

# Youth Sports Corner



www.sjfs.com

## FALL SOCCER REGISTRATION Youth Center

### JULY 1 - 30

#### AGES 5 - 15

Youth must be age 5 & must not turn age 16 by Aug 24

**\$50 Members**  
**\$60 Non Members**

Practice begins late Aug  
Season completed by Nov  
Must have current physical on file

**722-0503**

## SJAFB YOUTH SPORTS

sponsored in part by



## Fall SOCCER COACHES Needed

APPLY AT THE YOUTH CENTER

Great Chance to Earn EPR Bullets

**STARTING JUNE 1**

**722-0502**

YP FORCE

## Prepare for the opening sports season!

Get ready for the upcoming season of softball or fall soccer by strengthening your physical and mental skills. The Youth Center has a few sports camps still available. Camps are \$40 or free for DePLAYment Tag Holders (with the exception of the British Soccer Camp, see details below) Times below are subject to change due to participation.

**July 20 - 23: Softball Hitting & Fielding Camp (Girls Only)**  
10 am - Noon, Ages 9 - 12      1:30 - 3:30 pm, Ages 13 & up

### Aug 2 - 6: British Soccer Camp

Register online at <http://www.challengersports.com>

All British Soccer Camp Participants: Register online or contact Youth Sports for more details.

First Kicks, 9 am - 10 am, Ages 3 - 4, \$65    Young players are introduced to game basics through various activities. Parents are encouraged to join in.

Mini Soccer, 10 am - Noon    Ages 4 - 6, \$88    Features games, competitions & skill building activities designed to develop budding players.

Half Day, 9 am - Noon, Ages 6 - 16, \$103

Half Day, 5 - 8 pm, Ages 6 - 16, \$103

Emphasis is placed on core development and mastery of techniques through practices & coached games.

Full Day, 9 am - Noon & 5 - 8 pm      Ages 8 - 16, \$151

A more advanced camp for serious players, this camp focuses on game related techniques, tactical development & coached match play.

## From Manpower & Personnel Flight

Hours of operation for the Military Personnel Section are 8 a.m. to 5:30 p.m. MPS is located in Bldg 3612.

Newcomers In-Processing    Everyday at 1:30 p.m., Bldg 3612, room 101, members will need the duty information work sheet completely filled out prior to attending the briefing. Members will also need to have their PCS orders, AF FM 330, and their medical and dental records, so Tricare can in-process them into this region. Please call 722-8677, #2 for more details.

### Mandatory Reenlistment /Extension Briefings

Bldg 3612 (Room 215, M-T-TH @ 8:30 a.m. and W @ 2 p.m., please call 722-8677, #3 for more details.

Mandatory Base Out-Processing Appt Bldg 3612 (Room 215), daily @ 10 a.m., please call 722-8677, #3 for more details.

ID Card/DEERS Appointments    Military Personnel Customer Service Section now accepts appointments for identification cards and DEERS updates (marriages, divorces, newborns, etc). Interested personnel should contact DSN: 722-8677, press #1 or Commercial (919) 722-8677, press #1 for further information. Walk-in service will continue to be available.

# Eagles Landing

**CONSOLIDATED CLUB 722-1192**

www.sjsss.com  
**LATIN NIGHT**  
 @ Eagles Landing  
 Consolidated Club  
 Playing: Bachata, Reggaeton  
 Salsa, Merengue, Cumbia..  
 9 pm  
 LIVE DJ WILL C  
 SAT. 10 July  
 722-1192  
 Designated Drivers Available

**COUNTRY NIGHT**  
 \*\* WITH DJ WILD HEART \*\*  
 Kitty Hawk Lounge  
 JULY 17, 9 P.M.  
 No Cover Charge  
 722-1192/0712

## CASINO NIGHT - July 16 Begins at 5 p.m. Spitfire Pub

Black Jack - Poker - Russian Roulette  
 Played with Casino Bucks  
**Prizes! Prizes! Prizes!**

Enjoy the new jukebox - FREE to all Club Members.  
 Members are encouraged to bring with them their CDs, iPods and USBs  
 to upload their favorite music to the system for FREE.  
 Beer station - Bar menu available - Club member gets \$1 off.

Club Members! Between 5 -7 p.m. receive 50% off draft beer and don't  
 forget the FREE finger food.

Not a member? MEMBERSHIP table on site to assist  
 with signing you up!

### Texas Holdem Club Lounge Every Friday

\$10.00 Club member \$15.00 Non-Member  
 Cost includes, Mini Buffet (Starting at 6:00 p.m.) and Prizes Games begin at 6:30 p.m.

