

# SEYMOUR

JAN 2022

explore more

We're  
giving you  
the tools  
to start  
this year  
off strong!



PHOTO COURTESY OF KRISTINA BOLINGER

# Join the Fort Fisher Turtle Circle

LIMITED TIME OFFER VALID DECEMBER 1 TO MARCH 31

RECEIVE 1 PUNCH PER  
VISIT OF 2 OR MORE  
CONSECUTIVE NIGHTS

Applies to RV and  
Cottage guests  
only, Lodge Rooms  
do not apply.

Off Season Rates Apply

COLLECT 3 PUNCHES  
AND GET A FREE NIGHT  
ON YOUR NEXT VISIT

Vacate for 24 hours  
minimum following  
your visit.

Stay a total of 3  
separate occasions.

f /fortfisher

**Fort Fisher**  
AIR FORCE RECREATION AREA

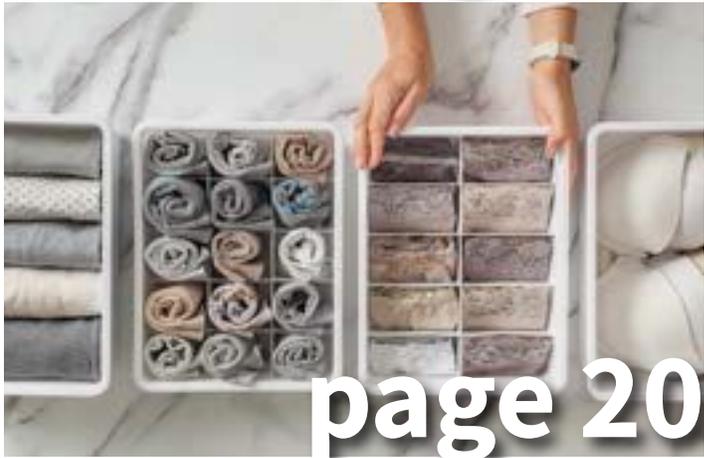
910.500.6465

[sjfss.com/fort-fisher-af-rec-area](http://sjfss.com/fort-fisher-af-rec-area)

Turtle Circle

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## KEEP IN TOUCH

**Website:** www.SJFSS.com

**Facebook:** 4th Force Support Squadron

**Instagram:** @4sjfss

**Commercial:** 919.722.8532

**DSN:** 722.8532

**Address:** 1600 Wright Brothers Ave,  
Bldg 3010, 2<sup>nd</sup> Fl, Rm 228

Thank you to everyone who played our game last month! The winner is...

## Word Search

### Tempest Jones-Guess

Congratulations and be sure to call the marketing office at 919-722-8532 to claim your prize!



Seymour, Explore More

# COVER CONTEST



See your photo on the cover of the Seymour, Explore More magazine!

Submit at: [4fskmarketing@gmail.com](mailto:4fskmarketing@gmail.com)

