Food Truck

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





LET'S GET ARTSY!

CRAFT NIGHT AT THE LIBRARY

Ages 18+

NOVEMBER 19
5 - 6:30 PM

FREE TO ATTEND

Activities Include:
Choose from an owl, mason jar, or flower pot.
All supplies provided

SCAN HERE TO REGISTER



SIGN UP BY NOVEMBER 18

sjfss.com
fb.com/sjafb.library
919-722-5825

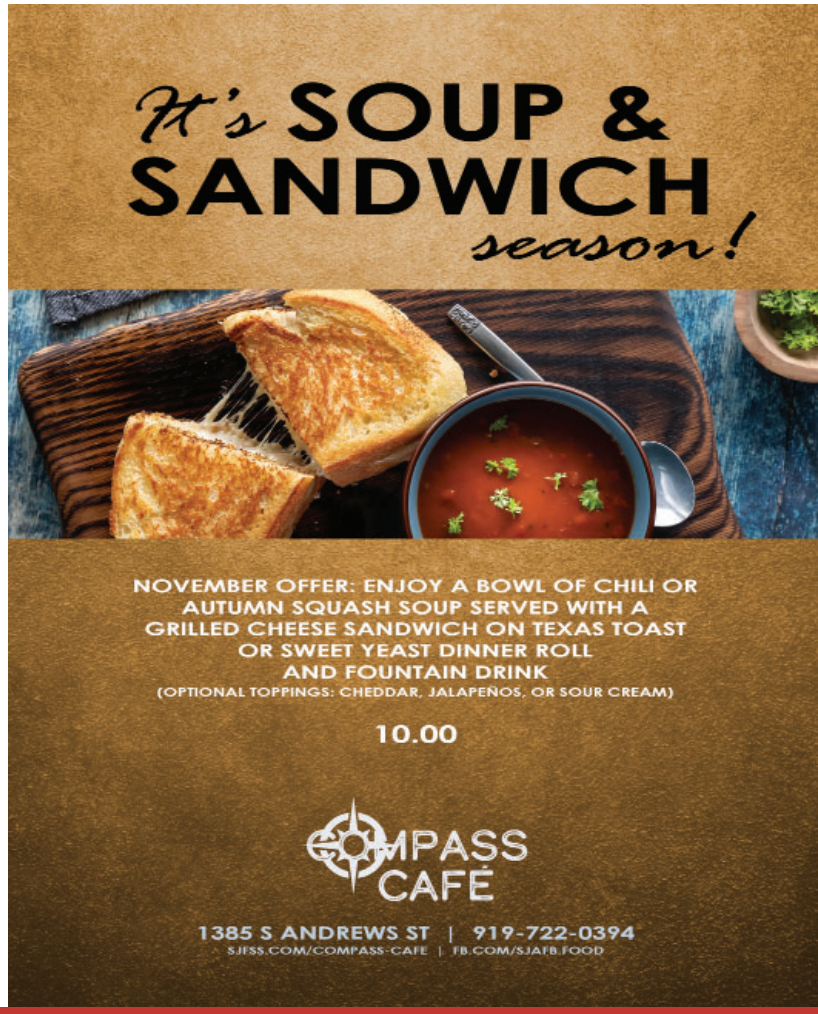



Fall Faves!
Monday - Friday
6:00 to 10:30am
Beverages
Easy White Chocolate
White chocolate mocha with chocolate drizzle
Dolly's 9 to 5
Cherry and vanilla dirty Red Bull
Banana Bread Chai
Banana and French vanilla with vanilla or spiced vanilla chai
Iced Tres Leches Latte
Three milk blend with cupcake and vanilla, topped with whipped cream and cinnamon
Caramel Apple Machiatto
Apple with caramel drizzle
Pumpkin Spice Latte
Pastries
Any bagel with maple/caramelized pecan flavored cream cheese
Butter Cream Iced Cinnamon Roll
Pumpkin Vanilla Swirl Cake
Red Velvet Muffin
Butter Pecan Muffin
Pumpkin Spice Muffin
Prices vary
Seymo Joe to Go
1514 Goodson St | 919.722.3104 | sjfss.com | fb.com/sjafb.food


Pick up a
Smoothie
Fruit Smoothies $3.50
Available year-round
Seymo Joe to go
1514 Goodson St
fb.com/sjafb.food
sjfss.com
Monday - Friday
6 to 10:30am


