

atEase

AUGUST 2015 | 48TH FORCE SUPPORT SQUADRON | RAF LAKENHEATH, UK



SUMMER BREEZE

Bowl 9 games at Liberty Lanes and be entered to win a bowling ball!

COOKING CLASS

Don't miss your chance to learn how to make Vietnamese street food!

EDINBURGH TATTOO

Travel to Scotland & witness this military display at Edinburgh Castle!



Get your next career **Squared Away**

Are you looking for a stable career that will allow you to work with military families here at Mildenhall and Lakenheath as well as travel with you to future duty stations across the USA?

At First Command, we seek military spouses to serve as Financial Advisors. We offer:

- › Comprehensive training and mentoring
- › Exceptional support to launch and grow your business
- › Supportive family culture inspiring you to build a rewarding career

Our ideal candidate possesses:

- › A college degree
- › A strong work ethic combined with an entrepreneurial spirit
- › A sincere desire to make meaningful differences in the lives of others

If this sounds like a career you would like to learn more about, contact:

Emma L. Blaker

Financial Advisor, Principal and District Advisor

1A Gregory Road, Mildenhall Suffolk IP28 7DF, United Kingdom
01638 459448 · elblaker@firstcommand.com

**Opportunities in the UK
and across the USA**

JOIN US

Career Opportunity Workshop
Thursday 27, August 2015

The Riverside House Hotel
Mill Street, Mildenhall
Suffolk IP28 7DP

6:30 p.m. Reception
7:00 p.m. Presentation

Bring a friend. To let us know
you'll attend, RSVP to
Reil Maue, 01423 781732 or
NLMaue@firstcommand.com

AUGUST 2015

4 DINING

Knight's Table
Pinkerton's Steak House
The Afterburn
The Grill at Breckland Pines
Liberty Lanes' Grill 48
Rugbie's: A Modern Bistro
Great Little Pizza Place
HOT PIT: Flightline Dining

7 ENTERTAINMENT

Liberty Club
Liberty Club After Dark
Eagles' Landing

8 SPORTS & FITNESS

Liberty Lanes Bowling Center
Fitness & Sports Center
Breckland Pines Golf Course

12 YOUTH

Youth Center
Youth Sports
Child Development Centers
Family Child Care

16 LIFE & LEISURE

Electric Avenue
Liberty Library
Airman & Family Readiness
Community Centers
Auto Hobby Complex
Arts & Crafts Center
Wood Craft Center
Outdoor Recreation
Information, Tickets & Travel

30 INFORMATION

RAF Mildenhall Events
Class Schedules
Directory





DEPARTMENTS

COMMAND

48 FW Commander: Col Robert Novotny
48 MSG Commander: Col Marc Vandever
48 FSS Commander: Maj Sean Brazel
48 FSS Deputy: Eddie Adelman
48 FSS Chief Enlisted Manager:
CMSgt Michael Crawley
48 FSS First Sergeant: MSgt Ricardo Osorio II

BUSINESS

Lead Marketing Assistant: Tobi Applin
Commercial Sponsorship Coordinator: Julie Cloy
Marketing Clerk: Rhonda Nuñez


DESIGN & PRINT


Visual Information Specialist: Alicia Meiers
Visual Information Specialist: Kyla Strenge
Visual Information Specialist: Erin Harrison


The atEase magazine is prepared by the 48th Force Support Squadron Marketing & Publicity Department and is an unofficial publication of the RAF Lakenheath community. Contents are not necessarily the official views of, nor endorsed by, the US Government, the Department of Defense, the U.S. European Command, or the 48th Fighter Wing. No Federal endorsement of advertisers or sponsors is intended.

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.

Web: www.lakenheathfss.com
DSN: 226-1719
Commercial: 01638-521719
US International: 011-44-1638-521719
Mail: 48 FSS/FSK, Unit 5187, APO, AE, 09461-5187

 Subscribe to our weekly e-newsletter, the 48th FLASH! E-mail 48fss.fsk@us.af.mil to be added to our distribution list.

 Find us on Facebook
RAF Lakenheath 48th Force Support Squadron



Reach 10,000 active duty and civilian members of the RAF Lakenheath community by advertising in our magazine, travel guide, Qubica screens or on our website!

Call 01638 521709, email 48fss.fsk@us.af.mil or visit lakenheathfss.com for more information!

SPONSORSHIP

Expose your business to over 11,000 potential customers at RAF Lakenheath by sponsoring an event or advertising on any of our media outlets such as the atEase magazine, 52° North travel guide, Qubica screens or on our website!

SPONSORSHIP OPPORTUNITIES

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

ADVERTISING OPPORTUNITIES

Place your ad in our monthly publication. Over 2,500 atEase magazines are printed each month and are available for free at roughly 20 strategic locations around base.

CONTACT

48th Force Support Squadron Marketing & Publicity
Commercial: 01638-521709
DSN: 226-1709
Email: 48fss.fsk@us.af.mil



BeatriceCarter

Contact Us

Telephone: 01638 712383

Email Address:
rentals@beatricecarter.co.uk

Website:
www.beatricecarter.co.uk

Opening Hours:
Monday-Friday, 9am-5pm

Physical Address:
Carter Place Field Road
Mildenhall High Town
Suffolk
IP28 7AL

Why choose Beatrice Carter?

- We have superior rental properties to suit every need.
- No application fees for military personnel on renewals or checkouts.
- We offer FREE on-base pickups for property viewings.
- We are familiar with the specific requirements of American military families living abroad.
- Most of our properties are located within a 20-minute drive of RAFs Mildenhall, Lakenheath and Feltwell.
- All our homes are pre-screened to meet Base Life Safety Inspection standards.
- Visit www.beatricecarter.co.uk for up to date listings.
- Call us at 01638 712383.

...moving made easy!

LIBERTY LANES' GRILL 48

NOW SERVING BREAKFAST

Enjoy our best selling "El Diablo" breakfast burrito, hot cakes, omelets & more starting **AT 7:30AM MONDAY-FRIDAY!**



LIBERTY LANES' GRILL 48
Bldg 657 | 226-2108
www.lakenheathfss.com



Know On The Go!

Download the MyAirForceLife App for FREE!



CHECK OUT THE FORCE SUPPORT WEBSITE

FOR ALL THE LATEST INFORMATION ABOUT FSS EVENTS & ACTIVITIES!

WWW.LAKENHEATHFSS.COM

FAMILY • DINING • RECREATION & TRAVEL • ENTERTAINMENT • EDUCATION • JOBS • MORE



LIBERTY LANES' GRILL 48

226-2108 • Bldg 657

NEW! We are now serving breakfast! Enjoy our best selling "El Diablo" breakfast burrito, hot cakes, omelets & more starting at 7:30am Monday-Friday!

We also have a selection of hot and cold sandwiches, burgers, finger foods, side items, value meals and kid's meals available for lunch & dinner.

LUNCH & BOWL

Tuesdays in August • 11am-2pm

Spend a minimum of \$7 in the snack bar and receive 2 free games with rental shoes. Free games must be bowled before 2pm.

THE GRILL AT BRECKLAND PINES

226-3551 • Bldg 1320

SPECIALS

Taco Tuesdays • 11am-1:30pm

Enjoy a taco salad in a crispy tortilla shell or a beef and bean burrito with tortilla chips & nacho cheese!

Filipino Fridays • 11am-1:30pm

Enjoy classic dishes such as chicken adobo, spicy beef and lumpia!





RUGBIE'S: A MODERN BISTRO

226-1603 • Bldg 648

SPECIALS

Waffle Wednesdays

Wednesdays • 6:30-10:30am

Start your Wednesdays with our delicious waffles! We have a variety of options to choose from with prices starting at just \$2.25. Make your breakfast a meal and add bacon or sausage plus a tall fresh brewed coffee for an additional \$2.75.

Sunday Roast

Sundays • Noon-3pm

Adult \$9.50; Child \$7.50; Vegetarian \$6.50

Join us for a four-roast carvery! Choose which meats you would like or a mixture of all four! All meats come with your choice of sides, Yorkshire Pudding and gravy. All roasts come with a delicious dessert.

Can't make it for the carvery? Join us at 3pm and enjoy our open faced sandwiches topped with our slow roasted meats. Sandwiches come with your choice of side for just \$8.50.

THE GREAT LITTLE PIZZA PLACE

226-2181 • Bldg 670

SPECIALS

Pizza of the Month

Come out and enjoy a piping hot, fresh out of the oven pizza! This month enjoy the "Cheeseburger Pizza" with beef, tomatoes and red onions topped with mozzarella and cheddar cheese!

Sm: \$9.95 Md: \$12.95 Lg: \$16.95

*Delivery is available to on-base locations, including the Liberty Village & Lords Walk housing areas! Delivery fee applicable. See page 33 for delivery hours.

Pizza Meal Deal

Monday-Friday • 11am-2pm

Get two jumbo slices of pizza with a drink!