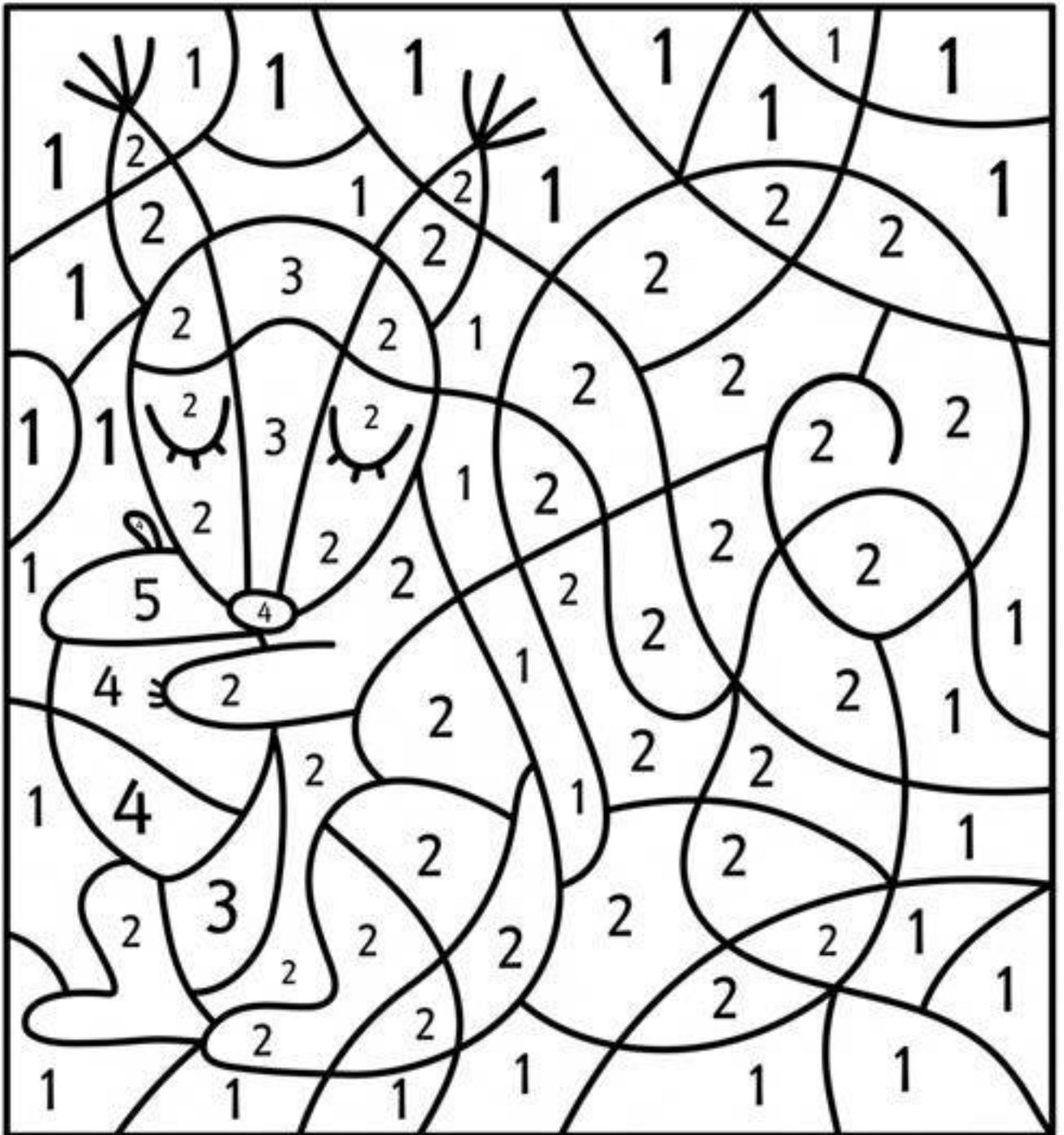
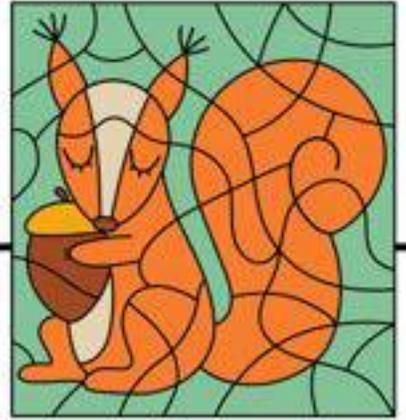
Subject: Cover Contest Entry

Submission Requirements/Information

1. Image must be submitted by January 20 to be considered for the February issue
2. Image size must be 8.5 x 11 inches (2550 pixels tall x 3300 pixels wide)
3. Image must be high quality (150-300 dpi resolution preferred)
4. Dimensions must be vertical, not horizontal.
5. Multiple entries will be accepted.
6. Family-friendly photos only.
7. Photos not chosen for the January issue will still be considered for future editions.

# Fun & Games

Complete the activities below and when you're done, message us a picture of this page to [www.facebook.com/sjfs](http://www.facebook.com/sjfs) to be entered in a random drawing for a \$25 FSS Gift Card.



FAMILY FUN



Tuesdays  
11 AM

In-Person  
@Library



722-5825  
/sjafb.library  
www.SJFSS.com



# JOIN OUR TEAM OF PROFESSIONAL PROVIDERS

Do you want to make money from home AND set your own schedule?

Learn more about

- AF Expanded Child Care Program
- PCS Care/Volunteer Care
- Special Needs Children

Call FCC at  
919.722.7194 to  
Apply Today



# SPECIAL OFFERS

FOR SEYMOUR JOHNSON AIR FORCE BASE

FAMILY FUN



# January 2022 Webinar Series

The Military Child Education Coalition® announces a series of Parent Education Webinars for military-connected parents and professionals who work in support of military-connected children.

