

SEYMOUR

MARCH 2023

explore more



***Mustache
March***

Contest on pg 10

2023 AIR FORCE ART CONTEST

MARCH 1 - APRIL 30



CATEGORIES: Adult Novice • Accomplished
Youth Teen (13-17) • Preteen (9-12) • Child (6-8)

PRIZES: Amazon Gift Cards—1st: \$500 2nd: \$400 3rd: \$300

Enter your 2D & 3D artwork at forcesupport.awardsplatform.com March 1 through April 30, 2023

The Air Force Services Center (AFSVC) presents the Air Force Art Contest for ages 6 through adult, novice to accomplished. Winners are determined by a panel of qualified judges. Judging is based on impact, creativity, and technical expertise. Prizes are awarded to the top three in each of the five categories.

This year there are two types of art competitions: 2D Art and 3D Art. 2D Art is considered to be two-dimensional, such as a drawing, sketch, or painting. Accepted media include oil, watercolor, acrylic, pastel, mixed media, gouache, egg tempera, pen and ink, charcoal, colored pencil, scratch board, markers and metal point (no digital art). 3D Art is considered to be three-dimensional, such as, sculpture, ceramic, pottery, clay, glass art, metals, jewelry, wood, fiber, and textile.

Artists may submit up to two uploaded photographs of their 2D and/or 3D art entries per competition. The subject of the artwork is at the discretion of the artist but must be in compliance with the Official Rules of the contest.

Please visit, like and follow the Facebook Page Air Force Arts, @airforcearts for the latest news, information, and art related information.



FSS Scramble

PLAY. ENTER. WIN.

Solve the anagrams to reveal the letters for the final message. Email your answers to 4fss.marketing@us.af.mil to enter a prize drawing.
-Base access required

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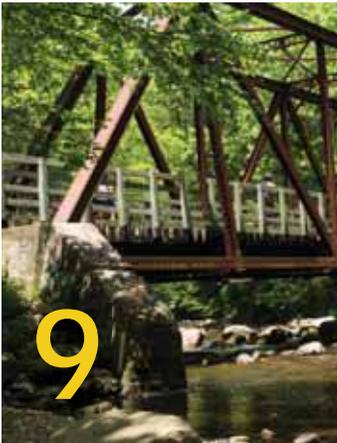
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CONTENTS



6 St Patrick's Day Color Run— "... may the wind be always at your back ..."



9

Blue Ridge Mountain Biking
Outdoor adventures on the Virginia Creeper Trail



23

Working from home really pays off
Department of Air Force incentives



4 **Fitness**
From free aerobics classes to challenges and a fun St. Patrick's Day Run

8 **Fun**
Let the outdoor adventures begin!

10 **Movie Listing**
Free showings in the Sabre Cinema and more

12 **Food**
Specials, menus and more!

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

17 **Family**
Classes, programs + base-wide events

24 **Employment Opportunities**
Resources to kick-start your career

25 **Force Support**
Hard Charger Awards

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

Free aerobics classes

Monday - Friday
Fitness Center

WEEKLY LINEUP OF CLASSES

<u>Monday</u>	
11:00am	Spin Class
4:30pm	Sweatmasters*
<u>Tuesday</u>	
11:30am	Yoga
<u>Wednesday</u>	
11:30am	Healthy Hustle*
4:30pm	Sweatmasters*
<u>Thursday</u>	
11:30am	Zumba
<u>Friday</u>	
4:30pm	Sweatmasters*

***Fitness Improvement Programs (FIP):** These programs target personnel to support fitness activities to meet Department of Air Force (DAF) fitness standards for aerobic fitness, muscular strength, and circumferential tape measurement.

Healthy Hustle - Provides guided run workouts to train on cardio endurance, proper running form and meet cardio standards for DAF PT assessments.

Sweatmasters - Provides a high intensity interval training that will challenge your cardiovascular endurance and strength designed for meeting DAF PT assessments.

Zumba - A total workout that mixes low and high-intensity moves for an interval-style dance fitness party combining all elements—fitness cardio, muscle conditioning, balance, and flexibility.

Yoga - The class offers yoga poses and gentle movement sequences to help improve the body movement patterns, breathing techniques and guided relaxation.

Classes are open to all authorized patrons of the Fitness Center. For more information, call 919-722-0420.

SWEDISH • DEEP TISSUE • HOT STONE • PRENATAL • THAI

MASSAGE THERAPY

email for appointment

mdiaz@elysiummassage.net

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

TOP THREE METHODS
COMBINED

Swedish
30/60/90-MIN/2-HR
\$30/\$45/\$80/\$100

Deep Tissue
60/90-MIN/2-HR
\$70/\$95/\$115

Hot Stone
60/90-MIN/2-HR
\$75/\$85/\$105

Prenatal
30/60/90-MIN
\$30/\$45/\$80

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

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

Massage service by appointment at

Connect 4 • 1515 Goodson St

sjfss.com || fb.com/sjfss



44th ANNUAL - RUN FOR A COOLED
**GREATER GOLDSBORO
ROAD RUN**

**10K RUN. 5K RUN.
5K WALK. 1 MILE FUN RUN**

Downtown Goldsboro | Goldsboro, NC

www.RunTheEast.com | facebook.com/greatergoldsbororoadrun

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DICK'S
SPORTING GOODS

EXCLUSIVE SHOP EVENT
20% OFF YOUR ENTIRE PURCHASE



NEED AN ITEM NOT AVAILABLE IN-STORE?

Ask a Store Associate about ordering an item(s) through our ScoreMORE kiosk, located inside the store. Receive a 20% discount, plus free shipping, valid on the date(s) listed below. Some exclusions apply.

20% OFF THROUGHOUT THE STORE



Limit one coupon per customer. Excludes: taxes, prior purchases, gift cards, extended warranties, such as the No Sweat Protection Plan, licenses, store credit, services or excluded items detailed in-store or at DICKS.com/Exclusions. Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale or Going, Going, Gone!



P000487220241CHN2

Seymour Johnson AFB offer valid 3/31/2023 - 4/3/2023

For more offers, click on the Dick's Sporting Goods ad on www.sjsss.com



**DEMOCKO
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- Medication-free pain relief from injuries

\$40
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includes exam,
adjustment and
x-rays (if needed)

We can see you today!

TWO LOCATIONS:

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Goldsboro, NC 27540
919-735-2205

997 Henderson St, Suite E
Mt Olive, NC 28365
919-299-8033



\$25
ADJUSTMENTS

MILITARY DISCOUNTS!



demockochiropractic.com | fb.com/DemockoChiropractic

ST. PATRICK'S PATRICK'S DAY COLOR RUN



MARCH 17

FITNESS CENTER @ 3:00PM

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

**SIGN UP
HERE**



We Encourage Participants
to wear white t-shirts
for the event!



