

HEALTHY HOLIDAYS

Keep extra holiday pounds off and have a chance at winning a prize!

WREATH MAKING

Add some holiday cheer by making a fresh or artificial holiday wreath!

NYE: 80'S PARTY

Ring in the New Year & party like its 1989 at the Liberty Club!



48TH FORCE SUPPORT SQUADRON HOLIDAY HOURS

Facility:	December 24: Christmas Eve	December 25: Christmas Day	December 26: Family Day	December 31: New Year's Eve	January 1: New Year's Day	January 2: Family Day
A&FRC	7:30am-4:30pm	CLOSED	CLOSED	7:30am-4:30pm	CLOSED	CLOSED
Art & Crafts	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	10am-4pm
Auto Hobby Complex	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	10am-4pm
Breckland Pines	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	8am-4pm
The Grill at Breckland Pines	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	7am-1:30pm
CDC East	6:30am-6pm	CLOSED	CLOSED	6:30am-6pm	CLOSED	Mission Essential Only
CDC West	6:30am-6pm	CLOSED	CLOSED	6:30am-6pm	CLOSED	CLOSED
Eagles' Landing	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Education Center	8am-4:15pm	CLOSED	CLOSED	8am-4:15pm	CLOSED	CLOSED
Electric Avenue	Noon-6pm	CLOSED	Noon-6pm	Noon-6pm	Noon-6pm	10am-10pm
Family Child Care	7:30am-4:30pm	CLOSED	CLOSED	7:30am-4:30pm	CLOSED	CLOSED
Fitness Center	9am-6pm	CLOSED	9am-6pm	9am-6pm	Noon-8pm	9am-6pm
Great Little Pizza Place	11am-6pm	CLOSED	11am-9pm	11am-6pm	CLOSED	11am-11pm
Hard Copies / Marketing	8am-4:30pm	CLOSED	CLOSED	8am-4:30pm	CLOSED	CLOSED
ιπ	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
ITT BX	CLOSED	CLOSED	CLOSED	9am-1pm	CLOSED	9am-1pm
Knight's Table	7am-12:30pm + 3:30pm-5:30pm	11am-5:30pm	7am-12:30pm + 3:30pm-5:30pm	7am-12:30pm + 3:30pm-5:30pm	7am-12:30pm + 3:30pm-5:30pm	7am-12:30pm + 3:30pm-5:30pm
Liberty Club	4-9pm	CLOSED	4pm-2am	2pm-2am	CLOSED	4pm-2am
Liberty Club Cashier's Cage	10:30am-5pm	CLOSED	10:30-5pm	10:30-5pm	CLOSED	10:30-5pm
Liberty Lanes	8am-4pm	CLOSED	8am-midnight	8am-2am	11am-8pm	8am-midnight
Liberty Lanes Grill 48	7:30am-4pm	CLOSED	7:30am-1:30pm + 4:30-10:30pm	7:30am-1am	11am-8pm	7:30am-1:30pm + 4:30-10:30pm
Liberty Lodge	24/7	24/7	24/7	24/7	24/7	24/7
Liberty Library	10am-4pm	CLOSED	CLOSED	10am-4pm	CLOSED	CLOSED
MPS	7:30am-4:30pm	CLOSED	CLOSED	7:30am-4:30pm	CLOSED	CLOSED
NAF HRO	7:30am-4:30pm	CLOSED	CLOSED	7:30am-4:30pm	CLOSED	CLOSED
Outdoor Rec	10am-2pm	CLOSED	CLOSED	10am-4pm	CLOSED	CLOSED
Page CAC	9am-4pm	CLOSED	9am-4pm	Noon-5pm	CLOSED	9am-4pm
Pinkerton's Lunch	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Pinkerton's Dinner	CLOSED	CLOSED	5-9pm	CLOSED	CLOSED	5-9pm
Rugbie's	11am-9pm	CLOSED	11am-9pm	11am-6pm	CLOSED	11am-9pm
Rugby's Too	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Tire & Lube Center	10am-4pm	CLOSED	CLOSED	CLOSED	CLOSED	10am-4pm
VAT	9am-4pm	CLOSED	CLOSED	9am-4pm	CLOSED	CLOSED
Ward CAC	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Wood Craft Center	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	11am-5pm
Youth Center	7:30am-5:30pm	CLOSED	CLOSED	7:30am-5:30pm	CLOSED	SAP - Mission Essential Only



















DECEMBER 2014

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

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

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Child Development Centers Teen Programs Youth Center Youth Sports

16 LIFE & LEISURE

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

30 INFORMATION

RAF Mildenhall Events Class Schedules Directory

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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.