These webinars are open to all interested participants and offer research based information and ideas for participants. Mark your calendars and register for the webinar that fits your needs. Once you've registered, you will be able to view the live webinar or watch a recorded presentation after the recording is processed.

**To register for remote viewing, go to the link following your selected topic below:**

## Webinar Topics and Dates

(all webinars presented at Noon EST)

TUESDAY, JANUARY 4, 2022

**0122 – Internet Safety**

<http://militarychild.adobeconnect.com/web0122/event/registration.html>

WEDNESDAY, JANUARY 5, 2022

**0222- Cyber Security**

<http://militarychild.adobeconnect.com/web0222/event/registration.html>

WEDNESDAY, JANUARY 12, 2022

**0322 – Persistent and Challenging Behaviors**

<http://militarychild.adobeconnect.com/web0322/event/registration.html>

TUESDAY, JANUARY 18, 2022

**0422 – Effective Listening**

<http://militarychild.adobeconnect.com/web0422/event/registration.html>

WEDNESDAY, JANUARY 19, 2022

**0522 – Balanced Parenting**

<http://militarychild.adobeconnect.com/web0522/event/registration.html>

WEDNESDAY, JANUARY 26, 2022

**0622 – Organization Tips for Your Unorganized Child**

<http://militarychild.adobeconnect.com/web0622/event/registration.html>



FB.COM/CPPOSJ  
919-722-8915  
1240 ANDREWS ST

# Family First

FRIDAY  
FEB 4TH



*make this!*



**MUSTANG TAPROOM**  
**4:30 pm - 6:30 pm**

GRAB A CRAFT & TAKE TO  
YOUR TABLE & CREATE  
ALCOHOL & FOOD AVAILABLE  
FOR PURCHASE

FAMILY FUN

### More Ways to Eat!

Whether it's a quick lunch you're looking for or you just don't want to cook dinner tonight, FSS has got you covered. See below for our ordering options. Please make sure to call ahead to confirm hours/menu.

#### 10 Pin Café

919-722-0349

Serving Breakfast, Lunch, Dinner, Grab & Go Dine-In, Patio Seating, Curbside Pick Up, Carry Out

#### Compass Café

919-722-0394

Serving Breakfast, Lunch, Grab & Go Dine-In, Patio Seating, Curbside Pick Up, Carry Out

#### Mustang Taproom

919-722-4914

Serving Drinks Dine-In, Patio Seating

#### Seymo Joe to Go

Closed thru Jan 31 Get your Coffee Fix at the Compass Café Drive Thru

#### Southern Eagle DFAC

919-722-5294

Serving Breakfast, Lunch, Dinner, Grab & Go Dine-In, Carry Out

# FREE Chicken Wings\*

**\*For first 30 customers + enjoy Drink Specials**

**Mustang Taproom  
1240 Andrews St**

Sponsored by First Command. No Federal Endorsement of sponsor intended.



## #WingmenWednesday

facebook.com/mustangtaproom  
sjfss.com/mustang-taproom

Jan 5 & 12



# Every Game Every Sunday

## at Mustang Taproom 12 - 8 pm

### Food & Drink Specials

**Clock In/Out each Sunday · Earn hours to enter Pellet Grill Grand Prize drawing  
Most hours logged wins Mustang Taproom Swag Pack**

Mustang Taproom · 1240 Andrews St · 919-722-4914  
fb.com/mustangtaproom · sjfss.com/mustang-taproom

No Federal endorsement of NFL Sunday Ticket intended.



YOU'RE INVITED TO ENJOY A  
**New Year's  
Meal**

**SATURDAY, JAN 1  
10:30 AM - 1:30 PM**

Come celebrate the New Year with us at the Southern Eagle Dining Facility. We will have a special New Year's meal waiting for you!

**FREE FOR ESM || A LA CARTE FOR ALL OTHERS**

Southern Eagle Dining Facility  
3650 Pope St || 919-722-5294



FOOD & BEVERAGE

**FLY BY MOVIE NIGHT**

**NOW  
SHOWING**  
FREE GUY  
RATED PG-13

**JAN 20 • 4:30 PM**  
FREE ADMISSION  
FOR DORM  
RESIDENTS  
JOIN US EVERY 3<sup>RD</sup>  
THURSDAY OF THE  
MONTH  
SOUTHERN EAGLE  
DFAC  
3650 POPE STREET  
HOSTED BY 4 FSS  
CPPO & DFAC



FACEBOOK.COM/SJFOODSERVICE | FACEBOOK.COM/CPPOSJ



No Federal endorsement intended.