/sjafb.fitness



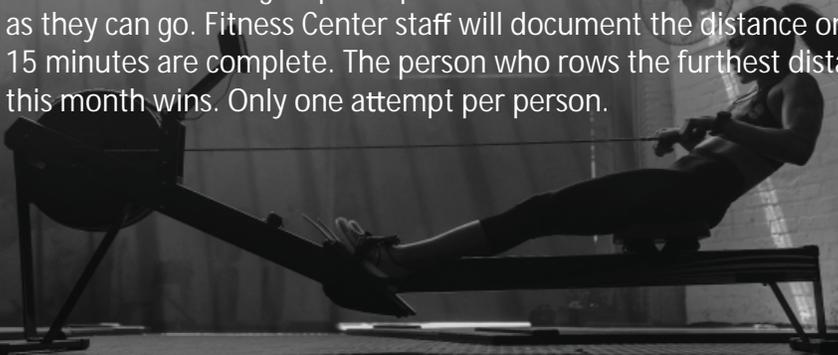
sjfss.com



722-0420

March Fitness Challenge Row the Distance

Here's a fun challenge—participants will have 15 minutes to row as far as they can go. Fitness Center staff will document the distance once the 15 minutes are complete. The person who rows the furthest distance this month wins. Only one attempt per person.



Looking for a custom workout program?

Grace Jones of Emboldened Fitness is accepting new clients for personal training at the Seymour Johnson Air Force Base Fitness Center. She's ready to tailor a program to help you meet your fitness goals.

Grace is a National Academy of Sports Medicine (NASM) Certified Personal Trainer, NASM Certified Nutritionist, National Physique Committee (NPC) Bikini competitor and weightlifter.

Experienced with sports conditioning, competition prep, general weight loss, PT test prep, pre and postnatal fitness, and more, her clients receive expert 1-on-1 guidance. "I'll teach you proper form and give you 'the push' to get real results," says Grace, "multiple layers of accountability and support to keep you on track." Progress tracking includes strength tests and body composition.

If you're ready to take the guesswork out of your workout, email grjones0911@gmail.com to schedule a session.

Rates vary based on duration and quantity. A 30-minute session is \$30 or \$25 each when you buy two or more (45-minute: \$45 or \$40 each for two or more, and 60-minute: \$55 or \$50 each when you purchase two or more).



PROUDLY SERVING OUR BRAVE MILITARY



Get your discount today.



740 Greenville Blvd SE | Greenville
252-999-7288
geico.com/greenville-lawrence

No official U.S. Army or Department of Defense endorsement is implied. Some discounts, coverages, payment plans, and features are not available in all states, in all GEICO companies, or in all situations. GEICO contracts with various membership entities and other organizations, but these entities do not underwrite the offered insurance products. Discount amount varies in some states. One group discount applicable per policy. Coverage is individual. In New York a premium reduction may be available. GEICO may not be involved in a formal relationship with each organization; however, you still may qualify for a special discount based on your membership, employment or affiliation with those organizations. GEICO is a registered service mark of Government Employees Insurance Company, Washington, DC 20076; a Berkshire Hathaway Inc. subsidiary. © item 1 GEICO 21_655770455



 **ASHLEY**

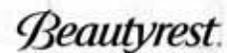
All active/inactive military
and veterans receive

25% OFF
no minimum purchase*

or

72 months
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Special delivery rates available!



72 months 0% APR is based upon credit approval. Cannot be combined with any other offer or promotion. Some exclusions may apply. See your sales associate for complete details. No Federal endorsement of advertiser(s) intended.

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THE PARROTT GROUP OF COMPANIES
211 N. Berkeley BLVD, Goldsboro, NC 27534

MARCH

18
SATURDAY

Getting Started Outdoors: TURKEY HUNTING 101

WARRIOR PINES: LOG CABIN • 8AM - 5PM

GSO Attendance REQUIREMENTS

- NEVER hunted or have NOT ACTIVELY hunted for MORE than THREE years
- LACKING Social Support (you have no readily available hunting family members or friends)
- LAPSED (non-active) hunters including those who have NEVER harvested big game (i.e. turkey or deer)

GSO Attendance PREREQUISITES

- Hunter Safety Certification: Hunter Education Courses (ncwildlife.org)
-Online, virtual and in person courses available
- VALID NC Hunting License: Hunting, Fishing and Trapping Licenses (ncwildlife.org)

GSO MUST READ: Attendance is by RESERVATION ONLY

- Email Walter "Deet" James, Hunting Engagement Specialist, at gso@ncwildlife.org
- If qualified as noted above, provide your **WRC Customer Number** (located above your name on your hunting license) PRIOR to a GSO start date to confirm placement on the roster.
- Qualified individuals will be selected on a first come, first served basis. **Each workshop is limited to 30 participants.**
- Request a reservation **ONLY** if you plan to attend and not if you "might" attend to avoid vacancies.

NEW TO HUNTING?



SCAN ME



FREE WORKSHOP
BASE ACCESS REQUIRED

Learn about the basics of hunting

- Hunting skills
- Equipment and strategies
- Wild game processing and cooking



Questions?
Outdoor Recreation
919.722.1104



NO FEDERAL ENDORSEMENT INTENDED OR IMPLIED



DAY 1:

Explore downtown Greensboro by day and artsy Abingdon, VA by night

DAY 2:

Experience an exhilarating 17-mile, downhill ride across 20 scenic bridges

R4R RATES:

\$68.75 per person || 4 to a room

\$92.00 per person || 3 to a room

\$137.50 per person || 2 to a room

\$275.00 individual in a private room

**Includes transportation, lodging, bikes + helmets*

Limited space. Sign up at Outdoor Recreation, 1385 S. Andrews St. || 919-722-1104

Tandem Skydiving

April 1 • 8am to 5pm
Outdoor Rec

Experience the rush of falling at 120mph from up to 13,500 feet! Outdoor Rec is putting together another great opportunity for recharge for Resiliency (R4R) eligible personnel to go tandem skydiving with Cadence Sky Sports in Louisburg. The R4R rate for this chance of a lifetime trip is \$75 per person. Pre-register at Outdoor Rec to reserve your time slot. Call 919-722-1104 for more information.

Coastal Kayaking

April 15 • 9am
Outdoor Rec

Single Airmen, don't miss out on this 2-hour guided kayaking tour in Cedar Point. The trip includes transportation, kayak, paddles, life jacket, and tour for the low cost of \$5.

Sign up now at Outdoor Rec as space is limited. Need to know more? Call 919-722-1104.

FREE EVENT

OPEN HOUSE
MARCH 31 • 3 TO 5PM

OUTDOOR REC • 1385 S ANDREWS ST • 919-722-1104

sjfss.com | fb.com/sjafb.fun

Now Showing in the Sabre Cinema

The Community Programming & Partnership Office (CPPO) hosts free movies in the Sabre Cinema each weekend, unless otherwise posted. Movie-goers are welcome to bring their own snacks; no alcoholic beverages please.

Friday night flicks are at 6 pm, while Saturday matinees are at 3 pm.

March 3 • 6pm • Top Gun: Maverick

PG-13 • 2022, Action/Drama, 2h 10m

March 4 • 3pm • The Bob's Burgers Movie

PG-13 • 2022, Animation/Adventure/Comedy, 1h 42m

March 10 • No movie

Spotlight Theatre Co: Live performances Friday & Saturday

March 11 • 1pm • The Bad Guys

PG • 2022, Animation/Adventure/Comedy, 1h 40m

March 17 • 6pm • Malignant

R • 2021, Crime/Horror/Mystery, 1h 51m

March 18 • 3pm • Happy Gilmore

PG-13 • 1996, Comedy/Sport, 1h 32m

March 24 • 6pm • Clerks II

R • 2006, Comedy, 1h 37m

March 25 • 3pm • Dune

PG-13 • 2021, Action/Adventure/Drama, 2h 35m

March 31 • 6pm • Clerks III

R • 2022, Comedy/Drama, 1h 40m



Fly By Movie

March 16 • 4:30pm Southern Eagle DFAC

Don't miss the free showing of "Talladega Nights: The Ballad of Ricky Bobby" starring Will Ferrell, John C. Reilly and Sacha Baron Cohen. This comedy/sport movie is rated PG-13.