SLOPPY JOE FRIDAY
WHILE SUPPLIES LAST
PHANTOM LANES
1290 ANDREWS ST
ALL-DAY
$6.25
SLOPPY JOE COMBO
WITH FRIES & DRINK
$4.00 SANDWICH
CALL AHEAD/TAKEOUT
919.722.0349
WWW.SJFSS.COM/10-PIN-CAFE
FB.COM/SJAFB.FOOD


MUSTANG
TAPROOM
FIRST FRIDAYS
MUSTANG TAPROOM
NOVEMBER 6, 2026
3:00 PM - 10:00 PM
FREE ENTRY
FREE FOOD
FROM GENT'S BOUNTY
FOOD TRUCK
(WHILE SUPPLIES LAST)
DRINK
RESPONSIBLY.
HAVE A PLAN.
GET A RIDE.
AIRMEN AGAINST
DRUNK DRIVING
919-722-2233
AIR FORCE
COMMUNITY CENTER
SJFSS.COM
919.722.8684
/SJAFB.FOOD
FIRST COMMAND
NO FEDERAL ENDORSEMENT INTENDED.


It's SOUP & SANDWICH season!
NOVEMBER OFFER: ENJOY A BOWL OF CHILI OR
AUTUMN SQUASH SOUP SERVED WITH A
GRILLED CHEESE SANDWICH ON TEXAS TOAST
OR SWEET YEAST DINNER ROLL
AND FOUNTAIN DRINK
(OPTIONAL TOPPINGS: CHEDDAR, JALAPEÑOS, OR SOUR CREAM)
10.00
COMPASS CAFE
1385 S ANDREWS ST | 919-722-0394
SJFSS.COM/COMPASS-CAFE | FB.COM/SJAFB.FOOD



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	

Smoked Sausage 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 Offers

Mexican Street Corn, Crunch Wrap	$1.95
Honey BBQ, Ranch, Chicken Sandwich	$4.95

Veterans Day Meal
Nov 11 • 10:30am to 1:30pm | 4:30 to 6:30pm

Join us for a special meal honoring Veterans Day in the dining facility

Steak Night
Nov 15 | Dec 13 • 4:30 to 6:30pm

Grilled Steak & Baked Potato	$12.55

District Dogs
Nov 18 | Dec 16 • 10:30am to 1:30pm

Chicago Dog	$1.70
Chili Cheese Dog	$3.65
Southwest Dog	$2.30
Build Your Own Dog	$3.75

Custom Mac Bowls
Nov 19 | Dec 17 • 4:30 to 6:30pm

M&C	$5.75

Taco Tuesday
Nov 24 | Dec 22 • 10:30am to 1:30pm

Beef (2)	$3.80
Chicken (2)	$3.85
Beyond (2)	$5.65
Mexican Street Corn	$1.65

Thanksgiving Meal
Nov 26 • 10:30am to 1:30pm | 4:30 to 6:30pm

Our holiday menu may include Roast Turkey, Baked Ham, Roast Beef, Dressing, Candied Sweet Potatoes, Mashed Potatoes, Green Bean Casserole, and Mac & Cheese.

Wing Wednesday
Dec 9 • 10:30am to 1:30pm

Fried Wings	$8.00
Roasted Wings	$8.00

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1	2 Brunch & Bowl 7am - 4pm Burger Special, Compass Hearts Apart Bowling 5pm Red Pin Bowling 5pm	3 Airman's Attic 10am Story Time 11am Taco Tuesday, 10-Pin	4 Chicken & Waffle, Compass Moving Out of Dorms 9am Penny-a-Pin Bowling 5pm Single Airmen Bowling 5pm
8	9 Brunch & Bowl 7am - 4pm Burger Special, Compass Hearts Apart Bowling 5pm Red Pin Bowling 5pm	10 Resume Writing Class 9am Airman's Attic 10am Story Time 11am Taco Tuesday, 10-Pin Civil War Lecture 5pm	11 **VETERANS DAY** Holiday Meal 10:30am **Holiday Bowling 1pm**
15 Steak Night 4:30pm	16 Brunch & Bowl 7am - 4pm Burger Special, Compass Hearts Apart Bowling 5pm Red Pin Bowling 5pm	17 Newcomers Orientation 8am Airman's Attic 10am Story Time 11am Taco Tuesday, 10-Pin **Hearts Apart Dinner 5pm**	18 EFMP Roundtable 10am **Return/Reconnect 10am** **District Dogs, DFAC** Vesting in TSP 1pm **Turkish Lamp Class 5:30pm**
22	23 Brunch & Bowl 7am - 4pm Burger Special, Compass Hearts Apart Bowling 5pm Red Pin Bowling 5pm	24 **Gobble Till You Wobble 5K 8am** Salary Negotiations 10am Taco Tuesday, 10-Pin/DFAC Job Fair Strategies 1pm	25 Moving Out of Dorms 2pm Penny-a-Pin Bowling 5pm Single Airmen Bowling 5pm
29	30 Brunch & Bowl 7am - 4pm Burger Special, Compass Hearts Apart Bowling 5pm Red Pin Bowling 5pm	**THIS MONTH** *Fitness Center Challenge:* Tire Flip Competition —Participant with most flips in 2 minutes wins. See Fitness staff for details.	**AEROBICS SCHEDULE**

