

atEase

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

DESIGNER BAG BINGO

Ladies, don't miss your chance to walk away with some great prizes!

LAKENHEATH WARRIOR

Hear from the archaeologist who unearthed the warrior & his horse!

SUPER BOWL XLIX

Come out and cheer on your favorite team at the Liberty Club!



COMPLIMENTARY CONSULTATION

Take control of your financial life today by scheduling a complimentary consultation to explore your financial goals and lifetime dreams.

Learn how a financial plan and a trusted Financial Advisor can help you pursue what's important to you.

Please call our office to schedule your consultation.

First Command Europe Limited
Unit 4 Wallis Court, James Carter Road
Mildenhall, Suffolk, IP28 7DD
01638 717700



In Europe, investment and insurance products and services are offered through First Command Europe Limited. First Command Europe Limited is a wholly owned subsidiary of First Command Financial Services, Inc. and is authorised and regulated by the Financial Conduct Authority. Certain products and services offered in the United States may not be available through First Command Europe Limited. First Command Financial Services, Inc. and its related entities are not affiliated with or endorsed by the U.S. government or U.S. armed forces.

For the New Year Get your financial life **Squared Away**

Serving US military servicemembers, US civilian federal employees and US-sponsored contractors in the UK and across the US with:

- › Individual Retirement Accounts
- › Education funding accounts
- › Professionally managed accounts
- › Life insurance

Share your dreams with a trusted First Command Financial Advisor today.



Lori Kane
Financial Advisor



Arrin Crain, MBA
Financial Advisor

Unit 4 Wallis Court, James Carter Road, Mildenhall, Suffolk, IP28 7DD
lakane@firstcommand.com, amcrain@firstcommand.com
01638 717700



JANUARY 2015

4 DINING & ENTERTAINMENT

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

8 SPORTS & FITNESS

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

10 YOUTH

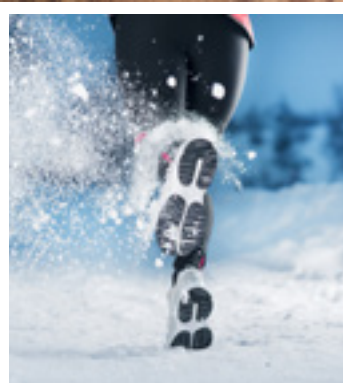
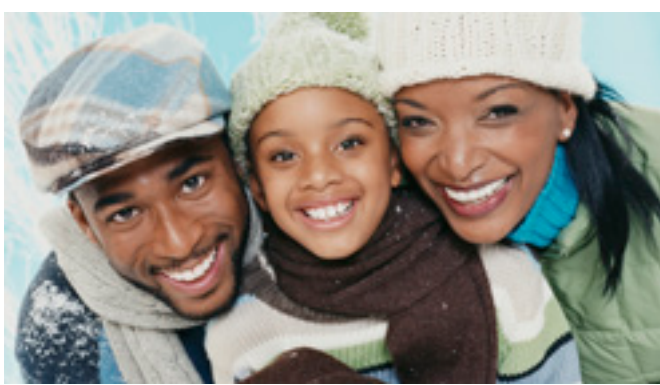
Child Development Centers
Teen Programs
Youth Center
Youth Sports

14 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



DEPARTMENTS

COMMAND

48 FW Commander: Col Robert Novotny
48 MSG Commander: Col Marc Vandevener
48 FSS Commander: Lt Col Ryan Richardson
48 FSS Deputy: Eddie Adelman

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

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
48th Force Support Squadron-RAF Lakenheath

ADVERTISE WITH US!

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 3,000 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



A MESSAGE OF THANKS

In this season of joy and good tidings, I would like to thank our patrons, employees, volunteers, and mission partners for helping make this year so memorable. Over the past 12 months, we invested heavily to recapitalize facilities and equipment; reinvigorate customer care; and deliver service worthy of our Liberty Wing Airmen and families. As we reflect on the progress and events of 2014 (e.g., Winter Wonderland, 4th of July, The Band Perry, Sinbad and The Disney Imagination Movers Tour), we're confident that the planning efforts underway for 2015 will produce another amazing portfolio of services for our community. It's an absolute honor to "Serve the Best!" Happy Holidays and New Year ... from your FSS family!