Storyline

Number one NASCAR driver Ricky Bobby stays atop the heap thanks to a pact with his best friend and teammate, Cal Naughton Jr. But when a French Formula One driver makes his way up the ladder, Ricky Bobby's talent and devotion are put to the test.

Information

The Southern Eagle Dining Facility (DFAC) hosts a monthly Fly By Movie Night on the third Thursday. Admission is free.

The DFAC is open to all with base access. Seating is first come, first served.

For more details, call the dining facility at 919-722-5298.

MUSTACHE MARCH Show off your 'stache



Grow your mustache this month. Post a pic in the comments of fb.com/sjfs or email to 4fss.marketing@us.af.mil

FREE starter 'stache above—yours for the clipping!

Contest runs March 1-31, 2023. Open to all with base access.

Men. Women. Children. Prize(s) pending participation.

Military Star shoppers receive double points every month at Seymour Johnson Express

Seymour Johnson Airmen and families can receive an extra bonus each month when they use their MILITARY STAR® card at the Army & Air Force Exchange Service Express.

On the 15th of every month, cardholders will receive double rewards points on all purchases at the Express, earning four points per \$1 instead of the regular two.

Rewards points are earned everywhere the card is accepted, including all military exchanges, commissaries, ShopMyExchange.com, myNavyExchange.com, ShopCGX.com and Exchange mall vendors. Shoppers automatically receive a \$20 digital rewards card every time they earn 2,000 points. In 2021, shoppers received \$34.4 million in rewards cards.

“Double points at the Express are a mid-month bonus to say ‘thank you’ to our cardholders,” said Seymour Johnson BX store manager Leazel Williams. “This offer will help Seymour Johnson shoppers get their next \$20 digital rewards card even faster, as they grab a hot or cold beverage or a healthy snack from the Express.”

The MILITARY STAR card is an exclusive line of credit for service members and their families to use at exchanges and commissaries – no matter where they serve. Other benefits of the card include:

- 10% discount on all first-day purchases for new cardholders
- 5 cents off every gallon of gas at Exchange fuel locations
- Free shipping on all ShopMyExchange.com and MyNavyExchange.com orders.
- One low APR for all cardholders, regardless of credit score
- No annual, late or over-limit fees
- Reduced-interest deployment plan with no payments required for eligible customers

Rewards exclude the Military Clothing Plan. For more information, see a store associate or visit MyECP.com.



sjfss.com • fb.com/sjfss • fb.com/sjafb.fun

MUSTANG TAPROOM

MARCH 11
6:30 TO 9:30PM

CALL CPPO TO PRE-REGISTER
RESERVATIONS CLOSE MARCH 3
AGES 18+ — \$20 EA / \$35 COUPLE
INCLUDES ADMISSION, FOOD AND ONE DRINK
CPPO 919-722-8684

Give Parents a Break childcare
available for ages 6 wks-12 yrs
Free with referral or \$8 per hour
RSVP for childcare by March 8
Youth Center 919.722.0502
CDC 919.722.1198



HAPPY
Pi
DAY

MARCH 14



Get a one-topping slice of Pizza, Regular Fries and a 24oz Fountain Drink for \$3.14

PHANTOM
LANES

sjfss.com | 722-0349



WINGMEN WEDNESDAY

MAR 15
4:30 - 6:30PM

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



MUSTANG TAPROOM

NOW OPEN

Wednesday-Thursday
3 to 8pm

Friday
3 to 10pm

First Saturday of each month
3 to 8pm

1240 Andrews St, Seymour Johnson AFB

MUSTANG TAPROOM

[f /sjalb.food](https://www.facebook.com/sjalb.food) sjfss.com

FIRST COMMAND

NO FEDERAL ENDORSEMENT OF SPONSOR INTENDED

SCAN FOR MENUS

Campus Dining for ESM

Select 4 FSS Facilities

Airmen assigned to Essential Station Messing (ESM) may take advantage of campus dining and pay with their Common Access Cards (CAC) for eligible items at the 10-Pin Café and Compass Café. Some items excluded; see menus for more information.

Food Council Meeting

March 16 • 2pm • Southern Eagle DFAC

There will be a Food Advisory Council meeting in the dining facility's Highlands Room for anyone with base access. This informal event is highly recommended for dorm residents, as upcoming events will be discussed. Join the open forum; feedback is welcome. For more information, call 919-722-5298.

Hearts Apart Dinner

March 21 • 5pm • Eagles Landing

All with base access are invited to a free dinner in support of our deployed and remote affected families. There will be kid-friendly activities. First come, first served. For more information, call the Military & Family Readiness Center at 919-722-1123.

Biannual Birthday Meal

March 23 • 5pm • Southern Eagle DFAC

Were you born between January and June? This birthday meal is for you! Reservations are open through March 21. See a dining facility cashier to reserve a spot for you and a guest, if you choose.

There is no additional charge for Essential Station Messing (ESM) card holders. Cash paying customers will be charged à la carte.

The special menu will include New York Strip Steak, Asian Marinated Pork Loin, Barbeque Glazed Salmon, Hawaiian Pineapple Rice, Fettuccini Noodles, Zucchini Pepper Fry, Steamed Broccoli and cauliflower, Summer Squash with Tomatoes, Asian Slaw and Garlic Knots.

For more information, call 919-722-5294.

SEYMO JOE TO GO

1514 GOODSON ST
919.722.3104

MON-FRI
6 TO 10:30AM



COMPASS CAFÉ

1385 S. ANDREWS ST
919.722.0394

MON-FRI
6:30AM TO 1PM



10-PIN CAFÉ

1290 ANDREWS ST
919.722.0349

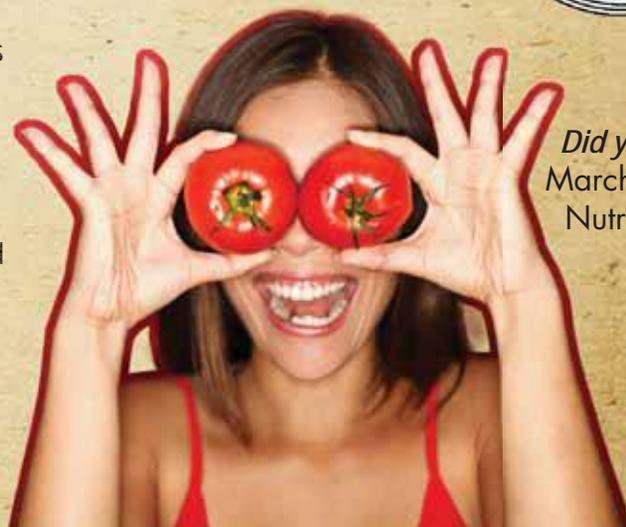
MON-THU 7AM TO 8PM
FRI 7AM TO 11PM
SAT 9AM TO 10:30PM