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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 3,000 at Ease magazines are printed each month and are available for free at roughly 20 strategic locations around base.

CONTACT

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DINING & ENTERTAINMENT

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

Members Only Special

Tuesdays • \$21.95 2-4-1 Prime Rib Night

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 "Old Fashioned" topped with mozzarella cheese, sliced mushrooms & black olives! Sm: \$6.50 Md: \$9.50 Lg: \$12.50

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 ½ Feast

See page 16 for more information.

Delivery is available to on-base locations, including the Liberty Village & Lords Walk housing areas! Delivery fee applicable. See page 29 for more details.









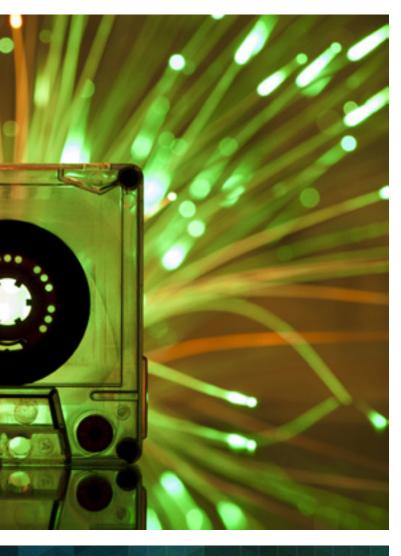












NEW YEAR'S EVE: 80'S PARTY PART II Wednesday, December 31 • 7pm-2am • 18+ Advance Tickets: Members \$5; Non-members \$15 At the Door: Members \$10; Non-members \$20 Come out and ring in the New Year 80's style! We'll have live music by the incredible "Academy Band", fabulous food, DJ entertainment, plus complimentary champagne and party favors. Deluxe hors d'oeuvres served from 7pm, breakfast served at midnight. Let us make your lodging reservation for you when you purchase your ticket.

LIBERTY CLUB

226-1611 • Bldg 648

EVENTS

Football Frenzy

Sundays • Thru February 1 (Super Bowl)
Come out on Sundays for the games and great food!
Enter to win weekly and monthly prizes including
FREE lunch buffet, FSS gift cards and more!

First Fridays

Friday, December 5 • 10pm-2am Members FREE; Non-members \$5 Start your weekend right! Our house DJ will be spinning all your favorite tunes.

Dinner with Santa Family Night

Wednesday, December 10 • 5:30-7:30pm Member Adult \$9.95; Non-member Adult \$14.95 Member Child FREE; Non-member Child \$3.95 Join us for dinner with Santa, giveaways and entertainment by James D!

Country Nights

Saturdays, December 13 & 27 • 10pm-2am
If you feel like a little bit of country excitement, head
to the ballroom and enjoy music from DJ Farva.

CLUB MEMBERSHIP PAYS!

Crazy Cash Giveaway! (Members Only)

Every Friday & Saturday • Midnight We have already given away more than \$26,000 in cash! Just be there and be a member and you could be our next big winner!

WEEKLY ENTERTAINMENT (ADULTS ONLY)

Texas Hold 'Em: Tuesdays, 7pm Quiz Night: Wednesdays, 7:30pm Wing Night: Thursdays, 9pm

Progressive Members Drawing: Fridays, 9pm

Urban Night: Fridays, 10:30pm **Crazy Karaoke:** Saturdays, 9pm



KNIGHT'S TABLE

226-3214 • Bldg 934

Specialty Meals

December 3 • Italian

December 4 • Mongolian BBQ

December 10 • Cajun

December 17 • Hispanic

December 18 • Carvery

December 24 • Southern

December 31 • Italian

11am-1pm

Sandwich Bar

Monday-Friday 11am-1pm & 4-6:30pm

Specialty Bar

December 2 • Pasta Bar

December 9 • Taco Bar

December 16 • Wing Bar

December 23 • Potato Bar

December 30 • Pasta Bar

11am-1pm

Christmas Meal

Thurs, Dec 25 • 11am-5:30pm Join us for a delicious Christmas meal! *Open to all ID card holders. A la carte pricing for non-meal card holders.

LIBERTY LANES' GRILL 48

226-2108 • Bldg 657

Specials

Breakfast-n-Bowl* Fridays • 8:30-11am Spend \$5 or more on breakfast and get free unlimited bowling!

Lunch-n-Bowl*
Monday-Friday • 11am-1pm
Buy a combo meal and bowl for
FREE! Must be in military uniform.

*Please make a reservation for groups of 5 or more.