Warm Wishes,

Ryan E. Richardson

Ryan E. Richardson, Lt Col, USAF
Commander, 48th Force Support Squadron



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 "Chicken Parmesan" topped with grilled chicken breast, spring onions, diced tomatoes, mozzarella & parmesan cheeses.
Sm: \$6.50 Md: \$9.50 Lg: \$12.50

*Pizza may differ from photos in advertisements. Delivery is available to on-base locations, including the Liberty Village & Lords Walk housing areas! Delivery fee applicable. See page 29 for more details.

Pizza Meal Deal

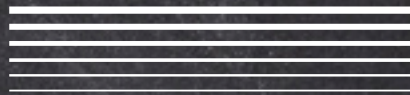
Monday-Friday • 11am-2pm
Get two jumbo slices of pizza with a drink! Members: \$4.50, Non-members: \$5.50.

Thursday Family Entertainment Feast or ½ Feast

See page 16 for more information.



rugbie's
A MODERN BISTRO



PROUDLY BREWING
Starbucks® Coffee & Teas





SUPER BOWL XLIX PARTY

Sunday, February 1 • 9pm
\$5 Members; \$10 Non-members
Cheer on your favorite team for the biggest game of the year! Tailgating starts at 9pm with a buffet and drink specials; the game will begin at 11:30pm. All the action will be on 2 GIANT screens and 3 big screen TVs. Breakfast served during halftime. Prizes awarded throughout the night. Beverage service will stop at 3am.

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
- Crazy Cash Giveaway! (Members Only):** Fridays & Saturdays, Midnight

EAGLES' LANDING

226-2535 • Bldg 958

First Fridays

Friday, January 9 • 5-10pm • Eagles' Pub
Start your weekend right! Join us for a night of entertainment, karaoke, progressive drawing, trivia and more!

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

Latin Night

Saturday, January 3 • 9pm-2am
Learn the hottest dance steps from 9-10pm, then our DJ will spin the hottest tracks to spice up the night!

Country Nights

Saturdays, January 10 & 31 • 10pm-2am
If you feel like a little bit of country excitement, head to the ballroom and enjoy music from DJ Farva.

Member's Breakfast

Tuesday, January 13 • 6:30-8am
Club members enjoy a FREE breakfast buffet! Also, be entered to win 2 FREE months of club dues.

LATE NIGHTER

Friday, January 16 • 9pm-3am
Members FREE; Non-members \$5
Join us for awesome entertainment from DJ Grizzly to start your weekend right!





KNIGHT'S TABLE

226-3214 • Bldg 934

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

Specialty Meals

January 7 • Italian
 January 8 • Mongolian BBQ
 January 14 • Cajun
 January 15 • Carvery
 January 21 • Hispanic
 January 28 • Southern
 11am-1pm

Sandwich Bar

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

Specialty Bar

January 6 • Pasta Bar
 January 13 • Taco Bar
 January 20 • Wing Bar
 January 27 • Potato Bar
 11am-1pm

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!

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!

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



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



Unique Boutique

at Page Community Activities Center



Unique Boutique offers an impressive range of balloons, specialty gifts and consignment items for birthdays, baby showers, graduations and more!

PAGE COMMUNITY ACTIVITIES CENTER
Bldg 900 | 226-1627
www.lakenheathfs.com



SPORTS & FITNESS



FITNESS & SPORTS CENTER

226-3607 • Bldg 904

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

EVENTS

Cardio Equipment Orientation

January 5-9 • By appointment
Need guidance on how to use the equipment in the Cardio-Selector room? Our staff is available to show you how to use it safely and effectively. Stop by the front desk to book an appointment.

Pre/Post Natal Yoga

Fridays • Begins January 9
11:30am-12:30pm • 6 week course • \$45

BRECKLAND PINES GOLF COURSE

226-2223 • Bldg 1320

SPECIALS

AGF holders: Bring out a guest and get a FREE cart rental! **Non-AGF holders:** Bring your receipt for a FREE combo upgrade in the Grill!

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!

Individual Lessons

Does your game need some improving? Take a lesson from our new instructor and professional golfer Lawrence Dodd! \$40/30min, \$70/hr

Pot o' Gold Challenge

Make your ace pay off! A 50¢ buy-in for each round of golf gives you the chance to win the unlimited accumulating pot. First ace wins the pot! Buy in before your round.



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

King of the Hill Tournament

Sunday, January 18 • 11am

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

Martin Luther King Jr. Day Bowling

Monday, January 19 • 11am-8pm

Join us on Martin Luther King Jr. Day for \$1.50 bowling and \$1.50 shoe rental.