Members: \$4.50, Non-members: \$5.50.

Thursday Family Entertainment Feast or 1/2 Feast

See page 18 for more information.

THE AFTERBURN JUICE BAR

07706 645 825 • Bldg 904

Satisfy your hunger with something guilt-free! Grab a made-to-order panini, fresh salad, delicious omelet or smoothie!

PINKERTON'S STEAK HOUSE

226-1611 • Bldg 648

LUNCH BUFFET

Monday-Friday • 11am-1:30pm

Members \$8.75;

Non-members \$10.75

Monday: All-American

Tuesday: Tex-Mex

Wednesday: Italian

Thursday: Southern

Friday: Bistro

DINNER

Tuesday-Thursday: 5-8pm

Friday-Saturday: 5-9pm

2-4-1 Prime Rib Night

Members Only Special

Tuesdays • \$21.95

KNIGHT'S TABLE

226-3214 • Bldg 934

Airmen can enjoy a variety of special meals throughout the month!

Specialty Meals

August 5 • Italian

August 6 • Mongolian BBQ

August 12 • Asian

August 19 • Hispanic

August 20 • Carvery

August 26 • Southern

11am-1pm

Sandwich Bar

Monday-Friday

11am-1pm

Specialty Bar

August 7 • Taco Bar

August 11 • Pasta Bar

August 18 • Wing Bar

August 25 • Potato Bar

11am-1pm

NEW! HOT PIT: FLIGHTLINE DINING

226-3184 • Bldg 1224

The flightline DFAC is gone but the HOT PIT has arrived, brought to you by the staff at Breckland Pines Golf Course. The HOT PIT is an entirely new facility offering great food and drinks with no waiting around. All our food is freshly made that day, ensuring availability of a good hot meal on the flightline.

We offer breakfast and lunch Monday-Friday from 6:30am-1pm. There are so many options, from coffee & a muffin to the HOT PIT Bacon Cheese Burger with wedges and an organic fruit juice. Stop in any time, we have music playing, the WiFi is free, not to mention our welcoming staff. Come on by to see what we can offer you.



 **HOT PIT** 



ENTERTAINMENT



FIRST FRIDAY: SOCIAL HOUR

Friday, August 7 • 5-7pm • FREE
Wind down after work and enjoy drink specials, lounge music and a great atmosphere. The Liberty Club is the place to be on First Friday!



COUNTRY NIGHTS

Saturday, August 14 & 28 • 10pm-2am
Members FREE; Non-members \$5
If you feel like a little bit of country excitement, head to the ballroom and enjoy music from DJ Farva.



LIBERTY CLUB AFTER DARK (18+ ONLY)

Texas Hold 'Em: Tuesdays, 7pm
Quiz Night: Wednesdays, 7:30pm
Variety Throwback Thursdays: Thursdays, 9pm
Wing Night: Thursdays, 9pm
Progressive Members Drawing: Fridays, 9pm
R&B and Hip Hop Night: Fridays, 9pm
Crazy Karaoke: Saturdays, 9pm
Billboard Top 100: Saturdays, 9pm

LIBERTY CLUB

226-1611 • Bldg 648

EVENTS

Latin Night

Saturday, August 1 • 9pm-2am
Members FREE; Non-members \$5
Learn the hottest dance steps from 9-10pm, then our DJ will spin the hottest tracks to spice up the night!

First Friday: After Dark

Friday, August 7 • 10pm-2am
Members FREE; Non-members \$5
DJ Adam Baum, our house DJ, will be spinning your favorite tunes!

CLUB MEMBERSHIP PAYS!

Crazy Cash Giveaway! (Members Only)

Every Friday & Saturday • Midnight
We have already given away more than \$30,000! Just be there & be a member and you could win big!

EAGLES' LANDING

226-2326 • Bldg 958

EVENTS

First Friday

Friday, August 7
5-10pm • Jolly Ole Eagle
Every First Friday we're cranking up the tunes and belting out the notes with karaoke! Cross your fingers in hopes of winning FREE money and scratch your brain to be the ultimate trivia master.

Fini Friday

Friday, August 28
5-10pm • Jolly Ole Eagle
Join us for karaoke, a progressive drawing, trivia, foosball, darts and crud!

SPORTS & FITNESS

LIBERTY LANES BOWLING CENTER

226-2108 • Bldg 657

EVENTS

Summer “Breeze” Bowling

August 1-31

Complete a 9-game punch card (1 punch per game bowled) and be entered for a chance to win a Storm “Breeze” ball. The more punch cards you complete the more chances you have to win!

Cosmic Bowling with DJ Ant

Saturdays: August 1 & 15 | Fridays: August 7 & 21
8:30pm-Midnight • \$10/person

Bowl the night away while listening to chart-topping music. Rental shoes included.

Handicap Tournament

Sunday, August 2 • 11:30am-7pm

Registration starts at 10am. \$50 entry Fee. 9 game handicapped tournament.

King of the Hill Tournament

Sunday, August 16 • 11am

Sign-ups start at 10am with the tournament beginning at 11am. Six games with a stepladder final. \$30 entry fee.

Birthday Bowling

Tuesday, August 25 • 11am-10pm

If your birthday is in August come bowl for FREE during opening hours. DoD ID card required. Rental shoes included.

ONGOING EVENTS

Lunch & Bowl

Tuesdays in August • 11am-2pm

Spend a minimum of \$7 in the snack bar and receive 2 free games with rental shoes. Free games must be bowled before 2pm.

Bowler Appreciation Day

Wednesdays in August • 11am-8pm

Come out for \$2 games and \$2 shoe rental.

Quarter Mania

Thursdays in August • 11am-10pm

Enjoy open bowling for just \$6 + 25¢/game and 25¢ shoe rental!

BIRTHDAY PARTIES!

Saturdays: 1-3pm, 3:30-5:30pm, or 6-8pm

Sundays: 1:30-3:30pm or 4-6pm

Stop by, give us a call or visit our website for more information about our available birthday party package options.

R4R: FAMILY BOWLING

Sunday, August 23 • Noon-3pm

Come enjoy an afternoon of FREE bowling with your family! Contact the Page CAC for eligibility information and to sign up by noon on Friday, August 21.





FITNESS & SPORTS CENTER

226-3607 • Bldg 904

EVENTS

Boot Camp

August 3-27
Monday-Thursday • 6:30-7:30pm
\$220/4 weeks or \$60/week
Individual assessments (highly recommended) are only conducted on the first day of Boot Camp.

Summer Tennis Camps

August 3-7, August 10-14
\$120/week
Ages 5-8: Noon-1:30am
Ages 9-12: 2-3:30pm
Ages 13-17 Beginners: 3:30-5pm
Ages 13-17 Advanced: 5-6:30pm

Please sign up at the Fitness Center front desk by the Friday prior to the beginning of the camp.

Pre/Post Natal Yoga

Thursdays • 11:30am-12:30pm
Begins August 6 • 6 week course

AFAA Certifications

September 18-20
The Aerobics & Fitness Association of America (AFAA) will be hosting workshops for you to get your certifications for personal trainer, group resistance training, group exercise, or indoor cycling. Register by August 18.

SERVICES & INDIVIDUAL LESSONS

Personal Trainer: \$35/30min, \$50/hr, \$80/90min
Massage & Holistic Therapy: starting at \$39
Tennis Lessons: \$35/30 min, \$50/hr, shared sessions available for a discount.
Combat-Self Defense: \$57/30min, \$76/hr for 1-4 people • \$940/4hrs for up to 20 people

BRECKLAND PINES GOLF COURSE

226-2223 • Bldg 1320

EVENTS

SAPI LPGA Visit

August 9-11 • 9am-6pm • FREE
Joanna Coe and Molly Aronsson will be at Breckland Pines to play a few rounds and offer lessons, jr. lessons and advice. Contact the Pro Shop to sign up.

PGA Championship Pick-a-Pro

Sunday, August 16 • 8am Tee Time
AGF \$30; Non-AGF \$40
Enjoy our final event pairing you with one of the world's greatest players! The winner will continue on with the new tradition here at Breckland Pines. Lunch provided after play. Limited spaces available so sign up today!

SPECIALS

- 10% OFF All Squadron Events
Stop by the Pro Shop for more details
- 10% OFF All Short Sleeve Shirts

*Specials apply to in stock items only

ONGOING OFFERS

Annual Green Fee (AGF) Renewal

Don't forget to renew your AGF membership at the course this month to start saving! As an AGF member, you'll enjoy discounted green fees for a period of 12 months. See the pro shop for details or to sign up.

Individual Lessons

Could your golf game use some work? Sign up for lessons from our instructor & professional golfer Lawrence Dodd!
\$40/30min, \$70/hr

Big 15 Golf

E1-E4 \$20; All other ranks \$25
Experience the next generation of golf! Forget 3 putts, burning the edges & the dress code! Welcome the chip-ins, pars & birdies. Forward tees + HUGE 15" cups = big fun!