THE AFTERBURN AT THE FITNESS CENTER

07706 645 825 • Bldg 904

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



THE GRILL AT BRECKLAND PINES GOLF COURSE

226-3551 • Bldg 1320

Specials

Filipino Fridays • 11am-1:30pm

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





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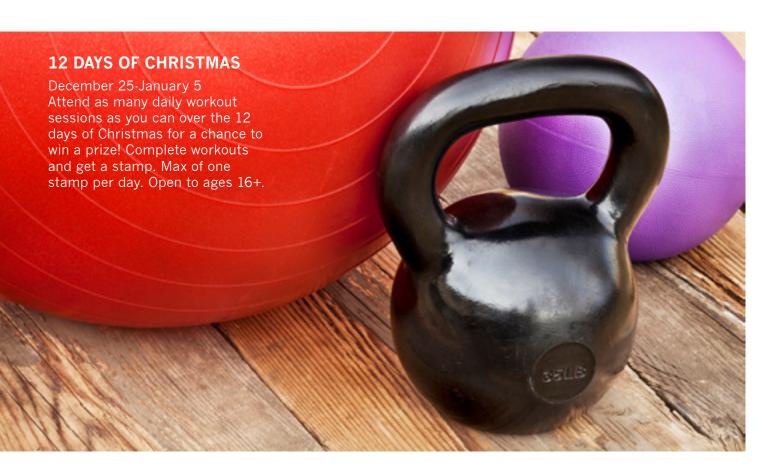


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SPORTS & FITNESS



BRECKLAND PINES GOLF COURSE

226-2223 • Bldg 1320

SPECIALS

- 10% OFF all Pro Shop stock!
- Receive a FREE small bucket of range balls and a hot chocolate or coffee with every greens fee purchased!

SPECIAL ORDERS

It's not too late to special order holiday gifts. Stop by the Pro Shop to place your order today!

HOLIDAY PARTIES

Don't forget to book your Christmas party here at the Grill! Catering options available for 20-40 people. Call 226-3551 for more information.

ONGOING OFFERS

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 = bigger fun!

FITNESS & SPORTS CENTER

226-3607 • Bldg 904

SERVICES & INDIVIDUAL LESSONS

Personal Trainer: \$35/30min, \$50/hr, \$80/90min Massage & Holistic Therapy: starting at \$45 Tennis Lessons: \$35/30 min, \$50/hr, shared sessions available for a discount

EVENTS

Healthy Holidays

November 27-December 31 Seasonal Incentive Program Stay fit through the holiday season! Complete workouts and get a stamp. Fill your card and be entered to win a prize! Stamp cards are available at the Fitness Center front desk.

Pre/Post Natal Yoga: Christmas Special

Fridays, December 5, 12 & 19 • 11:30am-12:30pm FREE. Open to ages 18+

Limited Operations

December 22-January 2

The Fitness Center will be open for use, however there will be no classes offered during this time.







LIBERTY LANES BOWLING CENTER

226-2108 • Bldg 657

BIRTHDAY PARTIES!

Saturdays 1-3pm/3:30-5:30pm/6-8pm

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

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

ONGOING EVENTS

Monday Madness

Mondays • 4-8pm Bowl as much as you want for just \$5! \$2 shoe rental.

Roll the Price

Tuesdays • 11am-4pm Roll the dice to get your price! Prices range from 50¢ to \$1.75.

Wicked Wednesdays

Wednesdays • 11am-4pm 2-4-1 games! \$2 shoe rental.

Beat the Clock

Thursdays • 11am-8pm Pay less by bowling earlier! \$1.25/game: 11am-1pm \$1.50/game: 1-3pm \$1.75/game: 3-5pm \$2/game: 5-8pm

Friday Family Fun

Fridays • 5-7pm or 6-8pm \$40/family of 4 includes 2 hours of bowling, combo meals and shoes!

Cosmic Bowling

Fridays & Saturdays 8:30pm-Midnight \$10/person, shoes included.

Penny Pincher Bowling

Save money with a pre-paid game card! Purchase in bundles of 10, 20 or 30 games. Visit or call for price list.

EVENTS

Pearl Harbor Remembrance Day

Sunday, December 7 • 11am-8pm Show your DoD ID card (active duty, dependent or retired) and get 50% OFF all bowling!

King of the Hill Tournament

Sunday, December 21 • 11am Sign-ups start at 10am with the tournament beginning at 11am. Six games with a stepladder final. \$30 entry fee.

Boxing Day Special

Friday, December 26 • 11am-10pm Celebrate Boxing Day with \$1.50 bowling & \$1.50 shoe rental! *Does not apply to Cosmic Bowling.