Birthday Bowling

Tuesday, January 27 • 11am-10pm

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



YOUTH

YOUTH CENTER

226-3180/5452 • Bldg 250

EVENTS

Youth of the Year

Stop by the Youth Center to get your Youth of the Year package to get recognized for all your hard work, community service and involvement. Winner(s) will advance to the regional and national levels for scholarships and other prizes. Submissions due by Monday, January 5.

Teens Only Movie Night

Friday, January 9 • 7-10pm • Ages 12-18
Bring a friend and come by the Youth Center for a FREE showing of a newly released movie on the big screen! Snacks and fun provided.

Give Parents a Break

Saturday, January 10 • 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, January 7.

Kid's Night Out

Friday, January 16 • 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, January 14.

Youth Skating

Friday, January 30 • 6-9pm • Ages 9-18
Come out for an evening of skating with your friends at the Page Community Center. \$10 includes skate rental and 3 hours of skating. Profits will support the upcoming Keystone Club Annual Leadership Conference.

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!



YOUTH SPORTS

226-3180 • Bldg 250

EVENTS

Outdoor Soccer Registration

February 2-27 • Ages 5-18
Registration forms are available at the Youth Center. A current sports physical, in hand, is mandatory when registering your child(ren). The season runs March 16 – May 29.

Outdoor Soccer Coaches Needed

Make a difference in the life of a child and volunteer to be a soccer coach! Volunteer forms are available for pick up at the Youth Center. Background checks and coaches training are required. The National Alliance for Youth Sports (NAYS) Coach's Certification will be held at the Youth Center on Tuesday, March 3 for FREE. The season runs March 16 – May 29.



CDC EAST

226-3285 • Bldg 659

EVENTS

Parent's Night Out

Friday, January 16 • 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, January 14. Open to ages 6 weeks - 5 years.

CDC WEST

226-5812 • Bldg 439

Give Parents a Break

Saturday, January 10 • 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, January 7.



Know On The Go!

Download the MyAirForceLife App for FREE!



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 £9.00

2 Dogs 1 kennel £16.00

3 Dogs 1 kennel £20.00

Doggie day care Available

Grooming Parlour

Flights and fit to fly examinations Booked

For PCSing Pets

Collection & Delivery Service

For information and bookings call us on

01842 829735



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

**10%
OFF
FOOD**

with this ad

Ts&Cs Apply
Details Online

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

WoknRock
• RESTAURANT & BAR •



OUTDOOR RECREATION

Airport Shuttle

ADVANCE BOOKING ONLY • SERVICES ALL UK AIRPORTS



Need a ride to the airport? We'll get you there. We can transport your pets, too!

Other transportation services include:

Tourist Attractions • Train Stations
Ports • Bus Stations • Private Hire

For more information, call 226-2146 or visit lakenheathfss.com/odr

SPECIAL RATES
for US military personnel!

DO YOU HAVE A SECOND POV TO SHIP STATESIDE?

Get first class service with our vehicle shipping specialists!

We'll arrange it all from collection in the UK all the way to delivery at your final destination!

Contact us for a quote!
Tel: +44 (0) 117 938 1919
UK Freephone: 0800 783 9351
Email: will@carshipuk.co.uk
Web: www.carshipuk.co.uk

Trans Global
LOGISTICS UK LIMITED

Carpets need cleaning?

We clean carpets, upholstery, patios and garbage bins.

Garbage Bin: \$10
One Room: \$80
Three Piece Suite: \$120
House of Carpets (On Base): \$140
House of Carpets (Off Base): \$170

All operatives carry base pass. No hidden charges. Appointments to suit you. Prices in dollars (cheque or cash). 2-4 hours to dry.

SCF
Carpet Cleaning Service

Telephone: 01760•722775
Mobile: 07747•428804

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 1/2 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

*Call ahead pizza orders welcome, delivery not available.