MUSTANG TAPROOM

1240 ANDREWS ST
919.722.8547

WED-FRI
3 TO 10PM



Did you know ...
March is National
Nutrition Month

MARCH

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

WOMEN'S HISTORY MONTH



MONTH LONG FITNESS CHALLENGE
Row the Distance

Healthy Hustle 11:30am
Sweatmasters 4:30pm
Nighttime Bingo 6pm

5



Read an E-Book Week

6

Fitness Center Unmanned Access March 6-10 due to the exercise

Red Pin Bowling 5pm

7

Airman's Attic 10am-1pm Open to All Ranks
Taco Tuesday, 10-Pin Café
Story Time 11am

8

Specialty Burger Special 10-Pin Café
Info/Job Fair 10am
Music Bingo 5pm

12



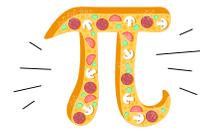
Daylight Saving Time starts

13



National K9 Veterans Day
Spin Class 11am
Sweatmasters 4:30pm
Red Pin Bowling 5pm

14



Pi Day Special 7am-8pm
Story Time 11am
Yoga 11:30am

15



Wingmen Wednesday 4:30pm
Nighttime Bingo 6pm

19



Let's Laugh Day

20



Spin Class 11am
Sweatmasters 4:30pm
Red Pin Bowling 5pm

21

National Crunchy Taco Day
Newcomers Orientation 8am
Federal Resume Class 10am
Civilian Resume Class 1pm
Hearts Apart Dinner 5pm

22

Library Littles
Craft Club 11am
Healthy Hustle 11:30am
Sweatmasters 4:30pm
Music Bingo 5pm

26



27



Spin Class 11am
Sweatmasters 4:30pm
Red Pin Bowling 5pm

28



Story Time 11am
Yoga 11:30am

29



Healthy Hustle 11:30am
Sweatmasters 4:30pm



THURSDAY	FRIDAY	SATURDAY
----------	--------	----------

2



Get to Know FCC 11am
Zumba 11:30am

3



Free movie 6pm
Cosmic Bowling 10pm

4

Airman's Attic 12-2pm
Open to All Ranks
NEW Mustang Taproom 3pm
Free movie 3pm
Cosmic Bowling 9:30pm

9

All You Can Bowl
8am-1pm \$4.99
1-5pm \$5.99
5-9pm \$7.59
Discovery Center 10am

10



Spouse Orientation 9am
Switch Game Night 5pm
Cosmic Bowling 10pm

11

EFMP: Marbles 10am
Scavenger Hunt 11am
Free movie 1pm
Give Parents a Break 6pm
Murder Mystery 6:30pm

16



Food Council Meeting 2pm
Fly By Movie Night 4:30pm

17

St Patrick's Color Run 3pm
Sweatmasters 4:30pm
Free movie 6pm
Cosmic Bowling 10pm

18

Turkey Hunting 101
Winter Fun at the Beach 10am
Cosmic Bowling 2:30pm
Free movie 3pm
Cosmic Bowling 9:30pm

23



Discovery Center 10am
Zumba 11:30am
Birthday Meal 5pm

24

Sweatmasters 4:30pm
Mandala Drawing Class 5:30pm
Free movie 6pm
Cosmic Bowling 10pm

25

Mountain Biking 9am
Cosmic Bowling 2:30pm
Free movie 3pm
Cosmic Bowling 9:30pm

30



Zumba 11:30am

31

Outdoor Rec Open House 3pm
Sweatmasters 4:30pm
Free movie 6pm
Teen Late Night 7pm



Coming SOON

- April 1
 - Tandem Skydiving
 - EFMP Resource Fair
- April 6
 - Spouse Reintegration
 - Car Buying Class
- April 8
 - Breakfast with the Bunny
 - Pokemon Egg Hunt
- April 9
 - Eggstravaganza
- April 11
 - Operation Deployed Hearts
- April 13
 - ABCs of PCSing
- April 15
 - Coastal Kayaking
- April 18
 - Newcomers Orientation
 - Hearts Apart Dinner
- April 19
 - Wingmen Wednesday
- April 20
 - Bundles for Babies
 - Credit Management Workshop
- April 21
 - Volunteer Appreciation



Mandala Drawing class

MARCH 24 ~ 5:30PM

LIMITED SLOTS AVAILABLE ~ CONNECT 4

\$12 PER PERSON OR FREE TO SINGLE AIRMEN
CALL 919-722-8684 TO SIGN UP



North Carolina **ZOO**

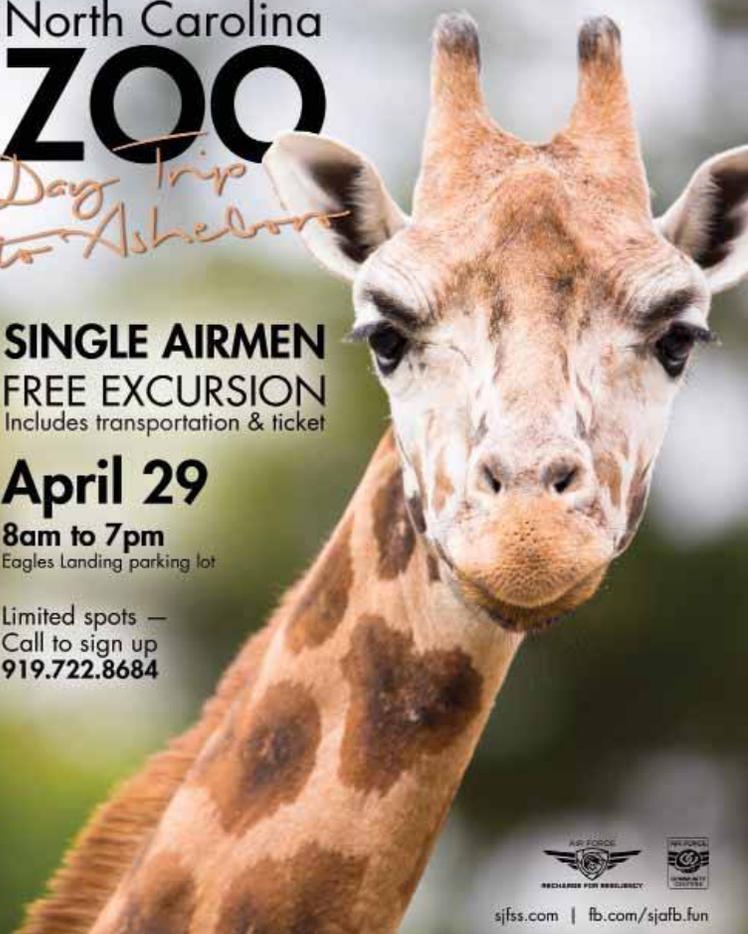
*Day Trip
to Asheville*

**SINGLE AIRMEN
FREE EXCURSION**
Includes transportation & ticket

April 29

8am to 7pm
Eagles Landing parking lot

Limited spots —
Call to sign up
919.722.8684



sjfss.com | fb.com/sjafb.fun

• CLASSES BEGIN SOON! •

100% ONLINE, ON CAMPUS, & ON BASE OPTIONS

Choose from over 100 majors, minors, and concentrations with degree options for:

- Traditional Undergraduate
- Online Adult Undergraduate
- Online Graduate

Classes toward CCAF degree available at SJAFB.