NEW!

ShineTecs®

DRIVE THRU AUTOMATIC CAR WASH

WITH THE ALL NEW SHINETECS® PAINT PROTECTING FORMULA!

CLEAN, SHINE & PROTECT YOUR CAR! CHECK OUT THE BRAND NEW 24 HOUR CAR WASH WITH NEW FEATURES & OPTIONS AT THE AUTO HOBBY COMPLEX.

AUTO HOBBY COMPLEX
226-2454 | www.lakenheathfsa.com




LYNFORD HALL HOTEL

LYNFORD HALL'S MURDER MYSTERY DINNER IS HIGHLY ENGAGING AND AN INTERACTIVE EXPERIENCE.

YOU WILL BE INVITED BY THE INSPECTOR TO HELP SOLVE THE MURDER...AND JUST AS YOU THINK YOU MIGHT KNOW WHO DID IT....

THE INSPECTOR HOPES YOU HAVE BEEN PAYING ATTENTION!!

OUR MURDER MYSTERY DINNER IS TO BE HELD ON FRIDAY 18 SEPTEMBER 2015 WITH TICKETS ONLY £29.50 PER PERSON FOR THE PERFORMANCE AND 3-COURSE DINNER WITH MINTS.

MURDER IS NOT A LAUGHING MATTER BUT OUR MURDER MYSTERY EVENING WILL BE FULL OF FUN AND BANTER.....NUMEROUS PLOTS WITH TWISTS AND TURNS ALONG THE WAY.



LYNFORD HALL HOTEL
MUNDFORD
NR. THETFORD
IP26 5HW
01842 878351

EMAIL: EVENTS@LYNFORDHALLHOTEL.CO.UK





For GPS use:
Warren Road
Red Lodge
IP28 8JU

Need to find your new home?

For all of your **rental needs** providing a **friendly service with a personal touch.**

- Properties in Red Lodge, Lakenheath, Mildenhall and much more.
- Out of hours tenant emergency service.
- Small town service, we get to know you.
- Local experts in both US requirements and UK housing law.
- No fees (application, renewal nor checkout).
- Free collection from billeting for viewings.



Visit www.lodge-lettings.co.uk

Call us at 01638 551551 or email enquiries@lodge-lettings.co.uk

Lodge Lettings
6 Bellflower Crescent
Red Lodge, Suffolk IP28 8XQ



R4R - RECHARGE FOR RESILIENCY

AN AIR FORCE PROGRAM



The goal of the R4R Program is to provide deployed-affected and dependent restricted Air Force assigned service members and their families relief from the challenges they face by offering the opportunity to recharge through MWR focused social, recreational, fitness and learning programs.

R4R allows all Air Force assigned service members returning from deployments or dependent-restricted assignments and their family members to participate in FSS recreational activities such as camping, sports activities and instructional programs. Eligible family members may participate while the member is gone and/or upon their service member's return.

Upcoming R4R Events:

Robin Hood Festival, Aug 9 • ITT | Family Campout, Aug 14 • Outdoor Recreation Cooking Class, Aug 22 • Page CAC | Family Cosmic Bowling, Aug 23 • Liberty Lanes

Contact the Page Community Center if you are interested in any of these programs so they can verify eligibility & get you and your family signed up.

For more info and a full listing of events & trips contact the Page CAC at 226-1627 or visit www.lakenheathfss.com/R4R



PLANET LASER IS NOW OPEN IN BURY ST EDMUNDS...



Great fun for anyone aged 6 and over!

HELIOS PRO

Covering over 600sq m our laser arena is one of the biggest in the UK and Europe, spanning 5 levels!

We are the first centre in the UK to install the state of the art 'Helios Pro Laser Tag System' supporting up to 30 players.

Membership allows you to track all your games history, scores and achievements and offers exclusive discounts, member nights and events!

AS WELL AS LASER TAG THERE IS PLENTY MORE TO DO

- Mini Bowling Alley
- Air Hockey
- Amusement Arcade
- Pool Table

You can even refuel and refresh in our very own Cafe Lunar after all the fun!

JOIN OUR MEMBERSHIP NOW FOR ONLY £10!

Keep up to date with news and special offers by following us on Facebook, Twitter and Instagram!

PLANET & LASER

THE NEW GENERATION OF LASER GAMING

Located behind the Fiat Desira Garage, Western Way, Bury St Edmunds IP33 3SP
For more information or to make a booking please call the Planet Laser team on **01284 220102**



YOUTH



YOUTH CENTER

226-3180/5437 • Bldg 250

EVENTS

Give Parents a Break

Saturday, August 1 • Noon-5pm

Parents can enjoy an afternoon out while their kids, ages 5-12, play safely at the Youth Center. Must have a referral certificate and completed AF 1181. Sign up by Wednesday, July 29.

Kid's Night Out

Friday, August 7 • 6:30-10:30pm

Members \$15; Non-members \$20

Come and join us for an evening of fun! Games, art activities and dinner will be provided. Open to ages 6-12. Sign up by Wednesday, August 5.

TEEN PROGRAMS

226-3180/5437 • Bldg 250

EVENTS

Teen Sandringham Estate Trip

Friday, August 14 • 9:30am-4pm

Ages 13-15 • Members \$15; Non-members \$20

Ages 15-18 • Members \$20; Non-members \$25

Sandringham is the much loved country retreat of Queen Elizabeth II, and has been a private home of British monarchs for generations. The house, set in stunning gardens, is perhaps the most famous home in Norfolk. Spend the day exploring the estate, gardens and park. Please bring £s for lunch. Sign up by Monday, August 10.

Teen Thorpe Park Trip

Friday, August 21 • 7:30am-9pm • Ages 13-18

Members \$50; Non-members \$55

Go to one of Europe's largest theme parks for a day of thrills! Please bring £s for lunch and souvenirs. Spaces are limited. Sign up by Friday, August 14.

Teen Summer Bash

Saturday, August 22 • 1-5pm • Ages 13-18 • FREE

You are invited to an exciting end of summer TEENS ONLY event! We will have lawn games, a 3-on-3 basketball tournament, DJ entertainment, snacks, and much more! You do not need to be a member to enjoy this afternoon of excitement, so please bring a friend.

YOUTH SPORTS

226-3180/5452 • Bldg 250

EVENTS

Flag Football & Indoor Soccer Registration

Now – August 21

Register for flag football and/or indoor soccer at the Youth Center. A current sports physical must be in hand when registering. Both seasons run September 8 - November 13.

Flag Football & Indoor Soccer Coaches Needed!

Make a difference in the life of a child and volunteer to be a coach! Background checks and coaches training are required. The National Alliance for Youth Sports (NAYS) offers a FREE coach's certification that will be held at the Youth Center on August 25. Both seasons run September 8 - November 13. Please contact the Youth Sports Director at 226-3180 for more information.





CDC EAST

226-3285 • Bldg 659

EVENTS

Parent's Night Out

Friday, August 7 • 6:30-10:30pm
Parents can have a great night out while their children are entertained at the CDC! Must provide proof of current vaccinations. Please sign up by Wednesday, August 5. Open to ages 6 weeks to 5 years.

CDC WEST

226-5812 • Bldg 439

Give Parents a Break

Saturday, August 1 • Noon-5pm
Parents can enjoy an afternoon out while your kids, ages 6 weeks to 5 years (not in school), play safely at the CDC. Must have a referral certificate and completed AF 1181. Sign up by Wednesday, July 29.



FAMILY CHILD CARE

226-2170 • Bldg 957

Your Family Child Care (FCC) program provides experienced, licensed and inspected care of children in government housing. Our FCC providers offer developmentally appropriate care for children ranging in age from 6 weeks to 12 years on a full-time, part-time, hourly, evening, weekend, swing shift and extended basis.

PROPERTY RENTALS

Two Offices Conveniently Located; One by RAF Mildenhall & One Near to RAF Lakenheath

Best Quality Homes that Comply with USAF & UK Health & Safety Requirements

Free Complimentary Service & Support to All Tenants Carrying Orders

Free Transportation from Billeting to Viewings

Wide Variety of Properties from New Builds to Traditional, Single and Dual Voltage

Majority of Homes are Pet Friendly

48 CES Approved Tenancy Agreements with Military Break Clauses

Over 68 years of Combined USAF Experience

FULLY LICENSED AGENCY

MILDENHALL: 3, Holmsey Green, Beck Row, IP28 8AJ

LAKENHEATH: Unit 3, Station Road, Lakenheath, IP27 9AD

baseLETS – LEADING THE WAY FOR YOU



Scan Me with your smart phone!



15% DISCOUNT FOR USAF PERSONNEL FOR ALL KENNELS & CATTERY BOOKINGS

SILVER BIRCH



Kennels & Cattery

The quietest and most caring Kennels and Cattery, just a short drive from Base.