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
5 All You Can Bowl, All Day Bundles for Babies 9am Airman's Attic 10am Chicken Fried Rice, 10-Pin **Cash Bingo 6pm**	8 **First Friday 3pm** **Paint, Pints, & Petting Zoo 4pm** Free Movie 6pm Cosmic Bowling 7pm	7 Open to All Ranks 12pm Fishing Fall Classic 11am **Lights, Camera, Family: Coco 4pm** Cosmic Bowling 7pm
12 All You Can Bowl, All Day Airman's Attic 10am Chicken Fried Rice, 10-Pin	13 Home Buying Class 1pm **Glow Night Campout 5pm** Karaoke 6pm Cosmic Bowling 7pm	14 Cosmic Bowling 2:30pm **Give Parents a Break 6pm** Free Movie 6pm Cosmic Bowling 7pm
19 All You Can Bowl, All Day Custom M&C 10:30am Pell Grant Workshop 11am **Variety Craft Night 5pm** **Cash Bingo 6pm**	20 Sloppy Joes, 10-Pin Café FDS Officer Briefing 9am Free Movie 6pm Karaoke 6pm Cosmic Bowling 7pm	21 Cosmic Bowling 2:30pm **Lights, Camera, Family: Major Payne 4pm** Cosmic Bowling 7pm
26 **THANKSGIVING DAY** Holiday Meal 10:30am	27 **DOWN/GOAL DAY**	28 Cosmic Bowling 2:30pm Cosmic Bowling 7pm
SJFSS.COM	**AADD**	



Dec 3
- Bundles for Babies
- Prize Bingo

Dec 4
- Holiday Village

Dec 5
- Movie

Dec 8
- Resume Essentials

Dec 9
- LinkedIn Workshops
- Wing Wednesday

Dec 10
- Polar Express

Dec 11
- Elevate ... Relationship

Dec 12
- Tweetsie Trip
- Give Parents a Break
- Movie

Dec 13
- Steak Night

Dec 15
- Hearts Apart Dinner

Dec 16
- Return/Reconnect
- Trivia Night

Dec 17
- Holiday Hustle 5K

Dec 18
- Movie

Dec 25
- Holiday Meal

Free Movies in the Sabre Cinema



11.06

The Community Programs and Partnership Office (CPPO) offers a variety of free movies in the Sabre Cinema each month. Doors open 30 minutes before the movies begin.

Con Air

FRIDAY - Nov 6 • 6pm • Sabre Cinema

R • 1997, Action/Adventure/Dark Comedy, 1h 55m

Former US Army Ranger, Cameron Poe, recently paroled for manslaughter, must stop a group of violent and deadly criminals from escaping the country after they seize control of the prison transport plane he is on.



11.14

Face/Off

SATURDAY - Nov 14 • 6pm • Sabre Cinema

R • 1997, Action/Crime/Sci-Fi, 2h 18m

To foil a terrorist plot, an FBI agent assumes the indentity of the criminal who murdered his son via facial transplant surgery, but the crook wakes up prematurely and vows revenge.



11.20

National Treasure

FRIDAY - Nov 20 • 6pm • Sabre Cinema

PG • 2004, Adventure/Conspiracy/Suspense, 2h 11m

A historian races to find the legendary Templar Treasure before a team of mercenaries.



12.05

Home Alone

SATURDAY - Dec 5 • 6pm • Sabre Cinema

PG • 1990, Holiday/Comedy/Family, 1h 43m

An eight-year old troublemaker, mistakenly left home alone, must defend his home against a pair of burglars on Christmas Eve.