Yellow Ribbon Program



University of
MOUNT OLIVE

For more information visit www.umo.edu



PAID ADVERTISING - NO FEDERAL ENDORSEMENT INTENDED

Spouse Orientation

March 10 • 9am to 1:30pm • Eagles Landing

New military spouses and those new to the base are invited to a Spouse Orientation: Heart Link event where they can learn about base resources and connect with other spouses. Participants will be treated to lunch and a base tour.

For child care availability, to reserve your slot or ask questions, call the Military & Family Readiness Center at 919-722-1123.

Newcomer's Orientation

March 21 • 8am to 1pm • Eagles Landing

The Military & Family Readiness Center welcomes all new arrivals to Seymour Johnson Air Force Base with a special orientation and information fair. This event is for newly assigned personnel and their families. Join us and get to know your new base.

Spouse Reintegration

April 6 • 5pm • Eagles Landing

The Military & Family Readiness Center and supporting agencies present information how spouses can reconnect with their returning deployed and remote tour members. Other topics include reconnecting your spouse and children, mental health preparedness, and the purpose of the deployed member's reintegration. Refreshments will be provided.

Car Buying

April 6 • 1pm • M&FRC

When it comes to buying a car, it is important that buyers understand the specific steps involved in making a wise purchase. The Car Buying course is designed to develop knowledge and skills that will enable learners to conduct adequate research on a new car purchase, to determine how much they can afford to spend on a car, and to negotiate effectively when purchasing an automobile.

Space is limited. Please call the Military & Family Readiness Center at 919-722-1123 to enroll.

ABCs of PCSing

**April 13 • 9am
Family Life Center, Rm 100**

Are you preparing for a permanent change of station (PCS)? The Military & Family Readiness Center hosts a workshop designed to help you successfully navigate the PCS maze by helping to minimize stress, confusion, and hardships often associated with moving.

To sign up for this helpful class, call the M&FRC at 919-722-1123.

Operation Deployed Hearts

**April 11 • 5pm
Eagles Landing Ballroom**

The Military & Family Readiness Center offers quarterly seminars, trainings, briefings to the spouses of deployed service members. The intent is to equip spouses of deployed service members with the necessary tools and information to help them transition through the pre-deployment, sustainment and reintegration phases of deployments.

The focus of the upcoming workshop is Sustainment. Call 919-722-1123 for more details.

Bundles for Babies

**April 20 • 9am to 12:30pm
Eagles Landing**

The Military & Family Readiness Center presents a special program called Bundles for Babies for new and expectant parents. Gain helpful tips on budgeting and caring for newborns.

Each participating active duty Air Force family will receive a \$50 grant from the Air Force Aid Society. Light refreshments will be available.

The session is limited to 30 parents. Pre-register by calling the M&FRC at 919-722-1123.

Save the Date

**Volunteer Appreciation
April 21 • 1pm
Sabre Cinema**

All Seymour Johnson volunteers are welcome to attend, as are cheering sections. Free admission.

Airman's Attic: Open to All Ranks

March 2 & 7 • 10am to 1pm

March 4 • 12 to 2pm

The volunteer-run shop opens to E-6 and below on Tuesdays and Thursdays, 10 a.m. to 1 p.m.

For more information or to volunteer, call the Military & Family Readiness Center at 919-722-1123.

Mario Switch Game Night

March 10 • 5 to 7pm

Base Library

Ages 11-15 are in for a fun time gaming in the library this month. Free admission and snacks will be available. For more information, call the library at 919-722-5825.

Do you know why March 10 is Mario Day? That's because the abbreviated date M-A-R one-zero looks like the name MAR10. Now you know!

TEEN GAME NIGHT

FREE MUSIC, FUN & GAMES!

MARCH 31
7-10PM

TEEN LATE NIGHT • AGES 13-18

YOUTH CENTER • 1035 LANGLEY AVE
919-722-0502

sjfss.com sjafb.family

KEYSTONE
The Ultimate Teen Program

DEPARTMENT OF AIR FORCE
YOUTH PROGRAMS

breakfast
with the
easter bunny

saturday | COMPASS CAFE
april 8 | by reservation

Call CPPO, 919.722.8684
limited 45-min slots
from 8:15 to 10:00am

Sign up at
Eagles Landing

PHOTO OPS | breakfast and brunch options
themed games and crafts
fun for everyone

Ages 13-Adult: \$15
Ages 3-12 yrs: \$10
Ages 2 & under, free

AIR FORCE
COMMUNITY CENTERS

sjfss.com /sjafb.fun

POKÉMON
Egg Hunt

at the
Youth Center

April 8
10am - 1pm

FREE TO PARTICIPATE!

Youth will participate in
fun filled activities and
hunt for eggs while
finding Pokemon characters!

sjfss.com /sjafb.family

For more details, call 722-0502

Story Time

Tuesdays • 11am

Base Library

The Base Library offers weekly story times designed for preschool age children on each Tuesday. Parents/guardians and children with base access are welcome.

Discovery Center

March 9 & 23 • 10am

Kiddie Hawk Playground

Parents, bring your preschool age children to the Discovery Center on the second and fourth Thursday of each month for volunteer-led activities. Enjoy stories, crafts, coloring, getting the wiggles out, etc.

The theme for the first Thursday event will be Opposites, presented by our friends at USO North Carolina.

Follow the 4th Force Support Squadron on Facebook for updates.

St. Patrick's Scavenger Hunt

March 11 • 11am

Youth Center

Families are invited to participate in the Youth Center's annual St. Patrick's Scavenger Hunt. There will be riddles to solve, treats, music, crafts, games and a jumping castle.

This free event is open to all with base access. For more information, call 919-722-0502.

Library Littles Craft Club

March 22 • 11am

Base Library

Bring your little ones to the Children's Room on the last Wednesday of the month for a fun time with arts and crafts. This free program is designed for ages 0-5 years old.

For more information, call the base library at 919-722-5825.

Purple Up! FOR MILITARY KIDS

FRIDAY
APRIL 21
2023

Advertise in the **Seymour Explore More** magazine's Purple Up! April issue

- Promote your business
- Give a special shout-out

Wear purple on April 21 to honor military kids. Purple symbolizes all branches of the military as it is a combination of all their colors: green, blue and red.



Claim your April ad space by
March 10! 919-722-1085 or 8532



#purpleupwayne #purpleup #momc #purpleupsjfs #purpleupseymour

f sjfs i 4sjfs

www.sjfs.com

4 FSS MARKETING • SEYMOUR JOHNSON AFB

FREE DONATION PICKUP
IS A PHONE CALL OR CLICK AWAY!



Donate your used furniture, appliances and other home goods.



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Tuesday: 9am to 5pm (Donations only)
Wednesday-Saturday: 9am to 5pm

124 E Mulberry St, Goldsboro (919) 736-9550
www.habitatgoldsboro.org

Spring Vendor Fair

Shop local items. Perfect for Mother's Day or special occasions!