### Bingo Every Wednesday at 6:00 p.m.

\$7.00 Entry for guest and \$15.00 Entry for eligible non club members

### Lunch Time Bingo

Played Mon-Wed-Fri at 12:30 p.m.

## TEAMS FORMING NOW!

American Pool Association  
 POOL LEAGUE  
 @ SEYMOUR JOHNSON AFB



Compete against Goldsboro & surrounding area teams.

Looking for 4 teams of 5.- 8 players  
 Wednesday nights Now - August, \$7 Match Fee  
 Each member pays \$25 APA Annual Fee

Top 3 teams will advance to Regional playoffs.  
 The Regional winner will receive an all expense paid  
 Trip to Las Vegas, Nevada

**SIGN UP**  
 Eagles  
 Landing or  
 Heritage  
 Hall  
 Community  
 Center

Call  
 TSgt Rubin  
 722-0712  
 or  
 Mr. Valentine  
 722-4518

Eagles Landing Consolidated Club



Wedding Retirement

Family Reunion Birthday

Let us help you plan an occasion to remember...

Call Mickey at 722-7754

SEYMOUR JOHNSON AIR FORCE BASE  
**FORCE**  
 SUPPORT SQUADRON

# THUNDER!

## Rolls @ SJAFB

**SATURDAY**  
**JULY 24, 2010** 10 a.m. to 5 p.m.

**Dyno Testing**  
 DJ Touch  
**LIVE MUSIC**  
 Chance Band  
 BLAZE  
 Fatback & the  
 Cadillacs

Held in the parking lot of Eagles Landing Club  
**Three Classes - Custom, Cruiser and Sport**  
 Military Working Dogs Demonstrations  
 Motorcycle Safety and Airmen Against Drunk Driving Program  
**Kids Games - Food Booths and Beverages**

Open free to spectators having a valid active duty, retiree, or DoD identification, their families and guests. Interested in entering your cycle? Simply call the below number or go online to [www.sjsss.com](http://www.sjsss.com), fill out the registration and submit with \$5 entry fee to Eagles Landing on or before July 19.



**Eagles Landing Consolidated Club**  
 1240 Andrews Street, SJAFB  
**722-1192 or 722- 0712**

FEDERAL ENDORSEMENT OF SPONSOR(S) NOT INTENDED.

Eagles Landing presents... **FORCE**

# COMEDY

**July 31** Night  
**9 pm**

**\$10 Members**  
**\$15 NonMembers**

*Kitty Hawk*  
 Lay Luv  
 Cocoa Brown  
 Double D

**ADMIT ONE**

**AFTER PARTY TO FOLLOW!**

**722-1192/0712**

**FORCE**

# SJ Member PLUS

Air Force Club Membership... It Pays For Itself!

New Members & Members Pick Your Card Up @ Eagles Landing Club or Simply's Too. (in the Community Center)

Earn 2 Points for Every Eligible Dollar Spent at Club, Commissary, BX (Including Shoppette & Gas), Child Development Center & All Other FSS Facilities. Earn 1 Point For Every Dollar Spent Elsewhere. Redeem Points for Cash, Travel or Gift Certificates

\*Cash Back Applies to AF Club Master Card Only.  
 Proprietary Club Card Can Only Be Used in Force Support Squadron Facilities

You Choose Your Card: AF Master Card or Proprietary Card

\* In Addition You Will Enjoy:

- A FREE Quarterly Dinner, Entertainment & Door Prizes
- A \$10 Birthday Coupon
- Discounts at Numerous Force Support Facilities & Events
- \$1 Off Your Meal, \$2 Off Holiday Buffets & 10% Off Functions
- 50% Off Draft Beer Every Friday, 5-7 pm; Club Lounge
- Friday Members Social 5-7 pm. FREE Finger Food
- A Chance to Get Your Share of \$25,000 in Club Scholarships
- No Dues When Deployed to a Contingency Location (See Club w/ Orders Prior to Leaving for Benefit to Apply.)

Three Eagles Club		Club Card	Member Plus
1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20

SJ Member Plus is Your Ticket to Fun!

One Plus Card Per Member Account \* One Discount Per Day Per Service \* ODR Discount Not to Exceed \$10

## HEALTH & WELLNESS

### Strength Clinic

*Ongoing in the Fitness Center*

The Strength Clinic is open to anyone with a desire to improve his/her core strength. The goal of the clinic is to help those who struggle with core conditioning to identify why it's a struggle and assist them in increasing their abdominal and back strength.