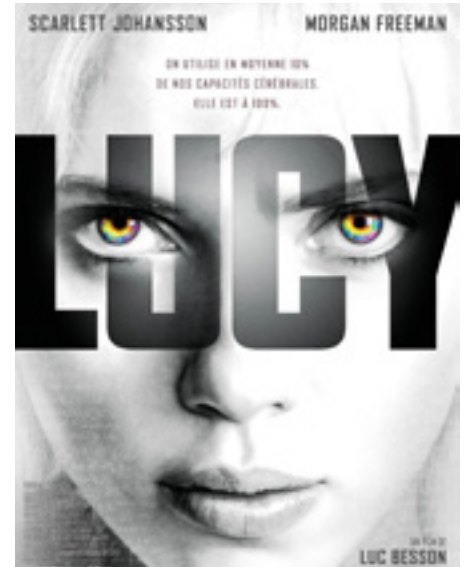
DAILY SPECIALS

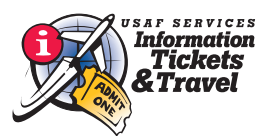
Don't forget to pick up a punch card to start saving towards your next purchase!

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

NEW RELEASES

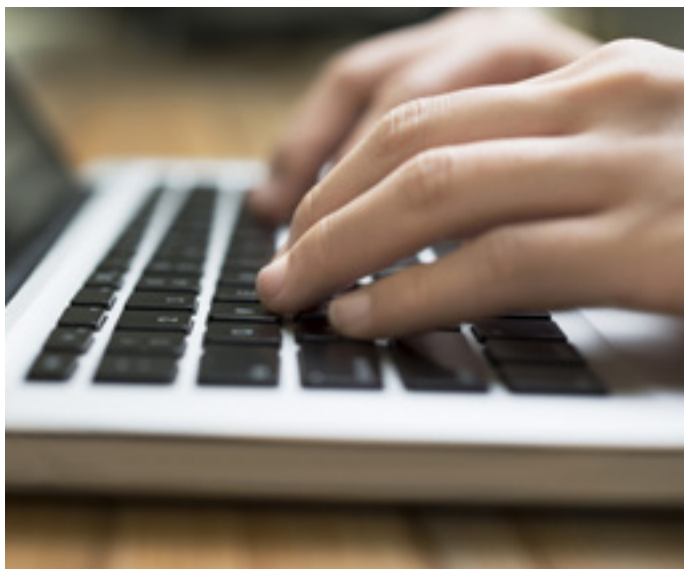
Left Behind: January 6
Get on Up: January 6
Lucy: January 13
The Boxtrolls: January 20
Fury: January 20
The Judge: January 27





LIBERTY LIBRARY

226-3713 • Bldg 907



EVENTS

Knit & Knosh!

Tuesday, January 6 • 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.

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

Tuesday, January 6 • 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.

The Lakenheath Warrior Revealed!

Wednesday, January 14 • 5:30pm • Chapel • FREE

Jo Caruth, the archaeologist who excavated the Lakenheath Warrior, his horse and artifacts, on RAF Lakenheath, will be giving a talk about the excavation. Don't miss your chance to hear her exciting first-hand account of the events!

AF Philosophical Society

Friday, January 16 • 3:30-6pm

The Philosophical Society is back for the New Year! Join us the 3rd Friday of every month.

My Heart is Like a Zoo: Writing Workshop

February 11 & 25, March 11 • 5:15-7:15pm

Join us for a fun trio of FREE creative writing workshops. Explore poetry, plot, character and dialogue. Open to ages 18+. Sign up early to reserve your space.

AIRMAN & FAMILY READINESS CENTER

226-3847 • Bldg 950

EVENTS

Deployed Family Dinner

Thursday, January 15 • 5-7pm • Chapel

This is an opportunity for spouses and family members of deployed service members to meet, socialize and build relationships to assist during a deployment.

Congratulations to our **USAFE A1 AWARD WINNERS!**



Operations Program of the Year

SSgt Michael Jones, SrA Akeem Sims, TSgt Tasha McFarlande, TSgt Lindsey Sharpe, Lt Miguel Santos, SrA Jessica Tilt, SSgt Amber Emery, SSgt Andrea Durbin, Capt Diamond Cookson, TSgt Stephanie Contreras, SrA Kaitlin Shew



Resource Management Program of the Year

Michelle Coover, Richard Morton, Art Mckay, Ron Colbert, Kenneth Clark, Nick Shaffer, Dante Cinelli, Desiré Simpkins, Shea Shonder, Rebecca Shaffstein, Jennifer Haddaway, Anne Kasupski, Grace Bolosan, Isabella Bonfiglio, Kaitlyn May, Jolene Lu, EJ Burgos, Jaielynn Williams, Amy de la Vegas, Shakiena Lanier, Tomas Medina