REUSE  
*Recycle*  
**DONATE**  
HELP BUILD HOMES  
**SHOP**



**FREE DONATION PICKUP  
IS A PHONE CALL AWAY**

*Proceeds support Habitat for Humanity of Goldsboro-Wayne*

**ReStore**  
Habitat for Humanity of Goldsboro-Wayne

DONATE & SHOP | Wed - Fri • 10am to 6pm  
Sat • 10am to 4pm

f /HabitatGoldsboroWayneReStore  
124 E Mulberry St • 919.736.9550 • email: restore@habitatgoldsboro.org

Like us on Facebook @SJFSS | Instagram @4sjfss | 11

# Get Schmidt-ten

## With this Vegan Hot Cocoa Drink!



### INGREDIENTS

- 1 cup light coconut milk (from the can)
- 1 1/2 cups unsweetened almond milk
- ½ teaspoon vanilla extract
- 2 tablespoons pure maple syrup
- 2 tablespoons unsweetened cocoa powder (I use Ghirardelli's 100% unsweetened cocoa powder)
- Pinch of sea salt

### DIRECTIONS

1. Add all ingredients to a small over medium-low heat.
2. Whisk vigorously to combine and to get rid of any lumps of cocoa. Do NOT let the hot chocolate boil or you risk burning the almond milk, which can turn the flavor into something you do not want. Simply warm in the pot until steamy, about 3-5 minutes.
3. Once hot chocolate is hot, remove from heat and pour into 2 mugs.
4. Top with whipped cream, dairy free whipped cream, marshmallows or vegan marshmallows. Chocolate shavings or a dusting of cocoa powder on top are fun too!
5. Enjoy!

**\*This recipe was provided by Kristine Schmidt, winner of our 12 Days of FSS Giveaways - Day 10 Cocoa/Coffe Break competition.**



## Try it at home!

Scan the QR code to download the recipe.



Tag us in on Instagram @4sjfss in a picture of your creation



# HOLIDAYS IN ENGLAND

## MULLED RED WINE



### FEATURED DRINK

**Only available this month at the Mustang Taproom!**

This drink recipe was provided by Sam Verrier, winner of our 12 Days of FSS Giveaways - Day 2 Holly Jolly Cocktails competition.



O W F

p c a D p e e c d p a l c r p l k c p d a D m a e a m d b f l p a g e m m k v i c a d o m p m d e t r k C p e D c K l m K

WENDY OZMENT



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THANK YOU FOR 35 YEARS OF SERVICE!  
STEVIE & TEAM SEYMOUR WILL MISS YOU

MEET THE

# A&FRC

Airman & Family Readiness Center



## SUPPORT WHEN YOU NEED IT

Our goal at Airman & Family Readiness Center (A&FRC) is to provide mission-ready personnel our diverse offerings of family programs and services throughout their military life cycle. Airman, Guardian, families, and retirees, we have something for everyone. Our core services include workshops on Air Force Aid Society, (AFAS), Transition Assistance Program (TAP), Employee Assistance, Relocation Assistance, Personal Financial Readiness Services, Volunteer Resources, Exceptional Family Member-Family Support Program (EFMR-FS), Deployment Assistance, Personal and Family Readiness, Referral Follow-up, Crisis, and Disaster Response, and Casualty Assistance Representative (CAR).

Read on for specific program information.

Call the A&FRC at 722-1123 for any questions or to request additional information about any of our program.

Follow us on Facebook and check out our website to stay up to date on base/community events and classes: [www.facebook.com/sjafrc](https://www.facebook.com/sjafrc)  
[www.sjffs.com/airman-family-readiness-center](https://www.sjffs.com/airman-family-readiness-center)

## Who is eligible to use the A&FRC?

Services are available for all

Active Duty

Reserve

National Guard

Retirees

Families of Active Duty, Reserve & National Guard



## AIR FORCE AID SOCIETY (AFAS)

Experiencing financial difficulties? Avoid pay day loans and visit the A&FRC for an AFAS Loan or Grant instead. Air Force Aid provides emergency financial assistance to Air Force members (active duty and retired) and their families through interest-free loans or grants. Loans can be taken for medical/dental expenses, rent, utilities, and car repairs. Loans must be paid back. However, grants if approved, are not required to be paid back. Emergency assistance and community enhancement programs include the following:

- **Bundles for Babies.** Expecting parents can attend Bundles for Babies while expecting and up to six months postpartum. Parents will be provided with education and base/local resources. Parents will be receive a \$50 gift card to the Base Exchange for attending.
- **Child Care for PCS.** Relocating families can receive up to 20 hours of child care (per child) in Family Child Care (FCC) homes. Child care must be used within 60 days of departure and 60 days after arrival.
- **Exceptional Family Member Program (EFMP) Grants.** Q-coded family members are eligible for a \$3,000 grant for medical equipment and/or classes every five years.
- **Cranial Helmets.** If insurance denies cranial helmets, families can apply for a grant to have the cranial helmet paid for by AFAS.
- **Pet Travel.** Families relocating OCONUS can apply for up to a \$1000 grant to assist with the cost of pet airfare travel. A budget must be submitted and grants are approved based on financial need.
- **Emergency Travel.** Grants are available for emergency travel due to death/critical illness in immediate family members of the Air Force member and their spouse. If the Air Force member is deployed, the spouse can apply for the Emergency Travel grant if they have a Power of Attorney. Otherwise, the Active Duty member will need to apply for the grant at the deployed location.

## EMPLOYMENT ASSISTANCE

Staying competitive in today's market can be extremely difficult. The employment assistance program can assist spouses and transitioning active duty members with employability through individual career counseling and classes.

- **Civilian and Federal Resumes.** Submitting resumes/applications and never hear anything back? Did you know resumes for civilian employment and federal employment are very different? Your resume may need a makeover. Attend a resume writing class or contact our employment specialist for assistance in creating a resume that will get you noticed.
- **Job Assistance.** Check out our job board for up to date job opportunities: [www.bit.ly/3yzXAQx](http://www.bit.ly/3yzXAQx). Additionally, jobs are posted daily on the A&FRC Employment Facebook Page. Follow us to stay up to date on job opportunities: [www.facebook.com/sjjobs](https://www.facebook.com/sjjobs)



## AIRMAN'S ATTIC & FOOD PANTRY

Located in the Connect 4, the Airman's Attic is open to E-6 and below on Tuesday and Thursday from 1000-1300 and to all ranks the first Saturday of the month from 1200-1400. Clothing, uniform items, furniture and household items are available free of charge to those eligible. Donated items may be dropped off at any time to the storage bins behind the connect 4. If donating large furniture items we ask you drop off during operating hours. This is a volunteer based operation and we are always in need of additional volunteer help to fuel the program.

There is a food pantry located in the Airman's Attic that is open to all ranks. For access outside of Airman's Attic hours please contact your First Sergeant or A&FRC.



## MILITARY FAMILY LIFE COUNSELOR (MFLC) - ADULT & YOUTH

Military life can be difficult for military members and their families. The MFLC is a great resource to those needing someone to listen. The MFLC offers non-medical counseling to active duty members and dependents. Services are not documented in the medical record and can be provided in an office setting or a public place of your choice (visits in the home or vehicle are not authorized).

## PERSONAL AND FAMILY READINESS

Deployment and reintegration is difficult for military members and their families. Let us help! Our team can provide support and resources to single and married DoD personnel throughout the pre and post deployment process.

- Seymour Socials Quarterly events are offered for members of the Seymour Community
- Give Parents A Break. Families of deployed members (30 days or more) are eligible for free child care through Give Parents A Break.

## TRANSITION ASSISTANCE PROGRAM (TAP)

Whether separating or retiring, transitioning out of the military can be a time of many unknowns. Our team provides separating/retiring members and their families' skills and knowledge for a successful transition to civilian life.

## EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

Assists families with exceptional needs through resources and referrals to identify and access programs and services to include Family Needs Assessment, Social/Recreational Programming, Youth/Adult Camps, and Respite Care Referrals.

## FINANCIAL READINESS

Unsure about Thrift Savings Plan (TSP) contributions or investing? Need help developing a budget or paying off debt? Thinking about buying a car or home? We have financial counselors that can help.

## PERSONAL & WORK LIFE

The military lifestyle is one that many families will never understand/experience. The travel, relationships built, and new experiences are just a few amazing opportunities that military families are able to enjoy. However, the unique lifestyle and demands can sometimes be difficult for military members and dependents. We're here to make your experience at Seymour Johnson AFB, an amazing one. Our team can offer parenting, communication, Four Lenses, Five Love Languages, and Building Healthy Work Relationships, and so many more.