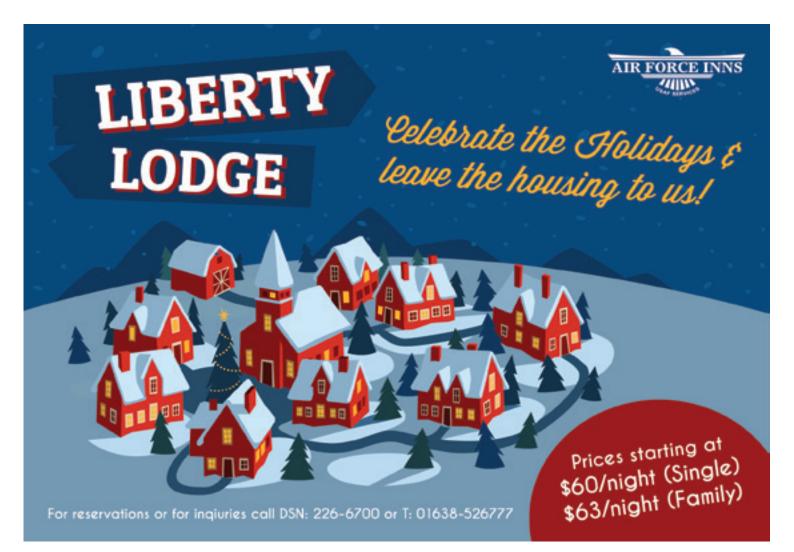
Birthday Bowling

Tuesday, December 30 If your birthday is in December come bowl for FREE during opening hours. DoD ID card required. Rental shoes included.

New Year's Cosmic Bowling Party

Wednesday, December 31 • 9pm-2am • \$20 Break out your neon clothing and join us for a night of cosmic bowling, good food and lots of fun! A buffet of sliders, pulled pork sandwiches, potato salad and assorted chips will be served for dinner.











FORCE

24

AUTO HOBBY TIRE & LUBE CENTER

BLDG 1030 | 226-2278/2279 or 0163852.2278/2279 www.lakenheathfss.com/AutoHobby







DECEMBER 25 - JANUARY 5

FREE • Open to ages 16+ & VIT Members • Max 1 stamp per day Attend as many daily workout sessions at the Fitness Center as you can over the 12 days of Christmas for a chance to win a prize!

FITNESS & SPORTS CENTER Bldg 904 • 226-3607 www.lakenheathfss.com







YOUTH

YOUTH CENTER

226-3180/5452 • Bldg 250

EVENTS

Boys & Girls Club of America: National Fine Arts Competition & Exhibit

Competition: December 1-10

Exhibit: Wednesday, December 10 • 4-5pm Ages 6-18 are encouraged to submit projects to the Youth Center Director at the Youth Center by Wednesday, December 10. Categories include: monochromatic drawing, multi-colored drawing, pastel drawing or painting, watercolor painting, acrylic painting, printmaking, collage, mixed media, sculpture or group project.

Pre-Teen Winter Lock In

Friday, December 5 • 9pm -Saturday, December 6 • 7am Members \$15; Non-members \$20 Enjoy a fun-filled all night experience of activities for you and your peers! Get into the winter spirit and join us for some fun including games, dodge ball, art projects, bouncy castle and FREE food! Sign up by Wednesday, December 3.

Give Parents a Break

Saturday, December 6 • 6-11pm Parents can enjoy an evening out while your kids, ages 5-12, play safely at the Youth Center. Must have a referral certificate and completed AF 1181. Sign up by Wednesday, December 3.

Kid's Night Out

Friday, December 12 • 6:30-10:30pm Members \$15; Non-members \$20 Come and join us for an evening of fun! Games, art activities and dinner provided. Open to ages 6-12. Sign up by Wednesday, December 10.

School Age Parent Activity

Thursday, December 18 • 4:30-5:30pm Come and join your school aged child in a FREE fun filled winter themed art activity.

Teen Christmas at Kew Gardens Trip

Saturday, December 20 • 3-11pm Members \$25; Non-members \$30 Enjoy an afternoon wandering between the beautiful waterside light sculptures and architecture, drenched in holiday color, including a garden of fire, Tunnel of Lights, giant snowflakes and Santa's Grotto! Bring £s for food and extras. Open to ages 13-18. Sign up by Monday, December 15.



ONGOING EVENTS

Keystone Club

Thursdays • 6-7pm • Ages 14-18 Keystone Club is a Boys and Girls Club of America program to help teens develop character, leadership skills, explore careers and provide service to the Club & the local community.

Torch Club

Fridays • 4-5pm • Ages 11-13

The Torch Club focuses on developing character and leadership skills, building positive traits and personal skills, while promoting tolerance, diversity and inclusion. You can make a difference!