- 🐾 One to one care for all pets
- 🐾 Dogs let out to play 5 times a day
- 🐾 Spacious heated accommodation
- 🐾 Collection and delivery service
- 🐾 24hr onsite attendance and CCTV
- 🐾 Grooming Parlour
- 🐾 Watch videos of Silver Birch Kennels on YouTube & Facebook
- 🐾 Flights booked for PCSing Pets

Telephone 01353 863297
www.silverbirchkennels.co.uk

Oak Lane, Littleport, Ely, Cambridgeshire CB6 1RS



Maidwell Antiques





Large range of antique furniture, clocks, copper, silver, brass and much more.

Not just antiques, it's an experience!

Affordable Prices | Payment Plans Available

01366 385058 or 07712 105408
Ring for open times any day of the week.

The Old Rectory, Ely Road, Furzeham, Downham Market, PE28 0HL



Family Child Care

Start Your Own BUSINESS

Become a provider today!

For More Information

Call 226-2170, email joe.mcleen@us.af.mil or stop in Bldg. 957 1st floor: weekdays, 7am - 4pm.






Take the 30-Day
HOT YOGA Challenge

£30 for 30 days

Offer available for new customers only.

Newmarket's only Yoga, Hot Yoga and Pilates Reformer centre.
TRX suspension, Total Barre, Spinning and more.



Come and see what everyone in Newmarket is talking about.

Live in **W**ellness

WELLBEING WAREHOUSE

147 All Saints Road, Newmarket CB8 8HH.

Phone: 01638 -660065

www.wellbeing-warehouse.com

GREEN BOX
SUSHI 3

LAKENHEATH VILLAGE

EAT IN OR TAKE AWAY

01842 862 688

32 HIGH STREET, IP27 9JS

MONDAY-FRIDAY: 10AM-2PM & 4-8PM

SATURDAY: NOON-8PM

www.GREENBOXSUSHI.co.uk



New Beginnings
INTERNATIONAL

SUNDAYS

10:15am Sunday School

11:15am Worship Service &
Children's Church

TUESDAYS

6:30pm Intercessory Prayer

7:00pm Bible Study

FRIDAYS Every 2nd Friday of the Month

7:00pm Worship Service & Fellowship

AUXILLARY FELLOWSHIPS

Children's Activities

Every 1st Friday of the Month

7:00pm Men's Fellowship

Every 3rd Friday of the Month

7:00pm Women's Fellowship

Every 3rd Saturday of the Month

10:00am-4:00pm

Marriage Enrichment Seminar

Developing leaders of all ages through teaching the Word of God to equip the saints to bring a healing to the nation.



Pastor & First Lady Jacob



Wangford, Brandon, Suffolk IP27 0SJ



nbichurch@outlook.com



01842.814.862



[/NewBeginningsUK](https://www.facebook.com/NewBeginningsUK)

LIFE & LEISURE



ELECTRIC AVENUE

226-2067 • Bldg 670

ONGOING OFFERS

Thursday Family Entertainment Feast Just \$35 • 3-8PM

- 2-LG 1-topping GLPP pizzas*
- Your choice of 1 candy
- 2 liter bottle of soda
- 1 bucket of popcorn
- 2 movie rentals

Thursday Family Entertainment 1/2 Feast Just \$25 • 3-8PM

- 2-MD 1-topping GLPP pizzas*
- 1 bucket of popcorn
- 2 liter bottle of soda
- 2 movie rentals

*Call ahead pizza orders welcome, delivery not available.

DAILY SPECIALS

Don't forget to pick up a punch card to start saving towards your next purchase!

- Monday: \$2 Rental
- Tuesday: New Releases
- Wednesday: 3 for \$3
- Thursday: 2-4-1
- Friday & Saturday: Three-Night Rental
- Sunday: Dollar Day

NEW RELEASES

Insurgent: August 4

Far from the Madding Crowd: August 4

A Little Chaos: August 4

Hot Pursuit: August 11

Strangerland: August 18

Aloha: August 25

*New releases vary by location

EVENTS

Open Mic Jam Night

Wednesday, August 19 • 7pm
Bring your friends and join us every third Wednesday of the month for a night of musical networking! Our Music Sports Vendor along with other experienced musicians will be on site. Backline equipment will be available but please feel free to bring your own equipment.

SERVICES

Music Shop

We have a wide selection of instruments, music supplies, instructional books and much more! Our vendor is on site every Wednesday for any special assistance you may need.

Sales & Rentals

Rent or purchase your favorite movies, tv series or video games! We also have a wide selection of t-shirts, bags, candy, popcorn, and other goodies available for purchase. We even have a variety of mobile phones!

Passport & Visa Photos

We can provide your passport and visa photos for only \$8 each! Available Mon-Sat 11am-8pm and Sun 1-4pm.

Disc Cleaning

Is your favorite movie, game or CD scratched and skipping? Bring it in and we'll clean it up for you for only \$2!

Special Orders

Can't find what you're looking for? We'll happily order it for you at no extra charge!

Video Drop Box

A video drop box is available in the parking lot during closed hours. Remember, dropping your movies off after 10pm may result in late fees.





LIBERTY LIBRARY

226-3713 • Bldg 907



EVENTS

Read to a P.E.T. (Pets Enriching Troops)

Tuesday, August 4 • 4:30-5:30pm • FREE
Come in and read for a while to a wonderful four legged listener. It will lower your blood pressure! Join us on the first Tuesday of every month.

Summer Reading Program 2015

“Read to the Rhythm”

Tuesdays, August 4 & 11 • 3:30-4:30pm
It’s that time of the year again, the Summer Reading Program is back! Get in the groove by reading to the rhythm. Open to all ages. Stop by the Library to register today.

Summer Reading Program 2015

“Read to the Rhythm” Drop-in Jam Session

Tuesday, August 18 • 4:30-6pm
Share your love of music with others in this impromptu jam session to celebrate the final presentation of the 2015 Summer Reading Program “Read to the Rhythm”. Anyone with a musical instrument is welcome to join.



ONGOING OFFERS

Computer/Notebook Checkout

Need internet while you’re on the go? Check out a Toshiba Notebook from the Library for FREE! Checkout is limited to USAFE Library account holders.

Graphic Novel Collection

Check out the new collection of graphic novels available for checkout!

Role Playing Game Books

Stop by and browse through our assortment of role playing game books like *Dungeons & Dragons*, *Pathfinder*, and *Savage Worlds* available for checkout!

Universal Class

This FREE program offers continuing education courses! Visit the library and apply online.





**We have a job for you...
Join the 48 FSS
NAF Team today!**

Apply online now at NAFJobs.org or contact the NAF Human Resources Office at 226-4417 for more information!

All Equal Opportunity Employer




Enjoy socializing and a great meal!

- **Set Lunch** from £6.60/person
- **Set Dinner** from £11/person

Serving Chinese, Japanese, Thai at the old Plough Pub Inn

Join us at the Wok n Rock Restaurant & Bar Lakenheath Village (map, menus and more online)
Visit WoknRock.co.uk • Call 01842 860 088



Red, White, and Bruise Rollers Present

Harry Potter

ROLLER DERBY TOURNAMENT

4 HOUSES, 4 TEAMS, 4 HEATS, 1 WINNER

August 8th, Doors Open at 1400

£6 Adv. £8 at Door

<http://harrypottertournament.bpt.me/>

Alive Lynnsport, King's Lynn, PE30 2NB

Free entry for 16 years old and younger
Cosplayers receive half-off admission at the door

www.rwbrollers.com



Apply online!

There are many ways to join.
Find out how and start enjoying membership benefits today!



KEESLER FEDERAL CREDIT UNION

Important to YOU. Important to US.

Apply online at kfcu.org | 0-800-585-765
RAF Lakenheath | RAF Alconbury | RAF Mildenhall

*Actual rates vary based on credit history. Promotion ends 8/31/15. Maximum term 12 months. Membership and credit eligibility required. Rate shown reflects .25% discount for auto pay from Keesler Federal checking account. Example: Monthly payments are approximately \$85.65 per \$1000 borrowed at 4.74% APR for 12 months.

AIRMAN & FAMILY READINESS CENTER

226-3847 • Bldg 950

CLASSES

Resume 101

Wednesday, August 5 • 9-11am

Learn the do's and don'ts of writing a resume including: how to make your resume stand out, how to target your resume for a specific position, how to leverage military and military spouse experience, personal branding, networking and cover letters.

Building Your Financial Foundation

Thursday, August 6 • 10-11am

This workshop is designed to give Airman a general overview of personal financial management. Topics covered include spending plans, financial goal setting, emergency savings, debt management, investing and much more.

Manage Your Move

Fridays, August 7 & 28 • 10am-1pm

Provides information on travel and pay entitlements, shipping personal property, transferring healthcare, shipping pets, housing, vehicle shipping, and instructions on the proper processes and procedures for a military member to follow in order to receive their full benefits. Highly encouraged for those shipping pets and/or vehicle.