- Heart Link/Spouse Orientation. Active Duty members are afforded an introduction into the military lifestyle and what that entails through Basic Military Training. Often times, spouses are never provided that same information. Heart Link is the bridge for spouses to transition from civilian to military life. Spouses are provided with an introduction to military life, connected with base/local resources, and provided a base tour.
- Key Spouse Program. Each squadron has a designated list of volunteers that have graciously accepted to be Key Spouses. The Key Spouse Program is designed to provide information, resources, and community to military spouses. If you would like to volunteer as a Key Spouse contact your First Sergeant or Commander. If you are spouse and you would like to get in contact with your Key Spouse, please contact A&FRC.

# A&FRC Events 919-722-1123

## VOLUNTEERS SOLICITATION

All Month || [www.surveymonkey.com/r/7Q9DKLQ](http://www.surveymonkey.com/r/7Q9DKLQ)

It's time to record your volunteer hours for 2021. We want to salute you for all your hard work! Please utilize the link or scan the QR code to track your volunteer hours. All hours must be recorded by 31 January 2022. The volunteer appreciation ceremony will be in April 2022.



## FEDERAL RESUME WRITING CLASS

Jan 5 || 10 am || Ed Center, Rm 226  
Federal and civilian resumes are very different. Attendees will learn how to write an effective resume geared toward federal employment.

## CAR BUYING CLASS

Jan 6 || 1 pm || A&FRC  
Learn to adequately research the vehicle, determine budget, and learn how to effectively negotiate when purchasing.

## SELF CARE 101

Jan 11 || 12 pm || Eagles Landing  
Free lunch and learn to help Airmen understand stress and the effects on their life, while also learning positive coping skills. Call to sign up by Jan 10.

## ACCEPTANCE AND INCLUSION

### VIRTUAL SEMINAR

Jan 12 || 10 am || Virtual  
Learn more about inclusion, methods and strategies to implement which helps with creating acceptance versus bullying in schools. Please register by calling 722-7337.

## SEYMOUR SOCIAL

Jan 18 || 5 pm || Eagles Landing  
Enjoy Free Dinner and Childcare while connection with other members & families and learning about base resources.

## BUNDLES FOR BABIES

Jan 20 || 9 am || Eagles Landing  
Learn about local resources and connect with other expecting parents. All attendees will receive a \$50 gift card. Seats are limited call to register.

## CONNECTING AS A COUPLE GAME NIGHT

Jan 20 || 5:30 pm || Eagles Landing  
Bring your significant other, and a healthy dose of competition for Connecting as a Couple: Game Night. Military members and their significant other will compete against other couples in an ultimate game night. Attendees 21 and over are welcome to purchase adult beverages at the Mustang Taproom. Call to register by Jan 19.

## SPOUSE EDUCATION AND EMPLOYMENT SEMINAR

Jan 26 || 11:30 am || DFAC  
Learn more about post 9/11 education benefits, MySECO, the MSEP, and MyCAA. Call to sign up by Jan 24.

## CIVILIAN RESUME WRITING

Jan 26 || 1 pm || Virtual  
Federal and Civilian resumes are very different. Attendees will learn how to write an effective resume geared toward civilian employment.



HELPING AGENCIES

LEARN HOW TO MEET YOUR  
GOALS AND MAKE 2022 THE  
BEST YEAR YET!

# A NEW YEAR, A BETTER YOU!

THURSDAYS, 6 - 8 PM  
EAGLES LANDING

Limited space, scan the QR code or follow the link to register today.



## Jan 13 - Organizing

How to organize your life, time and stuff.

[www.eventbrite.com/e/organizing-a-new-year-a-better-you-tickets-229026563617](http://www.eventbrite.com/e/organizing-a-new-year-a-better-you-tickets-229026563617)



## Jan 20 - Health

How to improve your physical, mental, and emotional health

[www.eventbrite.com/e/health-a-new-year-a-better-you-tickets-230835724862](http://www.eventbrite.com/e/health-a-new-year-a-better-you-tickets-230835724862)



## Jan 27 - Finance

How to meet your financial goals

[www.eventbrite.com/e/finance-a-new-year-a-better-you-tickets-230839987617](http://www.eventbrite.com/e/finance-a-new-year-a-better-you-tickets-230839987617)



## Feb 3 - Stress

How to manage your stress and live better.