PROGRAMS

Boys & Girls Club of America

Every day is something new and exciting! Boys and girls are welcome to join any of our clubs sponsored by the Boys and Girls Club of America.













CDC EAST

226-3285 • Bldg 659

EVENTS

Parent's Night Out

Friday, December 12 • 6:30-10:30pm • \$20 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, December 10. Open to ages 6 weeks -5 years.

CDC WEST

226-5812 • Bldg 439

Give Parents a Break

Saturday, December 6 • 6-11pm Parents can enjoy an evening out while your kids, ages 6 weeks - 5 years (not in school), play safely at the CDC. Must have a referral certificate and completed AF 1181. Sign up by Wednesday, December 3.





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Email Address:

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Website

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LIFE & LEISURE





ELECTRIC AVENUE

226-2067 • Bldg 670

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.

ONGOING OFFERS

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

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

Thursday Family Entertainment ½ Feast Just \$25 • 3-8PM

- 2-MD 1-topping pizzas*
- 1 bucket of popcorn OR 1 box of nachos
- 2 liter bottle of soda
- 2 movie rentals

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

Dawn of the Planet of the Apes: December 2

Guardians of the Galaxy: December 9

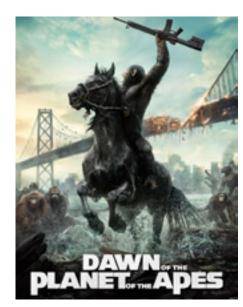
Dolphin Tale 2: December 9

The Maze Runner: December 16

Teenage Mutant Ninja Turtles:

December 16

This is Where I Leave You: December 16







^{*}Call ahead pizza orders welcome, delivery not available.













LIBERTY LIBRARY

226-3713 • Bldg 907







EVENTS

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

Monday, December 8 • 4:30-5:30pm • FREE Come in and read for a while to a wonderful fourlegged listener. It will lower your blood pressure!

Knit & Knosh!

Tuesday, December 9 • Noon-1pm Bring your lunch and those unfinished knitting projects. Our resident yarn expert will answer all your knitting questions and help resolve your knitting problems.

Temporary Closure

November 27 - December 6 We will be closed Thursday, November 27-Saturday, December 6 as we are having new shelving installed. We apologize for any inconvenience this may cause and thank you for your patience during this time.

Christmas Crafts

Tuesday, December 23 • 4-5pm • FREE Stop by and make some fun Christmas crafts for the holidays!

The Lakenheath Warrior Revealed!

NEW DATE & LOCATION! Wednesday, January 14 Base Chapel • 5:30pm • FREE Jo Caruth, the archaeologist who excavated the Lakenheath Warrior, his horse and artifacts, here on RAF Lakenheath, will be here to talk about the excavation. Don't miss your chance to hear her exciting first-hand account of the events! Open to ages 18+.

AIRMAN & FAMILY READINESS CENTER

226-3847 • Bldg 950

EVENTS

Bundles for Babies

Wednesday, December 10 • 9am-Noon Expectant parents can learn about all things baby in this FREE workshop. Receive a bundle of baby items valued at over \$75 at the end of the class! Call A&FRC to reserve your spot today.

Balmforth

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



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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)

Beck Row - Sycamore Park Development, IP28 8DH



Mildenhall High Street, IP28 7EQ

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Doors open 30 min prior to each show. Open to all DoD ID card holders and their guests. Contact Janelle Donovan at 07789 16 4659 with any questions.

Ages 6 & Older: \$5 . Ages 5 & Under: FREE . Cash only . Rated PG

Produced by special arrangement with the Dramatic Publishing Company of Woodstock, IL.





T: 0845 094 9741 www.goape.co.uk



T: 01842 810090 www.bikeartthetford.co.uk



T: 01842 813949 www.highlodge-catering.co.uk

Directions: High Lodge is situated in Thefford Forest on the B1107. Sat Nav: IP27 OAF. Open every day. Discovery Pass available. All cars and minibuses must pay a site entry fee. Additional charges for Go Ape & bike hire. For more info call 01842 815434.

Paid advertisement. Federal endorsement of advertiser not intended.

PAGE COMMUNITY CENTER

226-1627 • Bldg 900

EVENTS

Best Decorated Holiday Home

Sign up December 1-16

Winner announced on Thursday, December 18 Add seasonal cheer and join in on the festive fun for your chance to win FSS gift cards! *Open to residents of Liberty Village, Lords Walk and Feltwell housing only.