For more information, contact MSgt Downs at 722-0408 or the HAWC 722-0407.

### Tobacco Cessation Program

This ongoing program open to all DoD beneficiaries is designed to provide support and assistance during the tobacco cessation process. Call American Lung Association (ALA) Help Line at 1-800-548-8252 Monday through Friday from 8 a.m. to 8 p.m. to enroll. Visit your Primary Care Provider to be medically assessed for medication and call ALA Help Line weekly to receive counseling, assistance, and additional information or medication refills. For more details, contact the HAWC, 722-0407.

### Quit Tobacco Make Everybody Proud

Ongoing for all DoD beneficiaries

1. Thinking about Quitting
2. Preparing to Quit
3. Quitting
4. Staying Quit

For more information,  
[ucanquit2.org](http://ucanquit2.org)



### FIT ON FOUR PROGRAM

*Open to base populace*

This is a self monitored walking program designed to get both owners and their pets physically fit.

An incentive is given at the completion of the program. Participants are encouraged to walk with their pets - increasing physical activity to promote health. The program runs throughout the year.

Interested? Pick up programs at the HAWC, Base Library, Vet Clinic, and/or Fitness Center. For details, call 722-0407.



# FAMILY CONNECTION

## Integrated Delivery System Initiative

*The Integrated Delivery System (IDS) is the working arm of the Community Action Information Board (CAIB), a collaboration of Seymour Johnson's helping agencies.*

The IDS has the primary responsibility for providing family services and prevention and education activities related to individual, family and community concerns.

The installation IDS shall include the Airman & Family Services Flight Chief, Airman & Family Readiness Center Director, CAIB Executive, Family Advocacy Outreach Manager, Mental Health Officer, Health Promotion Manager, Wing Chaplain, Reserve Component, Air National Guard Family Program Representative, Wayne County Health Department, Wayne County Military School Liaison Officer, Sexual Assault Representative, Public Affairs Office, Equal Employment Opportunity Office, Drug Demand Reduction, Officers' and Civilian Spouses Club and the Enlisted Spouses Club.

## Bundles4Babies

Bundles for Babies is an Air Force Aid Society (AFAS) Program designed to provide expectant parents with quality information and resources. The program is sponsored jointly by the Airman & Family Readiness Center (A&FRC) staff, Family Advocacy, the Partnership for Children of Wayne County, Officer and Civilian Spouses Club (OCSC), and the Health and Wellness Center.

The program is open to all ranks of active duty members - there is no requirement that participants be first time parents. The course is held at the A&FRC, Bldg. 3602, from 8:30 a.m. to 12:30 p.m. The Financial Manager will cover "budgeting for baby," Family Advocacy will then present "Bringing the Baby Home." The Partnership for Children of Wayne County will discuss "Car Seat Safety" and Adarine Skillman from the EFNEP program will provide a presentation on nutrition.

At the end of class, each mother will receive an AFAS "Baby Bundle" loaded with baby items. All free, compliments of the AFAS! Dads are encouraged to attend, however, childcare is not provided. Bundles for Babies sessions for 2010: July 21, September 15 and November 17. Call 722-1123 today to sign-up for this exciting and informative class!

## Veterans & Military Spouses Initiative Project, aka "The Veterans Initiative Project"

Up to \$4,000 education GRANT and/or technical training GRANT funding is available to spouses of active duty Air Force military members at Seymour Johnson AFB. Also eligible are retired unemployed military members or underemployed retired military members. VIP is funded through the American Recovery and Reinvestment Act of 2009. Do not delay, funds are limited! For additional information, contact Deborah Best at the Employment Security Center at (919) 731-7950.

**EMPLOYMENT  
READINESS**

***Military Family Life Consultants***

Need someone to talk to regarding a problem, situation, or stressor? Do consider contacting our Military Family Life Consultants who are located at the Airman and Family Readiness Center. Individual, Couples, and Family Counseling is available and provided by professional counselors. All sessions are confidential and no records are maintained. The counselors can meet you outside the office; anywhere but your personal residence. Call 919-440-2858!

**TRANSITION ASSISTANCE (TAP)**

Are you a Chief Master Sergeant preparing to TRANSITION to the Civilian World? Then your timing is on the mark as SJAFB once again hosts the annual ACC Regional CMSgt Transition Assistance Program Workshop, July, 19 -22 from 8:00 a.m.-4:30 p.m., at Heritage Hall Community Center. This seminar is conducted by a civilian contractor who will provide A-Z transition information relating to job searching, preparing a resume, networking, interviewing, plus Veteran benefits. The workshop is limited to 30 participants. Spouses are cordially invited! Call 722-1123 to RSVP.