[www.eventbrite.com/e/stress-a-new-year-a-better-you-tickets-230847058767](http://www.eventbrite.com/e/stress-a-new-year-a-better-you-tickets-230847058767)



Eagles Landing, 1240 Andrews St  
919-722-8796

SEE MORE OF SEYMOUR AFB

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PAID ADVERTISING



## MONTHLY ACTIVITY SCHEDULE

<p><i>January</i> 10K Calorie Burn Challenge</p> 	<p><i>February</i> 10K Couples Row Challenge</p> 	<p><i>March</i> 1 Minute Free Throw Challenge</p> 	<p><i>April</i> Tire Flip Challenge</p> 
<p><i>May</i> One Rep Max Squat</p> 	<p><i>June</i> Pull Up Challenge</p> 	<p><i>July</i> Weekly WOD</p> 	<p><i>August</i> One Rep Max Bench</p> 
<p><i>September</i> 400M Sprint</p> 	<p><i>October</i> Tour De Seymour</p> 	<p><i>November</i> Battle Ropes Challenge</p> 	<p><i>December</i> Push-Up Sit-Up Challenge</p> 

FITNESS

For More Information  
Call 722-0420  
or visit us on Facebook.





## 3F MONTHLY ACTIVITY SCHEDULE

<p><i>January</i></p> <p>5K Calorie Burn Challenge</p> 	<p><i>February</i></p> <p>Couples Workout of the Week</p> 	<p><i>March</i></p> <p>Pot of Gold Challenge</p> 	<p><i>April</i></p> <p>Egg Hunt Challenge</p> 
<p><i>May</i></p> <p>Parent / Child PT Test</p> 	<p><i>June</i></p> <p>Family 100-Mile Challenge</p> 	<p><i>July</i></p> <p>Wellbeats Blackout Bingo</p> 	<p><i>August</i></p> <p>Fitness-Land Board Game</p> 
<p><i>September</i></p> <p>Family Workout of the week</p> 	<p><i>October</i></p> <p>8000 Calorie Burn Holiday Feast Prep</p> 	<p><i>November</i></p> <p>Workout Bingo</p> 	<p><i>December</i></p> <p>Step into the New Year</p> 

For More Information  
 Call 722-0413  
 or visit us on Facebook.



# Burn Calories

**Family First Fitness:**

**5K Calorie Burn**

**Fitness Center:**

**10K Calorie Burn**

*Self-paced challenge to burn calories in one month. Participants can track with watches, paper, or any other method. See a staff member for more information.*



**ADJUSTMENTS ONLY \$25**

**\*First Visit - \$40**

Includes:

- Exam
- X-rays (if needed)
- Adjustment

**DEMOCKO CHIROPRACTIC**  
DemockoChiropractic.com

/Democko Chiropractic

## Democko CHIROPRACTIC

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### WE CAN SEE YOU TODAY!

Mon - Thur: 8 AM - NOON & 3 - 6 PM  
Fri: 8 AM - NOON • Sat: 10 AM - NOON

1802 E Ash St., Goldsboro, NC 27530 • 919.735.2205  
1120 N Breazeale St., Mt Olive, NC 28365 • 919.299.8033

SIGN UP TODAY TO MEET YOUR NEW YEAR'S GOALS



# SHOOT FOR THE STARS WEIGHT LOSS CHALLENGE

Where: Fitness Center

Sign Up by: Jan 7

Initial Weigh-In: Jan 3-7

Optional Weigh-Ins: Jan 31 & Feb 28

Final Weigh-In: Mar 31

Time: 6 am - 5 pm

Prizes for Top Male & Female Participants

Fitness Center | 1500 Langley Ave | 919-722-0420

Seymour, Explore More January 2022

**FOOD & DRINK**

- **10 Pin Cafe**  
919.722.0349 • 1290 Andrews St
- **Afterburner Kiosk**  
919.722.5294 • fb.com/sjfoodservice  
2814 Jabara Ave
- **Compass Cafe & Catering**  
919.722.0394 • fb.com/odrcafe  
1385 S Andrews St
- **Mustang Taproom**  
919.722.4914 • fb.com/mustangtaproom  
1240 Andrews St
- **Seymo Joe to Go - Temporarily Closed**  
919.722.3104 • fb.com/seymojoie  
1515 Goodson St
- **Southern Eagle Dining Facility**  
919.722.5294 • fb.com/sjfoodservice  
3650 Pope St