April 22

Saturday 9am-2pm

First Annual Stop & Shop

Breakfast & Lunch available for purchase



1138 Rosewood Road - Goldsboro, NC 27530

Fort Fisher
AIR FORCE RECREATION AREA

Weekend of Fun
April 8-9

HAPPY EASTER

Activities and programs for valid ID holders and their sponsored guests



Hop along the Bunny Trail

Self-guided activity • Learn about Fort Fisher by following clues to each stop on the trail • Fun for all • FREE map in the Reception Center



Bunny Photos

SUNDAY, 9:30am • Visit with the Easter Bunny in front of the Reception Center. FREE.



Recreation Hall Open

SATURDAY, 10am to 4pm • Play arcade games, pool, board games, etc. Relax in our sunroom. Visit our Craft Room; make & take for a minimal fee.



Easter Egg Hunt

SUNDAY, 10am • Ages 2-16 Golden Egg winner per age division FREE event



Easter Bunny Canvas

SATURDAY, 2pm • Bring your family to the Recreation Hall to participate in a group 12x18" canvas painting. \$20/family*



Family Lawn Games

SUNDAY, 10:30am • Join us by the stage for lawn games. Game winners to be announced.

* Each paid program requires pre-registration and a minimum of five people to be enrolled or the program is subject to cancellation.

118 Riverfront Road, Kure Beach, NC 28449

sjfss.com/fort-fisher-af-rec-area
fb.com/fortfisher

Call us: 910.500.6465



AIR FORCE RESERVE

Part Time Career-Locations in every State-Great Pay-Training-Tuition Assistance-Tricare-Retirement

Contact your Air Force Reserve Career Counselor

Office: (919-722-2259)
Katrina.Jones.6@us.af.mil



MSgt Katrina Jones

I am the Air Force Reserve In-Service Recruiter for Seymour Johnson AFB, NC. I am available to discuss the many opportunities or answer any questions about the Air Force Reserve - Palace Chase or Palace Front Programs.

Funding now open for private and home school for special needs children

Explore K12 Funding

Expands school choice for students in kindergarten through 12th grade. North Carolina offers two scholarship programs that help families afford nonpublic (private and home) schools. Families may apply to more than one program, as long as they meet the eligibility requirements of each.

Opportunity Scholarship Program *Suitable for: parents who qualify based on income*

If your family meets the income requirements and your student attends a North Carolina public school, is a rising kindergarten, first-grade, or second-grade student, is in foster care or adopted within the last year, or has a parent who is active-duty military, you may qualify for the Opportunity Scholarship Program. For more information, visit <https://www.ncseaa.edu/k12/opportunity/>

Education Student Accounts (ESA+) Program *Suitable for: parents of students with disabilities**

The Education Student Accounts (ESA+) program is available to meet the needs of students with disabilities. Funds can be used to pay school tuition, as well as expenses such as speech therapy, tutoring services, and educational technology for families who home school their students. For more information, visit <https://www.ncseaa.edu/k12/esa>

*Student must have an eligibility determination from a North Carolina Individualized Education Program (IEP) dated within the last three years.

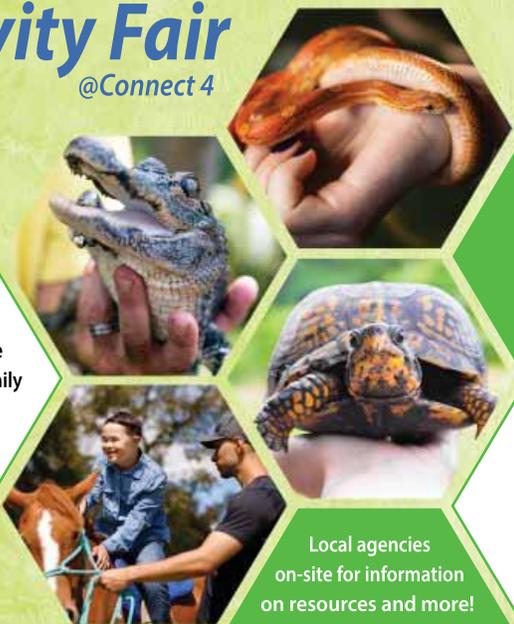
EFMP Resource & Activity Fair

@Connect 4

April 1
10am to 1pm

FREE
activities just for those enrolled in the SJAFB Exceptional Family Member Program

MUST RSVP



Live reptiles
from the NC Aquarium

Horseback Riding
with Stepping Stones Stables

Local agencies on-site for information on resources and more!

Door prizes!



RSVP to EFMP-Family Support Coordinator
919-722-7337

sjfss.com
fb.com/sjafb.family

NO FEDERAL ENDORSEMENT INTENDED OR IMPLIED

Upcoming Events

Rites of Spring Weekend: March 11-12
A celebration of the change of seasons!

St. Patrick's Day: March 17
Bring your St. Paddy's Day party here!

Lon & Kim's Birthday Weekend: March 24-26
Help us celebrate another trip around the sun!

Kids' Camp: Spring Break, April 10-15
\$150 for the week or \$40 per day

Check out our calendar online

Ask about our Military Discount & Team Building



WINE&DESIGN

Sign up. Show up. Sip & paint!

2808 Cashwell Dr • Goldsboro, NC 27534 • 919-273-8007
wineanddesign.com/goldsboro • fb.com/wndgoldsboronc

Give Parents a Break - Night Out

March 11 • 6 to 10pm
CDC + Youth Center

Parents of children, ages 6 weeks - 5 years, may be eligible for a few hours of child care at no cost.

Eligible families must be referred by their squadron commander, first sergeant, chaplain, Family Advocacy, Military & Family Readiness Center, Child Development or Youth Centers. Others may sign up for \$8 per hour, per child.

Call the CDC at 919-722-1198 or Youth Center at 919-722-0502 by close of business on March 8.

Become a Respite Care Provider

Flexible dates & times, based on your schedule
Care for EFMP children in their homes

WE NEED

U

EARN UP TO
\$25/hr

for children enrolled
in SJAFCB EFMP

\$10/hr per sibling
(ages 12 and under)

[sjss.com/family-child-care](https://www.sjss.com/family-child-care) • [fb.com/sjafb.family](https://www.facebook.com/sjafb.family)



Call Family Child Care for more information.
Connect 4, 1515 Goodson St • 919-722-7194



EFMP Family Support



OPEN House

Get to Know FCC
March 2 • 11am to Noon
Connect 4

What's the buzz about Family Child Care (FCC)? Come find out at our upcoming Open House.

Learn how you can open your own business with little to no start-up costs. Become a certified FCC provider and support the Wing mission by caring for children while working from home. Set your own flexible hours.

Free training to qualified applicants. Recruitment and retention incentives are available.

For more information or to RSVP, call 919-722-7194.

EFMP Marbles Sensory Experience

March 11 • 10am to 3pm
Downtown Raleigh

The Exceptional Family Member Program (EFMP) will host a STEAM Sensory experience day at Marbles Kids Museum*.

The event is free for EFMP members to attend with RSVP to 919-722-7337.

Marbles Kids Museum is located at 201 E. Hargett St. Raleigh, NC 27601.

*No Federal endorsement intended

DEPARTMENT OF THE AIR FORCE FAMILY CHILD CARE

INCENTIVES

There's no time like the present to become a DAF certified FCC provider.