Co-ed Holiday Bingo

Wednesday, December 3 Doors open at 5pm at Eagles' Landing; games start at 6pm • Co-eds 18+ Only Pre-purchase books Nov 24-Dec 2 at the Page CAC: 2 for \$25, additional books \$10 each; or Dec 3: 2 for \$30, additional books \$15 each. Prizes include an iPad, ITT trips, cash prizes & more! *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.

Holiday Tree Lighting Ceremony

Friday, December 5 • 5pm • MDG Roundabout Join us for a magical evening at the annual Holiday Tree Lighting Ceremony! Includes a special visit from Santa, FREE hot chocolate, carol singing with the Youth Center and holiday food stalls.

Holiday Family Skate

Wednesday, December 24 • 11am-1pm Come enjoy skating to the holiday tunes and festive fun! \$3 includes 1 *FREE hot chocolate, candy cane and cookie. Our snack bar will be open for light snacks and refreshments. *While supplies last.

Beat Face

Contact the Page CAC for Dates & Times \$45/2 hr workshop

New cosmetic application workshop. Learn different techniques from evening smoky eyes, bronzing, blending, brows, to concealing and foundation. Minimum class size of 4 people. Open to ages 13+.

Winter Wonderland

Saturday, January 24 • 11am-6pm Join us at the Sports Complex for a fun-filled day of FREE food & activities, rides, ice skating, music, giveaways and more!











ONGOING EVENTS

Gamers' Club

Saturday, December 13 • 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.

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 December? Skate for FREE during open skate!

Skating Punch Card

Get six punches and your seventh session is FREE!

Open Skate

\$5 admission Fridays • 6-9pm Saturdays • Noon-7pm Sundays • Noon-5pm

PARTIES!

Skate Parties

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.

WARD COMMUNITY CENTER

226-7023 • Bldg 94 at RAF Feltwell

EVENTS

Holiday Wreath Making Workshop

Thursday, December 11 • 5:30-7pm \$30/artificial wreath; \$35/fresh wreath Create your own holiday cheer with a homemade holiday wreath! Both fresh and artificial supplies are provided. Sign up by Friday, December 5 as spaces are limited. *Children under 10 must be supervised.

RUGBY'S TOO CAFÉ & EATERY

Visit today and enjoy your favorite food & beverages, including perfectly-brewed Starbucks[©] coffee! See directory on page 33 for hours of operation.

AUTO HOBBY COMPLEX |

TIRE & LUBE CENTER

226-2454/2383 • Bldg 1108

226-2278/2279 • Bldg 1030





SPECIALS

December 1-31

- Buy 4 tires and get your wheel alignment 1/2 OFF!
- FREE 7 point winterization check! No appointment necessary, just stop by the Auto Hobby Shop!

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 check. 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!

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 new 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
- POV Sales

ARTS & CRAFTS CENTER

226-2194 • Bldg 906



SPECIALS • 20% OFF

December 1-9 • Yarn, Knitting & Crocheting Accessories December 10-19 • Fine Art Paints December 20-31 • Craft Kits

KIDS' CRAFT DAY

Saturday, January 24 Session 1 • 10-11:30am Session 2 • Noon-1:30pm Session 3 • 2-3:30pm Limited spaces available, please sign up in advance. Sign-ups begin December 27. Open to ages 12 and under.

CLASSES

Discover a new hobby or sharpen your existing skills! See index on page 32 for class schedule.

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!

WOOD CRAFTS CENTER

226-3367 • Bldg 1104

SPECIALS

10% OFF • MDF \$10 OFF • Shop Use Card

*Unlimited shop use card during normal hours for 1 month only. Specials apply to in stock items only.

CUSTOM HOLIDAY CRATES

Only \$25 + Materials! Got something large and/or precious to mail back home in time for the holidays? Now's the time to get a custom crate made at the Wood Crafts Center! During our holiday special get \$5 off your custom crate order!

Extra holiday bucks are here!



*Actual rates vary based on credit history, Promotion ends 12/31/14, Maximum term 12 months, Membership and credit eligibility required. Rate shown reflects .25% discount for auto pay from KFCU checking account. Example: Monthly payments are approximately \$85.65 per \$1000 borrowed at 4.74% APR for 12 months.

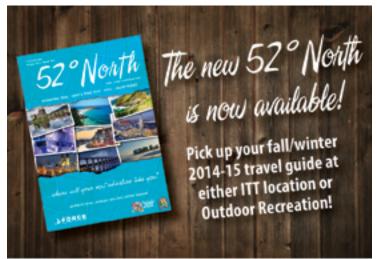
UK Locations: RAF Lakenheath | RAF Alconbury | RAF Mildenhall













www.baselets.co.uk

Call Us on **01638 583877**

PROPERTY RENTALS

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

Best Quality Homes that Comply with USAFE & 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 Scan Me with your smart phone!