Also, consider our next regular base-level 3-Day Vet Benefits and Employment Transition Workshops! The next Workshop is 24-26 August 24-26, at 7:30 a.m. to 4:30 p.m. at Heritage Hall Community Center Terrace Room! Spouses are welcome! Call 722-1123 to register!

**Attention:** All retiring Air Force members must attend the congressionally mandated pre-separation briefing at least 90 days before their actual date of separation or retirement. The session duration is 2.5 hours and the briefing is held every Thursday at the A&FRC at 1 p.m. RSVP to Airman and Family Readiness at 722-1123.

***Sexual Assault Prevention and Response Program***

Every service member, starting with senior leadership, must understand his or her duty to safely intervene and prevent the crime of sexual assault. Service members have a duty to safely intervene when they identify behaviors that may lead to sexual assault.

Sexual assault degrades mission readiness and is fundamentally at odds with the responsibility of the men and women in uniform to treat all people with dignity and respect.

**Sexual Assault Prevention and Response  
Seymour Johnson AFB NC  
Office: 919-722-0155  
Hotline: DSN/COM 919-722-7272  
24/7 Cell: 919-920-7272**

***Free Nurse Aide 1 Training***

Only a few slots left! Are you interested in working in the nursing field? Well ... here is your chance.

Classes will be held at Wayne Community College campus, and the cost of the course, books, tuition and state exam will be paid for by the Air Force Aid Society through the Airman and Family Readiness Center. For more information contact the A&FRC at 722-1123.

**Career Focus Program**

**Resume Writing Class**  
July 9 10:00 – 11:30 a.m.

**USAJOBS Federal Resume Writing Class**  
July 16 10:00 – 11:30 a.m.

Call Airman and Family Readiness to sign up for the above classes at 722-1123.

**NOTE: The Family Place has relocated to 228 Carswell Lane**

**Heartlink - Spouse Orientation**

Call for dates and to sign up.  
A FREE fun, interactive Spouse Orientation Workshop!

Whether you have just arrived at Seymour Johnson AFB or have been here for a long time this workshop gives you an opportunity to meet new friends, learn about base-wide programs and resources, understand what your squadron does and how it all fits together.

You will receive a USAF Heartlink coin and other door prizes for attending.

**Call 919-722-1123 to sign-up.**



**SJAFB PERSONNEL CAN**

**SAVE 25%**

at the following locations in Myrtle Beach, S.C. area.

**Hampton Inn**

**Northwood**

620 75th Avenue North  
(843) 497-0077

**Hampton Inn**

**Broadway at the Beach**

1140 Celebrity Circle  
(843) 916-0600

**Hampton Inn Harbourgate**

2120 Sea Mountain Hwy.  
North Myrtle Beach  
(843) 249-1997



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for the 4th Fighter Wing Best...*

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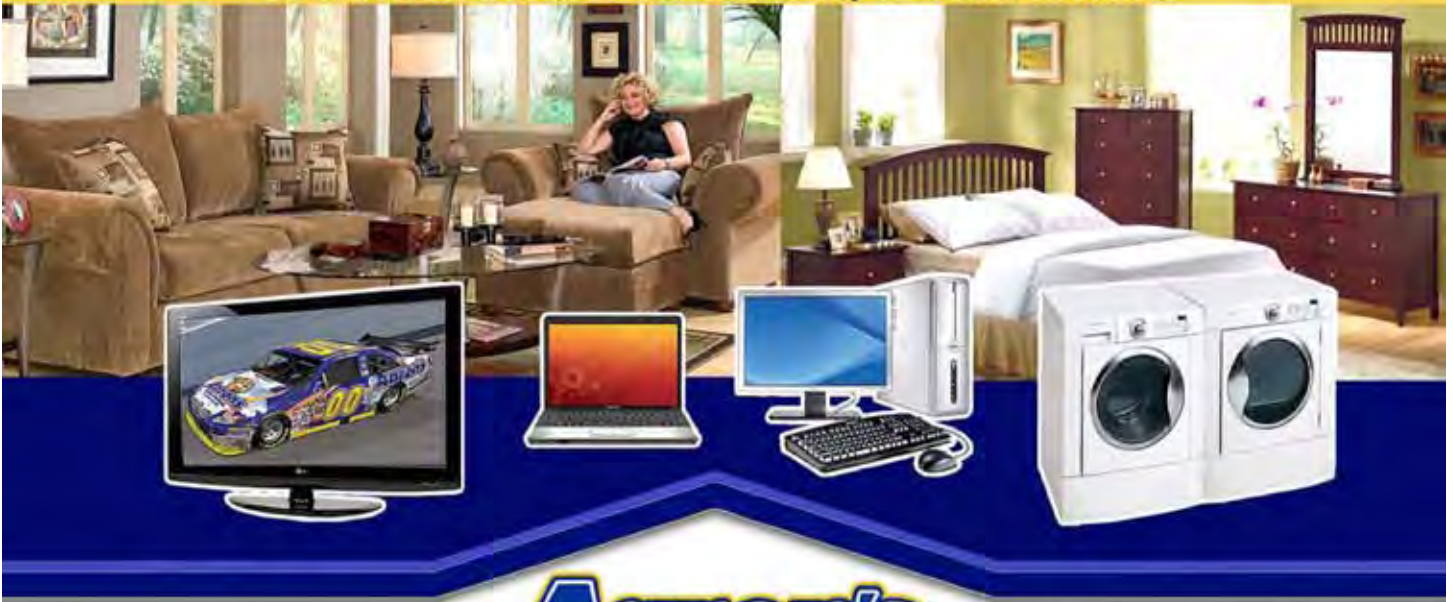
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**ALLOTMENTS ACCEPTED! ALLOTMENTS ACCEPTED! ALLOTMENTS ACCEPTED!**