12.12

Ernest Saves Christmas

SATURDAY - Dec 12 • 6pm • Sabre Cinema

PG • 1988, Holiday/Comedy/Fantasy, 1h 31m

Ernest helps Santa Claus as he searches for his successor.



12.18

Miracle on 34th Street

FRIDAY - Dec 18 • 6pm • Sabre Cinema

PG • 1994, Holiday/Drama/Family, 1h 54m

A lawyer and a little girl must prove that a man claiming to be Santa Claus is the real thing.



DON'T MISS THIS OPPORTUNITY TO

ELEVATE your RELATIONSHIP!



FREE CLASSES OPEN TO ALL DOD ID CARD HOLDERS IN A COMMITTED RELATIONSHIP

Elevate
Taking Your Relationship to the Next Level

- *Opportunity to invest in your relationship*
- *Connect with others in a supportive environment*
- *Learn 7-core skills and qualities for relationship success*

AIR FORCE AID SOCIETY

It Pays to Elevate Your Relationship

Air Force Aid Society will provide a $160 grant for Air Force and Space Force active-duty members (eligible couples) who complete the class.

1-DAY WORKSHOP

DEC 11

8:00am to 4:00pm

MILITARY & FAMILY READINESS CENTER

1410 Langley Ave • Bldg 4215

Call to enroll by Dec 1

919-722-1123

Email: 4fss.fsfr@us.af.mil

sjfss.com/military-family-readiness-center/
www.facebook.com/sjmfrc

PHANTOM LANES

Red Pin Bowling

Mondays • 5 to 8pm | $2.49 per game

Win a free game when you bowl a natural strike on a red, head pin in the number one spot. Must notify staff before throwing the ball. See staff for details.

All You Can Bowl

Thursdays • All Day

Cost includes bowling and shoe rental.

7am to 5pm $6.99

5 to 8pm $8.59

Cosmic Bowling

Fridays & Saturdays • 7 to 9pm | $10 adult, $8 youth

Saturdays • 2:30 to 4:30pm | $8 each

Enjoy glow-in-the-dark bowling for one low price, shoe rental included!









PAID AD. NO FEDERAL ENDORSEMENT OF ADVERTISER(S) INTENDED.



Exchange, Monster Energy launch VR gaming sweepstakes with $33,000 in prizes

Authorized Army & Air Force Exchange Service (AAFES, the Exchange) shoppers can power up their play for a chance to win a VR gaming package in the Monster Energy VR Gaming Sweepstakes through Nov. 26.

Each winner will receive one VR gaming headset, valued at $599.99; a $1,000 Exchange gift card; and a one-year supply of Monster products consisting of 16 cases, valued at $608. The total value of each prize package is $2,207.99.

“The Exchange is always looking for exciting ways to reward the military community,” Seymour Johnson Exchange store manager Sylvia Beard said. “This sweepstakes gives shoppers a chance to take their gaming experience to the next level while enjoying some great prizes.”

Authorized Seymour Johnson Exchange shoppers 18 and older can enter at ShopMyExchange.com/Sweepstakes for a chance to be one of 15 grand-prize winners.

Winners will be announced on or around Dec. 4.

ARMY & AIR FORCE EXCHANGE SERVICE





Moving Out of the Dorms Class

Nov 4 • 9am | Nov 25 • 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

Nov 5 | Dec 3 • 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

Nov 7 | Dec 5 • 12 to 2pm • Connect 4

The shop will open to all ranks on the first Saturday of this 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.

Home Buying Workshop

Nov 13 • 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.



Choose the time that works for you!

NOV 18
10:00am OR 5:00pm

M&FRC
Bldg 4215 | 1410 Langley Ave

Sign up for in person or virtual session

sjfss.com | fb.com/sjmfrc



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

Newcomers Orientation

Nov 17 | Dec 15 • 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.

Show your support and join us on Nov 18

Volunteer opportunities available. Call 919-722-1123.



EFMP Roundtable

Nov 18 • 10am • M&FRC Training Room

Want to know more about how the Exceptional Family Member Program (EFMP) works? This is for you! Learn about EFMP, community resources and more. Call 919-722-7337 or 1123 to register.

Vesting in the Thrift Savings Plan

Nov 18 • 1pm • M&FRC

Upon completing two years in the Air force, Airmen are vested in the Thrift Savings Plan (TSP). Leatn more about TSP in this class. To sign up, call 919-722-1123.

First Duty Station Officer Briefing

Nov 20 | Dec 18 • 9 to 10:30am • M&FRC

The Military & Family Readiness Center presents this financial briefing on a variety of topics for first duty station officers. Call 919-722-1123 to register by the Thursday prior to class.