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



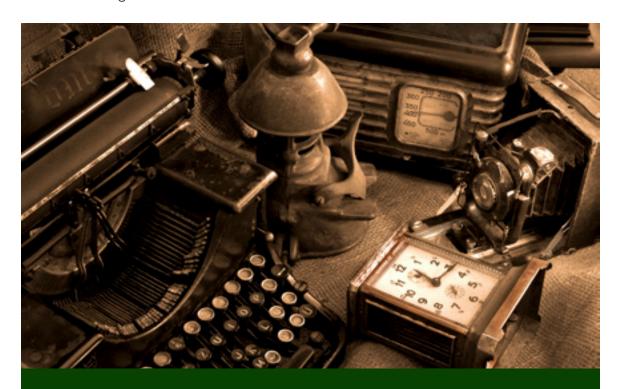






OUTDOOR RECREATION

226-2146 • Bldg 1109



ANTIQUES MYSTERY

Saturday, February 7 • Departs 8am • All Ages • Exertion Level 1-2 • \$25 Enjoy a mystery on a cold winters' day? Where will we be going? Travel to an undisclosed location(s) as we investigate some unique Antique shops/centers within a 2 1/2 hour drive. Transportation included. Sign up by January 26.



HOLY GRAIL QUEST, SCOTLAND

February 14-16 • Departs 6am

Ages: 6+ • Exertion Level 2-3 • Adult \$350; Child (under 15) \$295 Discover Scottish sites associated with the Holy Grail, from DaVinci Code to Monty Python! Visit the impressive Doune Castle. Then onto Stirling for a climbing tour of the Wallace monument (Braveheart) and Stirling Castle. Our final day we visit Rosslyn Chapel made famous through Dan Brown's book the Da Vinci Code. Transportation, 2 nights B&B shared/mixed accommodations and listed admissions included. Sign up by February 5.

HOLIDAY SPECIALS

5 Day Rental for the Price of 1! Collect items on Wednesdays, November 26, December 24 or 31 and return them on the following Monday for 1 day rental fee.

We have stocking stuffers and affordable gift exchanges in fishing and camping from just \$1.45!

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!

Pedaler Bike Shop

Still need that perfect gift for Christmas? We have a large selection of bikes, skateboards and scooters in stock.

We offer bikes for all ages 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.

Storage Units

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







INFORMATION, TICKETS & TRAVEL

226-2979 • Bldg 977 Rm G20 & BX



























4-DAY BREAK AT THE **CARNIVAL OF VENICE**

February 13-16 (Valentine's Day Weekend) Prices starting from £640/adult, including flights

*Prices are based on two adults sharing; Additional £90 single room supplement

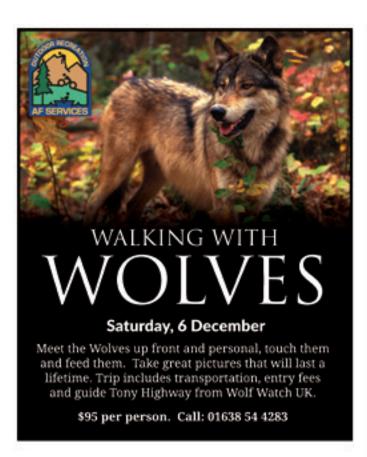
Includes: a three night stay in 3-star hotel, transfers to/from Venice for a full day at the Venetian Carnival, one guided excursion to Burano for a ½ day tour, all coach and boat transfers as per the scheduled travel program. Optional excursions available for purchase are: a taxi hire to the city from the hotel, gondola ride or three-course Venetian dinner.

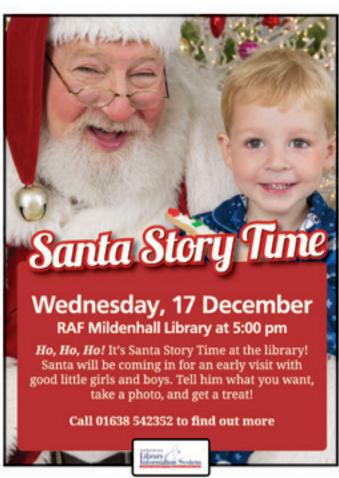
RAF MILDENHALL EVENTS











RAF MILDENHALL

100TH FORCE SUPPORT SQUADRON

DIRECTORY

Airman & Family Readiness Center

460 3406

Auto Hobby Complex 240 2480/1480

Bob Hope Community Center

£ 404 2579

Bowling Center

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

North Side Fitness Center

463 **2** 2349

Gateway Dining Facility € 436 ☎ 2689 The Galaxy Club

Cashier Cage 437 2683

Tudor Bar at Middleton Hall 464

460

Outdoor Recreation 162 4283/7151

Youth Center 293 ☎ KIDS (5437)