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\*Interest will apply your order to April 30th unless told otherwise.

4TH FORCE SUPPORT

# Quick Reference

## **Airman & Family Readiness**

Center - 722-1123  
1200 Wright Brothers Ave.

## **Arts & Crafts Center**

722-1106/0412  
1515 Goodson St.

## **Auto Skills Development**

722-1309  
1295 Jabara Ave.

## **Barber Shop**

722-7760  
Eagles Landing 1240 Andrews St.

## **Base Education/Training Services**

722-5800  
1520 Goodson St.

## **Base Library**

722-5825  
1520 Goodson St.

## **BellaMorphosis Women's Health Club**

722-0413  
1410 Langley Ave.

## **Child Development Center**

722-1198/1199  
1030 Langley Ave.

## **Combined Clubs Catering**

722-7754  
1240 Andrews St.

## **Embroidery Shop**

722-7436  
1515 Goodson St.

## **Eagles Landing Club**

722-1192  
1240 Andrews St.

## **Heritage Hall Community Center**

722-0339 or 722-0340  
1175 Wright Brothers Ave.

## **Kitty Hawk Lounge**

722-1192  
1240 Andrews St.

## **Engraving Shop**

722-1103  
1515 Goodson St.

## **Family Child Care**

722-7194  
Bldg. 3602  
Room 121

## **Fitness & Sports Center**

722-0408  
1500 Langley Ave.

## **Flight Kitchen**

722-4085/4101  
2014 Jabara St.

## **Fort Fisher Air Force Recreation Area**

(910) 458-6549  
1 (800) 645-9725  
Kure Beach, NC 28449

## **Framing Shop**

722-0412  
1540 Goodson St.

## **Manpower & Personnel Flight**

722-8MPS (8677)  
1185 Cannon Ave.

## **NAF Human Resources**

722-5957/5939/5956  
1570 Wright Brothers Ave.

## **Officers' Lounge**

722-1340  
1175 Wright Brothers Ave.

## **Outdoor Recreation**

722-1104  
1515 Goodson St.

## **Planet Bowl**

**Inside Scoop** Ice Cream Parlor  
722-0350  
1290 Andrews St.

## **Pools See - Outdoor Recreation**

## **Private Animal Care (Vet Clinic)**

722-1465  
1003 Collier Ave.

## **Simply Too Community Center**

722-1340/0715  
1175 Wright Brothers Ave.

## **Skeet & Paintball Range**

722-7423  
100 Skeet Place

## **Southern Eagle Dining Facility**

722-5293/5294  
**722-MENU**  
Bldg. 3650, near Cannon Ave.

## **Southern Pines Inn**

722-0385  
1235 Wright Brothers Ave.

## **Teen Lounge**

722-0398  
1035 Langley Ave.

## **Ten Pin Cafe - Planet Bowl**

722-0349  
1290 Andrews St.

## **TEGC Snack Bar**

Three Eagles Golf Course  
722-0394

## **TEGC - Pro Shop**

722-0395  
1385 S. Andrews St.

## **Youth Activities Center**

722-0502  
1035 Langley Ave.

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