- Initial certification: **\$300**
- Provider's own children: **\$75-100 per week, per child**
- Enroll child from CDC/SAC waitlist: **\$200 per child**
- Current provider recruits new provider: **\$500**
- Initial NAFCC Accreditation incentive: **\$1,000**

Call to learn more

We want YOU!

Join our team of professional providers

Make money from home

Free training

Loaner equipment to get you started

Set your own schedule



919.722.7194 • sjfss.com • fb.com/sjafb.family

Employment Resources

Facebook: www.facebook.com/sjjobs

Follow "Job Opportunities - Seymour Johnson AFB Community" on Facebook for regular updates on area job openings.

Jobs Board: sjjobs.jobboardhq.com

Sign up with us today to find the job you can feel passionate about and an environment where you can fulfill your career ambitions.

USAJobs: www.usajobs.gov

Visit this website to learn more about the federal hiring process and potentially land a job. With a USAJOBS profile, you can save jobs, automate job searches, and manage everything you need to complete your application, including resumes and required documents.

MySECO: myseco.militaryonesource.mil/portal/

The Department of Defense Spouse Education and Career Opportunities program provides education and career guidance to military spouses worldwide and offers comprehensive resources and tools for all stages of your career progression.

MSEP: myseco.militaryonesource.mil/portal/msep

The Department of Defense Military Spouse Employment Partnership (MSEP) connects military spouses with hundreds of partner employers who have committed to recruit, hire, promote and retain military spouses.

MySTeP: myseco.militaryonesource.mil/portal/mystep

The Military Spouse Transition Program (MySTeP) is made for YOU – a military spouse – to support and encourage you throughout your service member's time in the military. MySTeP will help you plan, prepare and be ready for the life your family wants after transitioning out of the military, whenever that time comes. The information, tools and programs highlighted in MySTeP will connect you with the right resources at the right time to help you successfully navigate military life at every stage of your service member's career.

MyCAA: www.militaryonesource.mil/education-employment/seco/mycaa-scholarship/

The My Career Advancement Account Scholarship is open to spouses of active-duty service members in pay grades E-1 to E-5, W-1 to W-2 and O-1 to O-2 who have successfully completed high school and have the ability to request tuition assistance while their military sponsor is on Title 10 military orders. Spouses married to members of the National Guard and reserves in these same pay grades are eligible. You can check your eligibility for the scholarship by visiting the MyCAA website and applying for an account.

Info/Job Fair

**March 8 • 10am to 1pm
Eagles Landing**

The Military & Family Readiness Center proudly hosts Information Job Fairs throughout the year. The following 2023 schedule includes five dates:

March 8

May 10

July 12

Sept 13

Nov 15

The job fairs are open to all with base access. A variety of local and regional recruiters and/or hiring authorities will be on-site.

Dress to impress and bring copies of your resume.

Call 919-722-1123 for more details.

Federal Resume Writing & Job Search

**March 21 • 10 to 11:30am
Connect 4, Classroom B**

Participants in this free class will learn to effectively write a federal resume for government jobs and how to search for openings on USAJobs.gov. Get tips and tricks for navigating the USAJobs website.

Call 919-722-1123 to sign up.

Civilian Resume Webinar

**March 21 • 1 to 2:15pm
Virtual**

Learn to write an effective resume that may open the door to your next career.

Call 919-722-1123 to sign up.

— *Hard Charger Awards* —



ABOVE: Lt Col Timothy Kirchner, 4th Force Support Squadron Commander, presents the traveling lightning bolt, Hard Charger Team of the Month Award to the Manpower Flight. Pictured from L to R, CMSgt Jason Brandy, Kathi Pendleton, Stefan Bowlsby, MSgt Jessica Leahy, Galen Maxwell, James Hornage, TSgt Gabriel Pate, MSgt Christina Belles, Lt Col Kirchner, and CMSgt Peter Martinez.



RIGHT: Lt Col Kirchner presents an individual Hard Charger Award to Anna Prezbindowski of the 4th Force Support Squadron Marketing and Commercial Sponsorship office. From L to R, MSgt Leahy, Lt Col Kirchner, Ms Prezbindowski, CMSgt Brandy and CMSgt Martinez.



FOOD & DRINK

- **10 Pin Cafe**
919.722.0349 • 1290 Andrews St
fb.com/sjafb.food
- **Afterburner Kiosk**
919.722.5294 • 2814 Jabara Ave
fb.com/sjafb.food
- **Compass Cafe & Catering**
919.722.0394 • 1385 S Andrews St
fb.com/sjafb.food
- **Mustang Taproom**
919.722.4914 • 1240 Andrews St
fb.com/sjafb.food
- **Seymo Joe to Go**
919.722.3104 • 1514 Goodson St
fb.com/sjafb.food
- **Southern Eagle Dining Facility**
919.722.5294 • 3650 Pope St
fb.com/sjafb.food

RECREATION

- **Auto Hobby Shop**
919.722.1309 • 919.722.1308
1295 Jabara Ave • fb.com/sjafb.fun
- **Bowling, Phantom Lanes**
919.722.0350 • 1290 Andrews St
fb.com/sjafb.fun
- **Community Programming & Partnership Office (CPPO)**
919.722.8684 • 1240 Andrews St
fb.com/sjafb.fun
- **Fitness & Sports Center**
919.722.0420 • 1500 Langley Ave
fb.com/sjafb.fitness
- **Fort Fisher Air Force Recreation Area**
910.500.6465 • fb.com/fortfisher
118 Riverfront Rd, Kure Beach
- **Kiddie Hawk Playground**
919.722.8684 • 1515 Goodson St
fb.com/sjafb.family
- **Outdoor Recreation Adventure Park**
919.722.1104 • 1385 S. Andrews St
fb.com/sjafb.fun
- **Sabre Cinema**
919.722.8684 • 919.722.8684
3740 Edwards St • fb.com/sjafb.fun
- **Splash Pad (seasonal)**
919.722.1104 • 919.722.7437
Debden Park • fb.com/sjafb.fun
- **Swimming Pool (seasonal)**
919.722.1104 • 919.722.7437
1500 Langley Ave • fb.com/sjafb.fun

4 FSS SERVICES & RESOURCES

- **Airman's Attic**
919.722.7181 • 1515 Goodson St
fb.com/sjfss
- **Barbershop**
919.722.7760 • 1240 Andrews St
- **Casualty & Survivors Benefits Plans**
919.722.7192 • 1600 Wright Brothers Ave