**RECREATION**

- **Auto Hobby Shop**  
919.722.1309 • 919.722.1308  
1295 Jabara Ave
- **Bowling, Phantom Lanes**  
919.722.0350 • fb.com/sjibowl  
1290 Andrews St
- **Community Programs & Partnership Office**  
919.722.8796 • fb.com/cpposj  
1240 Andrews St
- **Eagles Landing**  
919.722.8796 • fb.com/cpposj  
1240 Andrews St
- **Family First Fitness**  
919.722.0413 • 1410 Langley Ave
- **Fitness & Sports Center**  
919.722.0420 • fb.com/sjfit  
1500 Langley Ave
- **Fort Fisher Recreation Area**  
910.500.6465 • fb.com/fortfisher  
118 Riverfront Rd, Kure Beach
- **Kiddie Hawk Playground**  
919.722.8796 • 1515 Goodson St
- **Outdoor Recreation Adventure Park**  
919.722.1104 • fb.com/4fssodr  
1385 S. Andrews St
- **Saber Cinema**  
919.722.879 • 919.722.8684  
3740 Edwards St
- **Splash Pad (seasonal)**  
919.722.1104 • 919.722.7437  
Debden Park
- **Swimming Pool (seasonal)**  
919.722.1104 • 919.722.7437  
1500 Langley Ave

**4 FSS SERVICES & RESOURCES**

- **Airman's Attic**  
919.722.7181 • fb.com/sjattic  
1585 Andrews St

- **Airman & Family Readiness Center**  
919.722.1123 • fb.com/sjafrc  
1500 Vermont Garrison St
- **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
- **Civilian Personnel Section**  
919.722.0117 • 1570 Wright Brothers Ave
- **Community Cohesion Coordinator (C3)**  
919.722.4698 • 1240 Andrews St
- **Commercial Sponsorship**  
919.722.7280  
1600 Wright Brothers Ave, 2<sup>nd</sup> Fl, Ste 228
- **DEERS & ID Cards**  
919.722.8702  
1600 Wright Brothers Ave, 1<sup>st</sup> Fl
- **Education & Training**  
919.722.5800 • fb.com/4fss.fsde  
1520 Goodson St
- **Family Child Care**  
919.722.7194 • fb.com/fccsj  
1520 Goodson St, Rm 101
- **Honor Guard**  
919.722.7019 • 1055 Camp Fed Lane
- **Library**  
919.722.5825 • fb.com/sjafb.library  
1520 Goodson St
- **Lodging @ Southern Pines Inn**  
919.722.0385 • 1235 Wright Brothers Ave
- **Manpower & Organization**  
919.722.5336 • 1195 Cannon Ave
- **Marketing**  
919.722.8532 • fb.com/sjffss  
1600 Wright Brothers Ave, 2<sup>nd</sup> Fl, Ste 228
- **Military Personnel Section**  
919.722.8677  
1600 Wright Brothers Ave, 1<sup>st</sup> Fl
- **Military School Liaison**  
919.722.5810 • fb.com/schools.sj  
1520 Goodson St
- **NAF Human Resources**  
919.722.5939  
fb.com/4fssnafhumanresources  
1570 Wright Brothers Ave
- **Private Organizations**  
919.722.7284  
1600 Wright Brothers Ave, 2<sup>nd</sup> Fl, Ste 220
- **Professional Development Center**  
919.722.1149 - ALS  
919.722.5857 - Career Assistance  
1195 Cannon Ave
- **School Age Care**  
919.722.0502 • fb.com/sjyouth  
1035 Langley Ave

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

**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**  
919.722.0575
- **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**  
919.722.2233 • fb.com/callaadd
- **Commissary**  
919.722.0321 • 1310 Edwards St
- **Corvias**  
919.988.6918 • 600 Kenly Rd
- **Eagle Eyes**  
919.722.1212 - If you observe suspicious activity, please call
- **Exchange (BX)**  
919.735.8511 • 1350 Edwards St
- **Express with Class Six**  
919.734.7235
- **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 visitors passes: go to the main gate on Berkeley Blvd

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# The Slopes are Calling



## SNOWBOARDING & SKI TRIP

Jan 15-16  
Jan 29-30

WINTER PLACE WV

Cost per person | # in room

63 <sup>00</sup>	four
84 <sup>00</sup>	three
125 <sup>00</sup>	two
250 <sup>00</sup>	one



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