Federal Employment Part 1: Navigating the Federal Application Process

Thursday, August 13 • 9-11am

Navigating the federal application process can seem complicated & frustrating to first-time and seasoned employees alike. If you are struggling with the process of applying, receiving application status updates or aren't sure where to start, this class will help!

Interviewing Insight

Tuesday, August 18 • 1-3pm

This workshop is open to all service members, spouses and family members who are interested in developing skills and confidence necessary for successful job interviews. Topics will include interview preparation, attire, follow-up procedures, legal issues and discussion.

Investing in Your Future: TSP

Thursday, August 20 • 10-11am

This workshop is designed to help Airman understand the importance of saving for retirement. It will cover an overview of the Thrift Savings Plan, how to enroll, and investment options.

Federal Employment Part 2: Writing a Federal Resume

Thursday, August 27 • 9-11am

Writing a federal resume is a different process than writing a resume for the private sector. Let us save you time and frustration by attending our informative class. Topics covered include how federal resumes are analyzed, formatting, length, KSA's, common pitfalls & much more!



EVENTS

Deployed Family Event

Wednesday, August 19

5-7pm • Page Community Center

Come out and enjoy a great dinner with other deployed family members and learn a little about what's going on and what services are available. There will be games and activities for the children. Call the A&FRC to sign up.



PAGE COMMUNITY CENTER

226-1627 • Bldg 900

EVENTS

Family Bingo

Friday, August 7 • Doors open at Eagles' Landing at 5pm • Games start at 5:30pm
Pre-purchase books August 1-6 at the Page CAC \$10/2 books, or August 7 \$15/2 books. Prizes include London Eye family tickets, Cini-World tickets, toys, games, gift vouchers & much more!
**Minimum purchase of 2 books. No refunds.
**Food purchased at Liberty Club, Great Little Pizza Place, or the Liberty Lanes Bowling Center welcome. No other outside food may be brought into the facility.*

Gamers Club

Saturday, August 8 • 1:30-3:30pm • FREE
Calling all gamers! Are you looking for someone to battle? Join us every 2nd Saturday of the month! Contact the A&FRC at 226-3847 for more info.

American Family Day

Sunday, August 9 • 10am-Noon
Come and celebrate with us! Enjoy skating, music, games and more for just \$1. The snack bar will be open with light snacks for purchase.

Back to School Bash

Thursday, August 20 • 11am-1pm
Join us for an afternoon of music & skating for only \$1! FREE food for students only. Collect your food voucher August 1-18. Food vouchers available on a first come, first served basis.

Kids Jewelry Making Party

Saturday, August 22 • 10-11:30am • \$10/child
Join us at the Page CAC in a jewelry making party. Enjoy making colorful jewelry, skating and face painting. The snack bar will be open with light refreshments for purchase. Sign up by Wednesday, August 19.

Parent and Me Beginners Skate

Sunday, August 23 • 10am-Noon
New skate session for under 5's only. Kids \$3, parents skate FREE with a paying child. You can even bring your stroller!

DORM-A-PALOOZA

Friday, August 7 • 4-8pm • Behind Dorm 917
Come out and join us behind dorm 917 for an evening of fun. There will be a bungee run, sumo wrestling, gladiator joust, and much more! Hot dogs, hamburgers, drinks, soda, water and more will be available for purchase. Open to dorm residents & unaccompanied airman. Bad weather location will be the Page Community Center.





PARTIES!

Skate Parties

Fridays • 6-9pm | Saturdays • Noon-3pm or 4-7pm
Sundays • 2-5pm

Indoor Bouncy Castle Parties

Saturdays & Sundays • 10am-1pm

Stop by, give us a call or visit our website for more information about our party package options.

ONGOING EVENTS

Parent & Me Skate Date

Wednesdays • 9-11am
\$3/person on skates. Parents with children age 5 and under are welcome. You can even bring your stroller!

Lunch Skate

Monday-Friday • Noon-2pm
Fight that food coma and get your adrenaline pumping out on the rink! \$3/person on skates.

Birthday Skate

Is your birthday in August?
Skate for FREE during open skate!

Skating Punch Card

Get six punches and your seventh session is FREE!

Open Skate

\$5 admission
Monday-Wednesday • 9am-4pm
Thursday • 9am-2pm | Fridays • 9am-4pm & 6-9pm
Saturdays • Noon-7pm | Sundays • Noon-5pm

WARD COMMUNITY CENTER

226-7023 • Bldg 94 at RAF Feltwell

EVENTS

Craft Days

Every Thursday in August • 1-4pm
Join the Ward CAC for FREE crafts & family fun!
**Children under the age of 10 must be accompanied by an adult.*

RUGBY'S TOO CAFÉ & EATERY

Located in RAF Feltwell's Ward Community Center, Rugby's Too has everything from breakfast favorites to hot pizza by the slice & beverages, including perfectly-brewed Starbucks® coffee!

R4R JAMIE OLIVER'S RECIPLEASE COOKING CLASS

Saturday, August 22 • 9am-4pm
Are you looking to enhance your relationship after experiencing separation due to deployment? Then join us for a trip to Jamie Oliver's Recipease Cooking School for a class on cooking Vietnamese street food! Contact the Page CAC for departure times. Sign up by Thursday, August 13.



AUTO HOBBY COMPLEX | TIRE & LUBE CENTER

226-2454/2383 • Bldg 1108

226-2278/2279 • Bldg 1030



SPECIALS: AUGUST 1-15

- Turn 2 rotors or drums for the price of 1!
- 25% OFF All Sealey Tools

WE CAN HELP!

Bring your car to the Auto Hobby Shop (AHS) or Tire & Lube Center (TLC) where our mechanics can complete the majority of your vehicle repairs & maintenance. The TLC offers 30-minute appointments while the AHS provides a morning drop-off service. Both locations offer modern, well-equipped waiting areas so you can relax and enjoy a cup of coffee while your repair or maintenance work is being carried out. The TLC provides wheel alignments, air-con servicing, tire sales & installation, oil changes, brake inspections & repairs, and exhaust repairs. The AHS can complete your MOT inspections, light-conversions, and major mechanical repairs, along with many other services. If it has anything to do with a vehicle, we can help!

Have vehicle-related questions? Stop by either the AHS or the TLC and talk to our professional staff.

MOTORCYCLE SERVICES

The Tire & Lube Center now offers motorcycle servicing, tires, riding equipment/clothing and accessories. All helmets meet European and USAF requirements for riding in the UK and Europe. We can also special order motorcycle parts & accessories with most items arriving in just two days!

NEED YOUR WHEELS ALIGNED?

The Tire & Lube Center has a state of the art 3D wheel alignment system. Stop by or call today to make an appointment!

SERVICES

- Pop in for a complete price menu.
- Oil Changes
 - Tire Shop
 - Parts Store with Special Ordering
 - Automated Car Wash
 - Pressure Car Wash
 - Towing & Recovery
 - Light Conversion
 - POV Sales

OIL - YOUR CAR'S LIFE BLOOD

Has your car been making a racket? Does it sound like it has a sore throat? Don't ignore the signs! You might be due for an oil change. The folks at TLC are here to help, whether you just need the supplies or you need our professionals to do the work for you. Call to make an appointment or stop by!

SVA/MOT

Call 01638 534 185 to make your next appointment!

**Run
What Ya
BRUNG**



**FREE
Admission
with this ad!**

1 original advert per free admission
T&C's apply

RWYB DATES:

AUGUST Sun 9th & Sat 15th

SEPTEMBER Sat 12th

OCTOBER Sat 3rd, 10th & Sun 25th

NOVEMBER Sun 1st

**Run
What Ya
BRUNG**
**Public
Track
Days** at **Santa Pod
Raceway**

Run What Ya Brung public track days offer the cheapest track time in the UK, allowing unlimited runs on the famous Santa Pod drag strip with full performance print-out and timing. RWYB is suitable for all types of cars and motorcycles. Please visit the website for full rules and regulations.

RWYB costs **£10** per person for admission, and **£25** for unlimited runs on the track. Prices vary for specialist RWYB days. Driving licence required.

Visit rwyb.com or call 01234 782828 for more info & dates



**Saturday
Night Special**

Saturday Night Special dates:

Saturday 8th August

Saturday 26th September

Saturday 24th October

Experience the thrill of evening/night racing at Santa Pod Raceway. The sights and sounds of the raceway are intensified by the night air. All types of vehicles, from hot rods to hot hatches, dragsters to bikes are invited to use the track for day and night racing.

The track is open from 9.30am-8pm (weather and track conditions permitting). Gates open at 8am.

Saturday night special admission is £10 per person. Signing on costs £30 per driver for unlimited runs from 9.30am to 8pm and £10 per driver for unlimited runs from 5pm to 8pm. Driving Licence required.