AIR NATIONAL GUARD

HEALTHCARE
-CONTINUED TRICARE FOR YOU & YOUR FAMILY

CAREER GROWTH
-CROSS TRAINING INTO YOUR DREAM AFSC

PAY & TUITION
-BONUSES AVAILABLE UP TO $60,000

RETIREMENT
-TSP, SGLI, & RETIREMENT OPTIONS

SECURITY CLEARANCE
-STAY ELIGIBLE

SCAN TO CONTACT RECRUITER AND EXPLORE 90 WINGS IN 50 STATES AND 4 TERRITORIES

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Federal USAJobs Resume Writing

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

This class focuses on resume writing for government positions and using the USAJobs.gov website. Call 919-722-1123 to sign up by Nov 9.

Salary Negotiations

Nov 24 • 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. Call 919-722-1123 to register.

Job Fair & Interview Strategies

Nov 24 • 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

Dec 8 • 8am to 12:30pm • M&FRC

Create your most effective civilian resume for the career you want. Trained facilitators provide guidance on resumes and job application techniques. To sign up, call 919-722-1123.

LinkedIn Profile Builder

Dec 9 • 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

Dec 9 • 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.





Hard Charger Awards



ABOVE: 4th Force Support Squadron Commander, Lt Col Heather Novus, presents the Hard Charger Team Award and traveling bolt trophy to the Military and Family Readiness team. Left to right: Sergio Jimenez, Jonathan Keene, Casey Nichols, Brandy Kentch, Hayden Alsvig, Lt Col Novus, Rocky Ballantini, Ashley McFarland, Bridget Sleppy, SMSgt Kristie Collins, Sandi Townson, Kaitlyn Mollo, Arndrea Thomas, Jessica Davis, Sydney Norris, Dalilah Jimenez, Jay Francies, TSgt Brian West, and MSgt Matthew Ballard.