- **Child Development Center**
919.722.1198 • 919.722.1199
1030 Langley Ave • fb.com/sjafb.family
- **Civilian Personnel Section**
919.722.0117 • 1570 Wright Brothers Ave
fb.com/sjfss
- **Commercial Sponsorship**
919.722.7155 • fb.com/sjfss
1600 Wright Brothers Ave, 2nd Fl, Ste 228
- **Community Cohesion Coordinator (C3)**
919.722.4697 • 1240 Andrews St
- **Connect 4**
919.722.8684 • 1515 Goodson St
fb.com/sjafb.fun
- **DEERS & ID Cards**
919.722.8702 • fb.com/sjfss
1600 Wright Brothers Ave, 1st Fl
- **Eagles Landing**
919.722.8796 • 1240 Andrews St
fb.com/sjafb.fun
- **Education & Training**
919.722.5800 • 1195 Cannon Ave
fb.com/sjfss
- **Family Child Care**
919.722.7194 • 1515 Goodson St
fb.com/sjafb.family
- **Honor Guard**
919.722.7019 • 1175 Wright Brothers Ave
- **Library**
919.722.5825 • 1520 Goodson St
fb.com/sjafb.family
- **Lodging @ Southern Pines Inn**
919.722.0385 • 1235 Wright Brothers Ave
- **Manpower & Organization**
919.722.5336 • 1195 Cannon Ave, 2nd Fl
- **Marketing**
919.722.8532 • fb.com/sjfss
1600 Wright Brothers Ave, 2nd Fl, Ste 228
- **Military & Family Readiness Center**
919.722.1123 • 1500 Vermont Garrison St
fb.com/sjfss • fb.com/sjafrc
- **Military Personnel Section**
919.722.8677 • fb.com/sjfss
1600 Wright Brothers Ave, 1st Fl
- **Military School Liaison**
919.722.5810 • 1515 Goodson St
fb.com/schools.sj
- **NAF Human Resources**
919.722.5939 • 1570 Wright Brothers Ave
- **Private Organizations**
919.722.7289
1600 Wright Brothers Ave, 2nd Fl, Ste 220
- **Professional Development Center**
919.722.1149 - ALS
919.722.5857 - Career Assistance
1175 Wright Brothers Ave
- **School Age Care**
919.722.0502 • 1035 Langley Ave
fb.com/sjyouth

- **Youth Programs**
919.722.0502 • 1035 Langley Ave
fb.com/sjafb.family
- **Vet Clinic**
919.722.1465 • 1003 Collier Ave
By appointment only

BASE HELPING AGENCIES

- **Alcohol & Drug Abuse Prevention**
919.722.1883
- **Chaplain/Chapel**
919.722.0315 • 1505 Vermont Garrison St
- **Equal Opportunity**
919.722.1180
- **Family Advocacy**
919.722.7878
- **Health Promotion**
919.722.0407
- **Medical Group Primary Care**
919.722.1802
- **Mental Health Clinic**
919.722.1883
- **Military Family Life Counselor**
919.886.3346 - Adult
919.886.3405 - Child
- **Military One Source**
800.342.9647
- **Sexual Assault Response Coordinator**
919.722.0154 • 919.722.0155
919.722.7272 - Hotline

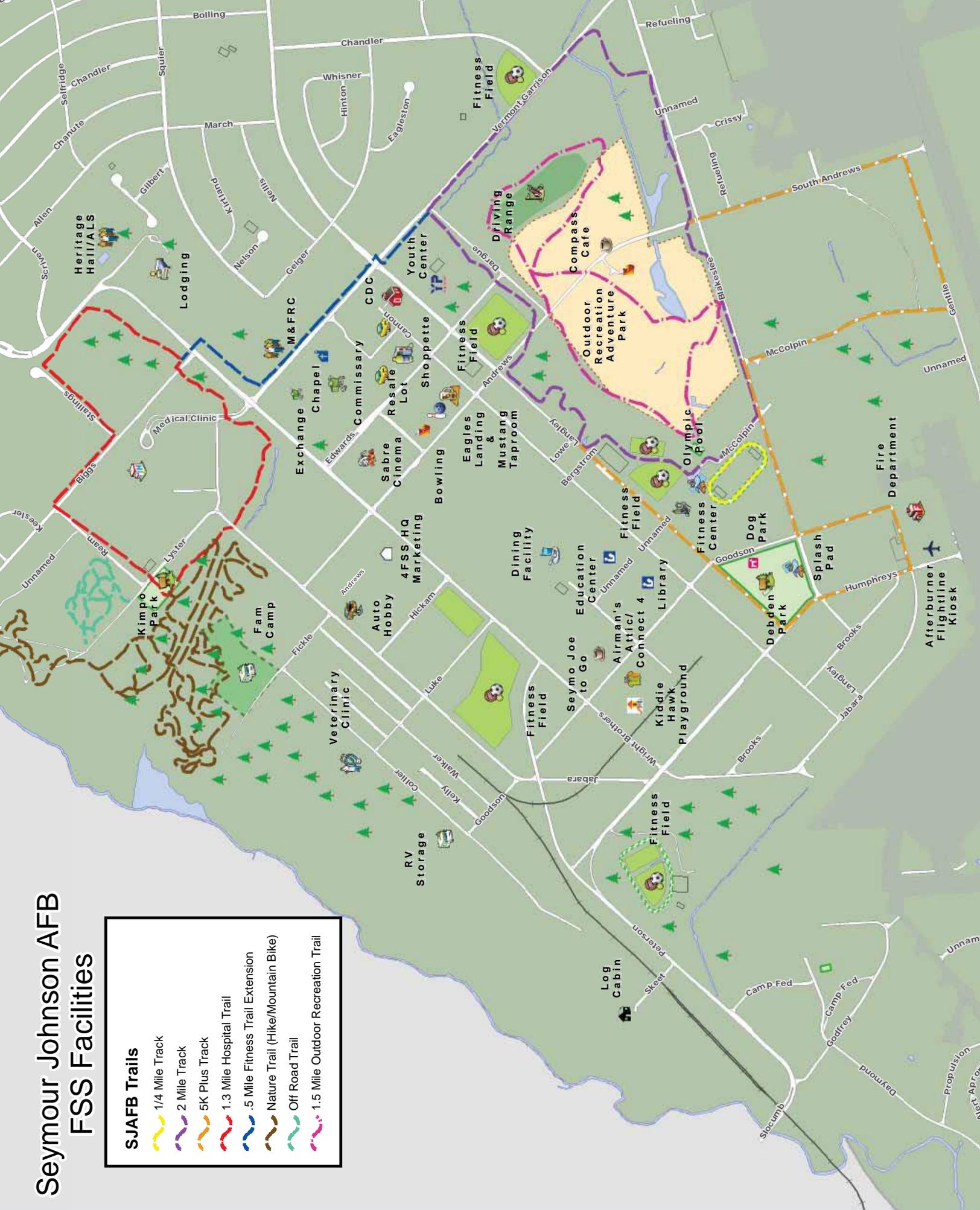
BASE SERVICES & RESOURCES

- **Airmen Against Drunk Driving**
919.751-6002 • fb.com/callaadd
- **Commissary**
919.722.0321 • 1310 Edwards St
- **Eagle Eyes**
919.722.1212 - If you observe suspicious activity, please call us
- **Exchange (BX)**
919.735.8511 • 1350 Edwards St
- **Express with Class Six**
919.734.7235
- **Mayroad**
919.988.6918 • 600 Kenly Rd
- **Military Housing Office**
919.722.0362 • 919.722.0363
919.722.0364 • 600 Kenly Rd
- **Security Forces**
919.722.8477 - Tip Line
- **Thrift Shop**
919.722.0606 • 1585 Andrews St
- **USO of NC - SJAFB Center**
919.330.1226 • 1240 Andrews St
- **Visitors Center**
919.722.1335 • 919.722.1345
1050 Wright Brothers Ave
After hours visitor passes: go to the main gate on Berkeley Blvd

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.

Seymour Johnson AFB FSS Facilities

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



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