300MPH NITRO ACTION
BOOK ONLINE NOW! WWW.SANTAPOD.COM



FIA
EUROPEAN
DRAG RACING
CHAMPIONSHIP

SANTA POD RACEWAY
3-6 SEPT
2015

**THE
EURO
FINALS**

WWW.RWYB.COM

WWW.SANTAPOD.COM

Santa Pod Raceway, Airfield Road, Podington, Nr Wellingborough, Northants, NN29 7XA. Signposted J14/15 M1. *Terms and Conditions for free admission:
1 original advert per person for free admission to the site you will still be required to purchase RWYB sign on vouchers if required. To be used before Saturday 1st November and cannot be used in conjunction with any other promotion.
This advert can only be used for stand-alone Run What Ya Brungs and can't be used for any other events.

Paid advertisement. Federal endorsement of advertiser not intended.

Balmforth

Estate Agents, Valuers & Letting Agents
E-mail: mildenhall@balmforth.co.uk

team

Tel: 01638 711171 • Open 7 days a week!

-- WHERE OUR HOUSES ARE YOUR HOMES --

- Free on base pick up and drop off for showings
- No USAF fees for showing, applications, renewals & check-outs
- Housing office compliant lease
- Comprehensive lease signing procedure
- Best local selection of USAF spec properties
- Most properties within five miles of base
- Range of pet-friendly properties



Beck Row - Sycamore Park Development, IP28 8DH

Offices Located In Mildenhall & Beck Row

Please see our website for full listings,
area guide and information

www.balmforth.co.uk (up to date listings)

www.balmforthusaf.co.uk (area guide and information)



Mildenhall High Street, IP28 7EQ

Winterbrooke

BOARDING KENNELS



Mill Lane Hockwold Thetford Norfolk IP26 4LR

Situated just 2 miles from RAF Feltwell, 6 miles
RAF Lakenheath, 9 miles RAF Mildenhall.

Open 7am To 7pm 7 Days a Week
Fully licensed, Veterinary Approved
Spacious Heated Accommodation
Individual Exercise Areas
Countryside Walks

Single Dog £9.50
2 Dogs 1 kennel £17.00
3 Dogs 1 kennel £21.50

Doggie day care Available
Grooming Parlour

Collection & Delivery Service

**For information and bookings call us on
01842 829735**



Military life never stops moving. We can help.

PCS • Deployment
Separation • Retirement

➤ USAA.COM/MILITARYLIFE
or 00-800-531-81110 Toll free



Paid Ad. No Federal endorsement of advertiser intended. USAA means United Services Automobile Association and its affiliates. © 2014 USAA, 212325-1114

ARTS & CRAFTS CENTER

226-2194 • Bldg 906

CLASSES

Discover a new hobby or sharpen your existing skills! Learn to crochet, sew, throw pottery or how to use your camera. See page 32 for a listing of all the classes available this month.

Van Gogh & Merlot

Thursdays, August 13 & 27
6-8pm • \$35

Join us for an evening of painting and a cash bar at the Liberty Club Ballroom. All art materials are included. You will be able to take home your very own 16x20 painting. Sign up at the Arts & Crafts Center.

SPECIALS: AUGUST 1-31

- Pre-Inventory clearance, see store for details
- Up to 25% OFF selected frames

*Specials apply to in-stock items only.

BIRTHDAY PARTIES

Kids can choose a ceramic piece to decorate with glaze and fire in our kiln! \$12/child. Please book in advance.

CUSTOMIZE

Need something embroidered or engraved? We have an array of items to choose from for a unique memento including cricket bats, t-shirts, hats and more!

RETAIL

Our "Crafts Galore" shop has everything you need for your crafts! Materials for scrapbooking, model making, knitting, sewing, painting, drawing, cake decorating and children's crafts can all be found in our award-winning shop!

NAME TAPES

We make US Air Force name tapes with or without velcro for both Multicam and ABUs. Stop by the lobby counter for more details and prices.



WOOD CRAFTS CENTER

226-3367 • Bldg 1104

SPECIALS

10% OFF • Custom Crates | 10% OFF • Plywood
20% OFF • Woodscrews

*Specials apply to in-stock items only.

MONTHLY SHOP USE CARD

\$50 • Unlimited shop use during normal hours of operation for one month.

CLASSES

Rustic Slanted Lid Box

\$130 • Contact the Wood Crafts Center for available class dates • Create your very own slanted lid box at this 2 day course; 4 hours per day. Minimum of 2 people; Maximum of 4 people.

Elegant Entryway Bench

\$160 • Contact the Wood Crafts Center for available class dates • Craft an elegant entryway bench at this 2 day course; 5 hours per day. Minimum of 2 people; Maximum of 4 people.

CRATING SERVICE

Only \$25 + Materials! We create custom sized crates for your gifts and special items to be ready for mailing to the states.

OUTDOOR RECREATION

226-2146 • Bldg 1109

PEDALER BIKE SHOP

Come and check out our NEW stock of Osprey skate boards in a variety of designs!

We also offer Bikes for all ages from Coyote, Viking, Python & ProBikes as well as a large selection of parts & accessories. Need repairs or help selecting a new bike? Our certified bike technicians are here for you.

SERVICES

Airport Shuttle

- Advanced Booking Only
- Services to all UK airports
- We can transport pets too!
- Call ODR for more information

Costume Sales

Stop by Equipment Rental to see how you can theme your next party! We have a wide variety of adult and child costumes. They go great with bouncy castles for parties of all kinds!

DVD & VHS Conversions

Convert your DVDs from US to PAL or vice versa. Or convert your VHS tapes to DVD. Now only \$10 for up to 4 hours.

Equipment Rental

Rent a variety of equipment including tools, vacuums, camping gear, generators, bouncy castles, party games and more!

Key Cutting

Need spare keys for your house or car? Stop by ODR and get yours today!

Storage Units

We have 8'x8'x10' secure storage units available to rent for just \$50/month!



R4R FAMILY NATURE CAMP

August 14-16 • \$110/Family of 4 (2 Adults & 2 Children Ages 2-15); \$15/Additional Child Ages 2-15; \$30/Additional Adult Ages 16+
Join us for a family camping experience that you won't forget! Learn bushcraft skills, rock climbing, mountain biking, archery and more! Includes: Listed admissions & activities, all camping gear and meals. Limited spaces on round-trip transportation optional for an additional \$5/person. Contact ODR for R4R eligibility information and to sign up. R4R eligible participants please sign up by Wednesday, August 5. All others call for availability beginning Thursday, August 6.





PICNIC WITH POOH

Saturday, October 3 • All Ages
\$55/Adult; \$65/Child

Travel to the 100 Akre Woods where you can visit all the houses of each beloved character. Meet Winnie the Pooh on a special mapping expedition through the woods, enjoy a photo session and story. You can also ride a pony and visit the petting farm. Kids 5 and older can try their climbing skills out on monkey nets and or tree climbing. Be sure to bring a picnic lunch to eat before hitting the playground! Includes: Transportation & listed admission. Sign up by Friday, September 18.



CAMPING GEAR AT ODR EQUIPMENT RENTAL

Whether you're backyard camping or roughing it in the wild, stop by ODR to gear up for your trip! You can rent items if it's a one-time adventure or start collecting those must-have camping items. We have adult & child tents, 3-season sleeping bags, pocket lights, LED flashlights, lanterns, walking poles, briefcase BBQ's and more. All items are priced to fit your budget and are available to help you make the most of your camping experience!

Have a boy or girl scout? Check out the mess kits, carabineers, lighted tent pegs, camping chainsaws and more to get your scout on their way.



OUTDOOR ADVENTURES

North Sea Fishing

Saturday, October 24
Ages 10+ • \$130/person
Exertion Level 3-4

Soak up some sun while trying to catch some of the many varieties of fish in the North Sea. Includes: transportation, bait, fishing tackle, boat and guide. Fish cleaning available on request. Sign up by Thursday, October 15.