Teen Program 220 ☎ 3046

Calling from a civillian 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



CLASSES & DIRECTORY

AIRMAN & FAMILY READINESS CENTER

5-Day Transitioning **GPS Workshop**

Dec 1-5 & 15-19 • 8am-4pm

Basic Investing

Wed, Dec 3 • 10-11am

Federal Employment

Mon, Dec 8 • 9am-Noon

Pre-Separation Counseling

Tues, Dec 9, 16 & 23 8:30-11:30am

Thrift Savings Plan Overview

Tues, Dec 9 • 3-4pm

Social Networking for Your Career

Wed, Dec 17 • 9-11am

P.A.K. Monthly Meeting

Thurs, Dec 18 • 6-7:30pm

Career Technical Training Track Workshop

Dec 22-23 • 8am-4pm

ARTS & CRAFTS

Mold Pouring

Tues, Dec 2 or Wed, Dec 3 10am-Noon • \$20 Inclusive

Beginners Crochet

Tues, Dec 2 • 4 weeks 10am-Noon • \$40 + supplies

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.

FITNESS & SPORTS CENTER

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

Body Blast

Mon & Wed • 5-5:45pm

Group Indoor Cycle

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

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

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

Latin/Urban Aerobics

Mon & Wed • 7:15-8:15pm Tues • 6-7pm

Martial Arts Kickboxing • 18+

Thurs • 7-8pm

Power Yoga

Mon & Wed • 6-7pm

Tues & Thurs • 11am-Noon

LIBRARY

Mango Languages

Online program to learn languages. Visit www.usafelibraries.org, click on the information databases tab, click on access via USAFE library card, enter your library card no. & then click on Mango Languages.

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

Jiu Jitsu

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

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

Jiu Jitsu

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

Piano Lessons

Wed • 3:15-6pm Thurs • 3-5:30pm \$70/month/student One-on-one lesson, 30min/week Ages 7+

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 • 6-7pm Ages 7-17 • \$5/session Wed • 7-8pm 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+ • \$20/month (4 classes)

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: 8am-6pm 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: 9am-5pm

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-4pm

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 • x2535/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-Fri: Noon-2pm Wed: 9-11am Fri: 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-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 (MARKETING)

Bldg 949 Rm 211 • x1709

INFORMATION, TICKETS & TRAVEL (ITT)

Bldg 977 Rm G20 • x2979 Mon-Fri: 11am-4pm BX Main Store Mall Mon-Fri: 10am-5pm Sat: 10am-1pm

KNIGHT'S TABLE

MILITARY DINING FACILITY 🛜

Bldg 934 • x3214

Mon-Fri

Sat-Sun

Breakfast: 6-8am Lunch: 11am-1pm Dinner: 4-6:30pm

Brunch: 7am-12:30pm Dinner: 3:30-5:30pm

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

Rugbie'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

Lunch/Dinner: Noon-9pm

Rugby's Too (RAF Feltwell)

Bldg 94

Mon-Fri: 7am-1pm

LIBERTY LANES 🤶 **BOWLING CENTER**

Bldg 657 • x2108 Mon: 11am-8pm Tues: 11am-10pm Wed: 11am-10pm Thurs: 11am-11pm Fri: 8am-Midnight Sat: 8:30am-Midnight Sun: 11am-8pm

Grill 48

Mon: Closed Tues-Thurs: 7:30am-1:30pm & 4:30pm-9:30pm Fri: 7:30am-1:30pm & 4:30pm-10:30pm Sat: 7:30am-10:30pm Sun: 11am-4:30pm

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 Mon-Sat: 10am-6pm Fax & Copy Service Mon-Sat: 10am-5pm

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 Wed: 11am-5pm Thurs: 11-8pm Fri-Sun: 11am-5pm

YOUTH CENTER 🥏

Bldg 250 • x3180 Mon-Fri: 7:30am-5:30pm

Open Recreation

Mon-Fri: 3-7pm

School Age Program (SAP)

Mon-Fri: 6:30am-6pm

Teen Programs

Bldg 250 • x5452 Mon-Thurs: 3-8pm

Fri: 3-9pm



Friday, December 5 • 5pm

Location: MDG Roundabout • FREE to All
Come out for a special Santa visit, hot chocolate & candy canes! You
can also enjoy carol singing with the Youth Center! Holiday hot food
concession will also be available for purchase.