

## Welcome from Col Sage

## Services in Attendance

## 4 MSG

**G**reetings and welcome back to our annual Retiree Appreciation Night! What a great way to begin our Veteran's Day weekend - by taking an evening to honor those whose footsteps we follow here at SJAFB.

Each day we follow the Air Force's Core Values of Integrity, Service Before Self and Excellence In All We Do to accomplish our mission. All of you continue to exemplify these Core Values and we strive to live up to your example.

As we honor you and your families for the sacrifices made during your military careers, please take some time and stop by the information booths available. Many of you take advantage of our Exchange and Commissary, but we have other initiatives that you may want to explore.

I encourage you to take the opportunity to get involved in our various initiatives. Representatives from numerous base clubs, facilities and local organizations are here for you tonight to answer any questions or provide information you may need. There are also numerous volunteer opportunities you can become involved with here at Seymour Johnson. We will all benefit from your expertise and wealth of experience.

Please enjoy tonight and thank you for your many years of service.

Lead with Courage,  
Col. Christopher Sage  
4th FW Commander

**3 Eagles Golf Course-** Golf tournaments, lessons and 3 Eagle Café information

**Base Clubs-** Information on the Apple Tech. Club, Real Estate Club and others

**Commissary and Exchange-** More information

**Fort Fisher-** Information on our military recreation area for military and families to reflect, recharge and refocus.

**MDG-** Pharmacy and Public Health representatives. General information, home delivery or online pharmacy sign-ups, on-site flu shot vaccinations and blood pressure check.

**Outdoor Rec-** Information about tickets, trips and outdoor recreation gear available for rent

**Legal-** Information about legal services available at the SJAFB Legal Office such as wills, powers of attorney and claims

**Library-** Services offered at the base library

**Seymour Spouses Social Club-** "Adopt a Retiree for the holidays," meet & greet potluck

**TRICARE-** Patient administration clerks are available for questions

**USO-** Information on volunteer opportunities

**Wreaths Across America-** Collect donations for wreath laying ceremony that takes places at Evergreen Memorial Cemetery in December. Volunteers welcome!

The 4th Force Support Squadron has many great programs that are available for our active community of retirees! Information about the FSS programs can be found with several different venues. A monthly magazine, "FSS Flashpoint" you can pick up on up in any of the FSS facilities, and it can also be viewed online [www.sjffs.com](http://www.sjffs.com).

You can even sign up to get event notifications sent to your phone: Simply text @4fsstext to (757) 637-6090.

Some of the programs that offer activities for Retirees are:

**BellaMorphosis:** SJAFB's ladies-only Base Fitness Center: 24 hour fitness is NOW open to retirees. Call (919) 722-0408

**Golf:** Retirees and seniors receive 50% off cart rental and green fees every Monday. Bring a friend; first time golfers are free (including club rental)! Also, be sure to check out the new 3 Eagles café menu. Call (919) 722-0395

**Bowling:** Planet Bowl is open 7 days a week. They offer Retiree "Scotch Doubles" Tournaments often! For tournament dates, call (919) 722-0350

**Southern Eagles Dining Facility:** Open to retirees and their spouses. Join us for our Holiday Meals on Thanksgiving Day and Christmas Day. Call (919) 722-5295/5298

## Volunteer Opportunities

**Airman's Attic-** Call (919) 722-1123 for volunteer opportunities

**American Red Cross-** Monday, Wednesday and Friday from 9 a.m. to 1 p.m.  
Call (919) 722-2323 for more information

**SJAFB Legal Office-** Wednesdays and Thursdays from 10 a.m. to 12 p.m.  
Call (919) 722-5322 for more information



Seymour Johnson Air Force Base  
4<sup>th</sup> Fighter Wing Commander



Instagram

SJAFB



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@4FWCC



AUTO HOBBY	722-1309
BASE CHAPEL	722-0315
CLINIC APPTS	722-1802
EYE CLINIC	722-1869
GOLF COURSE	722-0395
GYM	722-0409
LEGAL	722-5322
LIBRARY	722-5826
OUTDOOR REC	722-1104
PHARMACY	722-1814
RETIREE ACTIVITIES	722-1119
TRICARE COUNSELOR	722-1951

## Seymour Johnson AFB

### Military Retiree

### Appreciation Night



November 10, 2016

**WELCOME BACK!**