INFORMATION, TICKETS & TRAVEL

226-2979 • Bldg 977 Rm G20 & BX

BUCKINGHAM PALACE

Sundays, August 2 & 16; September 6 & 20
Adult £38, Child £28

Saturdays, August 8 & 29; September 12 & 26
Adults £40, Child £30

*Not recommended for children under 5



BRUGGE EXTENDED DAY TOUR

Saturday, August 8
Adult £79; Child £30
Includes: Coach travel & ferry crossing



ROYAL EDINBURGH MILITARY TATTOO

August 7-9 • Adult £289; Child £249 • Festival ONLY

August 7-9 • Adult £335; Child £295
Festival & Tattoo Includes: Entrance ticket
& transportation to the military tattoo performance

**Non-refundable due to limited availability*

**Prices based on two adults sharing;
Additional £150 single room supplement*

Trips include: Coach transportation, 2 nights B&B
accommodation, and a visit to Jedburgh & Durham



HARRY POTTER STUDIO TOUR

Thursday, August 13 &
Monday, September 7
(Labor Day)

Adult £48, Child £41,
Infant £10; Inclusive



CITY OF YORK & LINCOLN 2 DAY TOUR

August 15-16 • Adult £139; Child £99

**Prices based on two adults sharing;
Additional £40 single room supplement*

Includes: Coach travel, 1 night B&B accommodation
and admission to Jorvik Viking Center



CARDIFF & BATH 2 DAY TOUR

August 22-23 • Adult £149; Child £99

**Prices based on two adults sharing;
Additional £40 single room supplement*

Includes: Coach travel, 1 night B&B
accommodation, admission to Cardiff
Castle and guided walking tour of Bath



GEMS OF IRELAND 5 DAY

September 3-7 • Adult £439; Child £385

*Prices based on two adults sharing; Additional £120 single room supplement

Includes: 4 nights dinner and B&B accommodation, visits to Waterford, Cork (including "Vision Center"), the English Market and Cobh



JACK THE RIPPER & LONDON ICEBAR

Saturday, September 5

Adult £48 (Adults Only)

Includes: Transportation, Jack the Ripper guided tour & entrance to the London ICEBAR



THEATER TRIPS: MONDAY, SEPTEMBER 7 (LABOR DAY)

Wicked
£50; Inclusive

Mamma Mia
£52; Inclusive

Les Misérables
£60; Inclusive

Phantom of the Opera
£60; Inclusive

OKTOBERFEST 4 DAY TOUR

September 25-28 • Adult £369

*Prices based on two adults sharing;
Additional £150 single room supplement

Includes: Coach transportation,
2 nights B&B accommodations,
2 full days at the famous
Oktoberfest & ferry crossing



GOTHIC PARIS 3 DAY TOUR

October 16-18 • Adult £264

*Prices based on two adults sharing; Additional £70 single room supplement

Includes: Coach travel, ferry crossing, 2 nights in a 3-star hotel with continental breakfast, Paris sightseeing tour, and entrance to the catacombs and the Bell Tower of Notre Dame



RAF MILDENHALL EVENTS



Canoe Float

Saturday, 8 August

Drift along the Little Ouse River while taking in the summer scenery.

\$25 per person
Transport & equipment included.

Call RAF Mildenhall for more information at 01638 544283



Euston Estate Deer Stalking

Deposits required for all bookings, usually 50%, Deposits are non refundable. Cull outings will not require deposits. Cull stalking:

1 April - 31 October - Roe Bucks & Muntjac: \$212 per 3hr outing
1 Nov - 31 March - Muntjac, Roe, Fallow: \$162 per 3hr outing

Call RAF Mildenhall ODR at 238 4283 for more information and booking details.

WARWICK CASTLE



Saturday, 8 August

Departs at 9:30 am



"Hear the thunder of hooves and the crack of lances as the bravery, skill and agility of the jousting is tested to the limit with the River Avon and Warwick Castle as a backdrop! Between jousting battles, discover the foulest and funniest bits of history in a raucous medley of mediaeval mayhem during Horrible Histories.

There will also be time to learn about the mighty trebuchet, visit the restaurant and peruse the shops at Warwick. "

SAI: \$25 / Adults: \$50 / Kids: \$40 (11 year olds & younger)

Call RAF Mildenhall

Information, Tickets & Travel: 01638 542630



RAF MILDENHALL

100TH FORCE SUPPORT SQUADRON

DIRECTORY

Airman & Family Readiness Center

☎ 460 ☎ 3406

Arts & Crafts

☎ 404 ☎ 2644/4101

Auto Hobby Complex

☎ 240 ☎ 2480/1480

Bob Hope Community Center

☎ 404 ☎ 2579

Bowling Center

☎ 160 ☎ 2348

Child Development Center

☎ 288 ☎ 2042

Civilian Personnel

☎ 435 ☎ 2111

The Daily Grind Coffee Shop

(located inside the BHCC)

☎ 404 ☎ 7178

Education Center

☎ 427 ☎ 2350

Hardstand Fitness Center

☎ 849 ☎ 3735

Gateway Dining Facility

☎ 436 ☎ 2689

The Galaxy Club

American Roadhouse

☎ 437 ☎ 2680

New York Pizza & Deli

☎ 437 ☎ 2680

Cashier Cage

☎ 437 ☎ 2683

Tudor Bar at Middleton Hall

☎ 464 ☎ 4860

Human Resources Office

☎ 460 ☎ 2111

Information, Tickets & Travel

☎ 162 ☎ 2630/1004

Library

☎ 425 ☎ 2352

Lodging (Gateway Inn)

☎ 459 ☎ 6001

Outdoor Recreation

☎ 162 ☎ 4283/7151

Youth Center

☎ 293 ☎ KIDS (5437)

Teen Program

☎ 220 ☎ 3046

Calling from a civilian line: 01638 54 XXXX

Calling from DSN: 238 XXXX

For more RAF Mildenhall information
please visit www.100fss.com

 Find us on facebook... <http://www.facebook.com/100fss>




FRIDAY NIGHT

COLOR PIN

Friday, 21 August
RAF Mildenhall Bowling Center
Starting at 8:00 pm
\$30 entry fee
Cash Prizes!
Sign-up by Wednesday, 15 July
Open to ages 18 years & older

One Direction
Concert Trip

Saturday, 10 October
\$148 per person
Price includes ticket & transportation

Call RAF Mildenhall Information,
Tickets & Travel: 01638 542630




CLASSES & DIRECTORY

AIRMAN & FAMILY READINESS CENTER

Reintegration Briefing

Mon, Wed & Fri • 9:30-10:30am

Bury Walking Tour

Fri • 9am-2:15pm

Sponsorship Training

Mon, Aug 3 • 2-3:30pm

Pre-Separation Counseling

Tues, Aug 4 & 18 • 8:30-11:30am

5-Day Transitioning

GPS Workshop

Aug 10-14 & 24-28 • 8am-4:30pm

ARTS & CRAFTS

Crochet Beginners

Begins Tues, Aug 4 • 10am-Noon
4 weeks • \$40 + supplies
Begins Thurs, Aug 6 • 6-8pm
4 weeks • \$40 + supplies

Mold Pouring

Tues, Aug 4 & 18
Wed, Aug 5 & 19
10am-Noon • 1 day • \$25 Inclusive

Basic Camera

Begins Tues, Aug 4 • 5-6:30pm
3 weeks • \$30 Inclusive
Bring your own camera

Wheel Thrown Pottery (Beg)

Begins Mon, Aug 3
10am-Noon and 6-8pm
Begins Wed, Aug 5 • 6-8pm
Begins Fri, Aug 7 • 10am-Noon
4 weeks • \$75 Inclusive

Wheel Thrown Pottery (Int)

Begins Thurs, Aug 6 • 6-8pm
4 weeks • \$75 Inclusive

Sewing Class

Begins Tues, Aug 4 • 6-8pm
4 weeks • \$50 + supplies

FITNESS & SPORTS CENTER

Classes are free of charge unless otherwise noted. All classes are suitable for all fitness levels.

Combat-Self Defense

Fri • 3-4pm & 4-5pm (Adv)
\$9/Class or \$33/Month

Group Indoor Cycle

Mon, Wed, Fri • 5-5:45am
Tues & Thurs • 11-11:45am
Mon-Thurs • 5-5:45pm

H.I.I.T. (High Intensity Interval Training)

Mon & Wed • 6-6:30am,
9:30-10am & 10:05-10:35am
Fri • 6-6:30am

Latin/Urban Aerobics

Mon & Wed • 7:15-8:15pm
Tues • 6:30-7:30pm

Power Stretch

Mon • Noon-1pm • \$4/class

LIBRARY

Transparent Language Online

Online program for learning languages. Visit the base library to register.

Universal Class

Online continuing education service. Sign up at the Library.

PAGE CAC

Guitar Classes

Wed & Thurs • 3:15-6:15pm
\$70/month • 30min/week

Ju Jitsu

Thurs • \$35/month
Ages 4-8 • 3:45-4:30pm
Ages 9-14 • 4:30-5:15pm

WARD CAC (RAF FELTWELL)

Ballet

Classical Beginners
Tues • 4:45-5:30pm
Ages 5+ • \$9/class

Guitar Lessons

Mon & Tues • 3:15-6pm
\$70/month/student
One-on-one lesson, 30min/week

Ju Jitsu

Mon • \$35/month
Ages 4-8 • 3:30-4:15pm
Ages 9-14 • 4:15-5pm

Pre-School Ballet

Tues • 4-4:45pm
Ages 3-5 • \$8.40/class

YOUTH CENTER

Ballet & Tap

Mon • Times vary • Ages 3+
Starts at \$25/month

Gymnastics

Days & times vary
Age 2+ • Starts at \$40/month

Karate

Thurs • 4:45-6:15pm & 6:15-7:45
Fri • 4:45-6:15pm
Ages 6+ • \$45/month

Open Wall Climb

Wed • 6-7:30pm
Ages 7-17 • \$5/session
Wed • 7:30-9pm
Ages 18+ • \$7/session

Piano Lessons

Mon-Fri • Times vary
Ages 8+ • 30mins/week
\$70/month

Tae Kwon Do

Tues • 6-7pm
Ages 8+ • \$35/month

Wall Climbing Class


Thurs • 6-7pm & 7-8pm
Ages 7-18 • \$20/month (4 classes)

INSTRUCTORS WANTED


Many of our facilities are looking for instructors. Please contact the facility if you are interested.