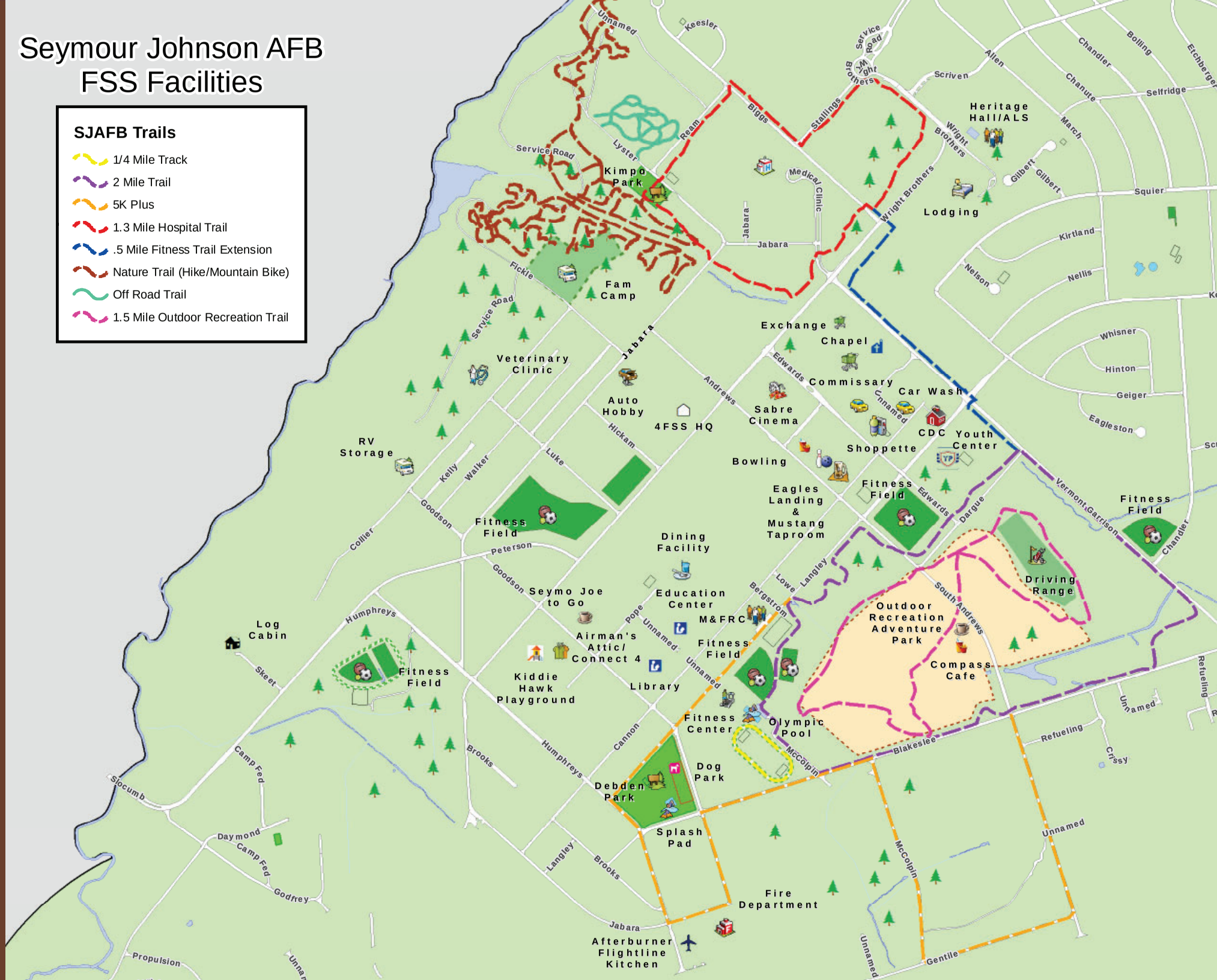


ABOVE: The Hard Charger Individual, Civilian Category Award goes to Ms Karen Blevins of Outdoor Recreation. Left to right: MSgt Kyle Baker, Lt Col Novus, Blevins (and son), SMSgt Collins, and Mr Alsvig.



ABOVE: The Hard Charger Individual, Military Category Award goes to SrA Tyler Wigington of the Fitness Center. Left to right: Mr Alsvig, MSgt Robert Carter, SrA Jacob Fausto,SrA Jamaica Freckleton, SrA Richard Sekyere, Lt Col Novus, SrA Wigington, 2d Lt Joshua Gierucki, SMSgt Collins, and Mr Brent Marriner.

Seymour Johnson AFB FSS Facilities



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/sjmfrc
  Monday - Friday 8:00am - 4:00pm
  *Closes on first Tuesday at 12:00pm
- **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 - 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
  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
  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
  Monday 4:00 - 6:00pm
  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 - 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 - 8:00pm
  > Down Day/Holiday* 1:00 - 7:00pm
  Friday 7:00am - 9:00pm
  > Down Day/Holiday* 1:00 - 9:00pm
  Saturday 11:00am - 9:00pm
  Sunday 2:00 - 6:00pm
  *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
  *Closes on second Wednesday at 1:00pm
- **FamCamp**
  919.722.1104 • 100 Fickel St
  Operated by Outdoor Recreation
- **Splash Pad** (Closed for the season)
  919.722.1104 • Debden Park
  teamup.com/ks6krds62rkaq431by
  Operated by Outdoor Recreation
  Daily 9:00am - 7:00pm
- **Swimming Pool** (Closed for the season)
  919.722.1104 • Behind Fitness Center
  teamup.com/ks6krds62rkaq431by
  Operated by Outdoor Recreation
  Monday - Thursday 11:00am - 6:00pm
  >Lap Swim 6:00 - 7:00am, 7:15 - 8:15am
  Friday - Sunday 10:00am - 5:00pm

FITNESS

fb.com/sjafb.fitness

- **Fitness & Sports Center**
  919.722.0420 • 1500 Langley Ave
  Monday - Friday 7:00am - 4:00pm
  Saturdays, Sundays, Holidays and Down Days — Unmanned access with prior registration during manned hours

FOOD & LODGING

fb.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 11:00am - 9:00pm
  Sunday 2:00 - 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
  Sunday - Thursday
  > Midnight Meal 12:00 - 3:00am
- **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
  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/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/sjfss

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**
  919.722.1104 • 1385 S Andrews St
  Tuesday - Friday 9:00am - 3:00pm

Education—

- **Education & Training**
  919.722.5800 • 1195 Cannon Ave
  Monday - Friday 8:00am - 3:00pm
- **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 9:00am - 3:00pm*
  *Closed for training on first Wednesday
- **NAF Human Resources**
  919.722.5939 • 1500 Vermont Garrison St
  Monday - Friday 9:00am - 3:00pm*
  *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 - Friday 9:00am - 4:00pm
  *Closes on second Wednesday at 1:00pm
- **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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