CLASS INFORMATION

Want to know more? Visit our website www.lakenheathfss.com for class descriptions or contact the facility that is hosting the class with any questions.

AIRMAN & FAMILY READINESS CENTER 
Bldg 950 • x3847
Mon-Wed: 7:30am-4:30pm
Thurs: 7:30am-2:30pm
Fri: 7:30am-4:30pm

ARTS & CRAFTS 
Bldg 906 • x2194
Mon-Fri: 9am-5:30pm
Sat-Sun: 10am-4pm
Classes: Mon-Thu: 6-9pm

AUTO HOBBY COMPLEX 
Bldg 1108 • x2454
MOT/SVA: 01638 534185
Mon-Fri: 8am-8pm
Sat: 10am-7pm
Sun: 10am-4pm
Last DIY sign-in is 30 min before closing.

Auto Parts Store
Bldg 1102 • x5918
Sun: 10am-4pm
Mon-Fri: 9am-7pm
Sat: 10am-7pm

Auto Tire & Lube Center
Bldg 1030 • x2279/2278
Mon-Fri: 7:30am-5:30pm


BRECKLAND PINES GOLF COURSE 
Bldg 1320 • x2223
Golf Shop
Open Daily: 7am-8pm

The Grill at Breckland Pines
Bldg 1320 • x3551
Open Daily: 7am-1:30pm


CHILD DEVELOPMENT CENTERS (CDC)
CDC East
Bldg 659 • x3285
Mon-Fri: 6:30am-6pm

CDC West
Bldg 439 • x5812
Mon-Fri: 6:30am-6pm

CIVILIAN PERSONNEL CUSTOMER SERVICE (RAF Mildenhall)
Bldg 435 • 238-2111
Mon-Fri: 8am-5pm

EAGLES' LANDING 
Bldg 958 • x2489
Catering
Mon-Fri: 9am-4pm
Pub x2326
Fri: 5-10pm

 : **FREE WI-FI**

COMMUNITY ACTIVITIES CENTERS (CAC) 
Page CAC
Bldg 900 • x1627
Mon-Thurs: 8:30am-7pm
Fri: 8:30am-9pm
Sat: Noon-9pm
Sun: Noon-6pm
Skating Rink
Mon-Wed: 9am-4pm
Thurs: 9am-2pm
Fri: 9am-4pm & 6-9pm
Sat: Noon-7pm
Sun: Noon-5pm

Ward CAC (RAF Feltwell)
Bldg 94 • x7023
Mon-Fri: 11am-7pm

EDUCATION SERVICES 
Bldg 948 • x3851
Mon-Wed: 8am-4:15pm
Thurs: 9am-4:15pm
Fri: 8am-3:45pm

ELECTRIC AVENUE 
Bldg 670 • x2067
Mon-Thurs: 10am-9pm
Fri-Sat: 10am-10pm
Sun: Noon-6pm

FAMILY CHILD CARE
Bldg 957 • x2170
Mon-Fri: 7:30am-4:30pm


FITNESS & SPORTS CENTER 
Bldg 904 • x3607
Mon-Thurs: 4:30am-11:30pm
Fri: 4:30am-9pm
Sat: 8am-8pm
Sun: Noon-8pm

Afterburn Juice Bar
07706 645825
Mon-Fri: 6:30am-7pm
Sat: 10am-3pm

GREAT LITTLE PIZZA PLACE 
Bldg 670 • x2181 or x2497
Mon-Thurs: 11am-9pm
Fri-Sat: 11am-11pm
Sun: Noon-9pm
Delivery
Mon-Thurs: 4-8pm
Fri-Sat: 4-9:30pm
Sun: 4-8pm


HARD COPIES PRINT SHOP
Bldg 949, 2nd Floor • x1719

INFORMATION, TICKETS & TRAVEL (ITT)
Bldg 977 Rm G20 • x2979
Mon-Fri: 11am-4pm
BX Main Store Mall
Mon-Fri: 10am-5pm
Sat: 10am-1pm

HOT PIT: FLIGHTLINE DINING 
Bldg 1224 • x3184
Mon-Fri: 6:30am-1pm

KNIGHT'S TABLE MILITARY DINING FACILITY 
Bldg 934 • x3214
Mon-Fri
Breakfast: 6-8:15am
Lunch: 11am-1pm
Dinner: 4:30-7pm

Sat-Sun
Breakfast: 6-8:15am
Lunch: 11am-1pm
Dinner: 4:30-6:30pm
Sun-Thurs
Midnight Meal: 11pm-1am

LIBERTY CLUB 
Bldg 648 • x1611
Cashier's Window
Mon-Sat: 10:30am-5pm
Sun: Closed

Casino Lounge
Sun-Wed: 4-11pm
Thurs: 4pm-1am
Fri-Sat: 4pm-2am

Pinkerton's
Bldg 648 • x1611


Lunch
Mon-Fri: 11am-1:30pm
Dinner
Tues-Thurs: 5-8pm
Fri-Sat: 5-9pm


Rugby's: A Modern Bistro
Bldg 648 • x1603
Monday - Friday
Breakfast: 6:30-10:30am
Lunch/Dinner: 11am-9pm
Saturday
Breakfast: 8-10:30am
Lunch/Dinner: 11am-9pm
Sunday
Lunch/Dinner: Noon-9pm

Rugby's Too (RAF Feltwell)
Bldg 94
Mon-Fri: 7am-1pm

LIBERTY LANES BOWLING CENTER 
Bldg 657 • x2108
Sun-Wed: 11am-8pm
Thurs: 11am-10pm
Fri-Sat: 11am-Midnight

Grill 48
Sun: Closed
Mon-Thurs: 7:30am-2pm
Fri: 7:30am-10pm
Sat: 4-10pm
Pro Shop: By Appointment Only

LIBERTY LODGE 
Bldg 984 • x6700
Front Desk 24 Hours a Day
Check-In: 2pm / Check Out: 11am


LIBERTY LIBRARY 
Bldg 907 • x3713
Sun: Closed
Mon-Sat: 10am-6pm
Fax & copy services available

MANPOWER SECTION
Bldg 977 • x1174
Mon-Wed: 7:30am-4:30pm
Thurs: 9:30am-4:30pm
Fri: 7:30am-4:30pm

MILITARY PERSONNEL SECTION
Bldg 977 • x5131
Career Development: x3939
Force Management: x5138
Walk-In


Mon-Wed: 7:30am-1:30pm
Thurs: 9:30am-1:30pm
Fri: 7:30am-1:30pm
Appointments Only
Mon: 1:30-4:30pm
Tues: 6:30-7:30am
Wed-Fri: 1:30-4:30pm

NAF HUMAN RESOURCES OFFICE
Bldg 977 Rm G45 • x4417
Mon-Wed: 7:30am-4:30pm
Thurs: 9:30am-4:30pm
Fri: 7:30am-4:30pm

OUTDOOR RECREATION 
Bldg 1109 • x2146
Mon-Fri: 10am-5:30pm
Sat: 10am-2pm

VAT RELIEF PROGRAM OFFICE
Bldg 957, Rm 201 • x3166
Mon-Fri: 9am-4pm

WOOD CRAFT CENTER 
Bldg 1104 • x3367
Sun-Mon: Closed
Tues-Wed: 11am-5pm
Thurs: 11-8pm
Fri-Sat: 11am-5pm

YOUTH CENTER 
Bldg 250 • x5437
Mon-Fri: 7:30am-5:30pm

Open Recreation
Mon-Fri: 1-7pm

School Age Care (SAC)
Mon-Fri: 6:30am-6pm

Teen Programs
Bldg 250 • x5452
Mon-Thurs: 3-8pm
Fri: 3-9pm



USAF SERVICES
Information
Tickets
& Travel



2nd annual mini travel fair

Friday, September 11

BX Main Store Mall • 10am–1pm • FREE

- Visiting Simon's BBQ and Bun-D food vendors
- Stop by and enter to win great prizes and trips like a 4-day Prague getaway for two, London theater tickets, NFL tickets, a 16GB iPod, Exchange gift cards & more!



Federal endorsement of sponsors not intended.

INFORMATION, TICKETS & TRAVEL

Bldg 977, Room G20 • 226-2979
www.lakenheathfss.com/ITT

BX Main Store Mall
www.ittlakenheath.com