*Gen Curtis LeMay Award
(Large FSS):*

48th Force Support Squadron

*Lt Gen Norm Lezy Award
(Individual Legacy Award):*

Lt Col Ryan Richardson

*Force Support EGD of the
Year (Installation Level):*

Capt Diamond Cookson

*Force Support SNEP of the
Year (Installation Level):*

CMSgt(s) Donald Cleveland



Marketing Program of the Year

Alicia Meiers, Julie Cloy, Kyla Strenge,
Tobi Applin, Rhonda Nuñez

Community Center Program of the Year

Joanne Sparkes, Joe Crittenden, Shannon George,
Anthony Morrow, Sharon Keen, Kelly Fogo,
Bob Queeney

SERVING THE BEST... FSS!

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 kimberly.kerr.2@us.af.mil or stop in Bldg. 957 1st floor: weekdays, 7:30am - 4:30pm.

30 DAYS
FOR
£30

Take the 30-day
HOT YOGA
and TRX
CHALLENGE!

Offer available for new customers only.

Live in **Wellness**
WELLBEING WAREHOUSE

147 ALL SAINTS ROAD, NEWMARKET, CB8 8HH

TO BOOK 01638-660065

www.wellbeing-warehouse.com

Lynford Hall Hotel



• Dining • Weddings • Conferences • Special Events



*Try our delicious Sunday Carvery
from £10 per person*



Blues Bros Tribute Night

Friday, 29 August 2014
5 piece band & hot buffet
£22.50 per head

Christmas Party Nights

Thursday, 4 December 2014
Friday, 12 December 2014
Traditional US Christmas dinner,
novelties & disco. £29.95 per head

Lynford Hall Hotel, Mundford IP26 5HW

For more details contact our events team...

Call: 01842 878351 E-mail: rose@lynfordhallhotel.co.uk

www.lynfordhallhotel.co.uk



**SKY BROADBAND NOW
AVAILABLE IN DORMS!**

Pop in-store for your
FREE, no obligation
speed test



Plus
FREE Tablet
to use on the
Wi-Fi for just
£12.50
per month!

CLICK & COLLECT in just 15 minutes visit us @ www.EMCEngland.co.uk

Contract and packages vary. Ask in-store for details. Terms and conditions apply.

Visit us in-store or call Mildenhall on **01638 515727** or Lakenheath on **01638 533730**

Lakenheath - Building 998, Lakenheath, IP27 9PN. Mildenhall - Building 163, Mildenhall, IP28 8NF.

Follow us on twitter @EMCENGLAND | Like us on facebook www.facebook.com/EMCEngland

Buy on Base and get... ✓ Exclusive Offers for US Military ✓ No Credit Check ✓ No Set-up Fee ✓ Military Clause

PAGE COMMUNITY CENTER

226-1627 • Bldg 900

EVENTS

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. Please bring your own make-up, brushes and mirror. Minimum class size of 4 people. Open to ages 13+.

Gamers' Club

Saturday, January 10
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.

Ladies' New Year

Designer Bag Bingo

Friday, January 30 • Doors open at Eagles' Landing at 4:30pm; games start at 6pm
Pre-purchase books January 5-29 at the Page CAC \$25/2 books, \$10/1 book. Books purchased on January 30 \$30/2 books, \$15/1 book. Prizes include handbags by Dooney & Burke, COACH, Michael Kors and more. Sandwiches, chips and soda/water will be available for purchase.

*Minimum purchase of 2 books per person. No refunds. **Food purchased at the Liberty Club, Great Little Pizza Place, or the Liberty Lanes Bowling Center welcome. No other outside food may be brought into the facility.

Valentine's Balloon & Gift Shop

January 26 – February 14
We've got gift baskets and balloons for both adults and children starting at just \$5! Delivery is available on RAF Lakeneheath & RAF Feltwell for \$5. Order by January 31 and get FREE delivery on purchases of \$12 or more!



WINTER WONDERLAND

Saturday, January 24 • 11am-6pm
Join us at the Sports Fields (across from the gas station/shoppette) for a fun-filled day of FREE food & activities, rides, ice skating, music, giveaways and more!

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 January?
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

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.

WARD COMMUNITY CENTER

226-7023 • Bldg 94 at RAF Feltwell

EVENTS

Craft Night

Thursday, January 22 • 5-6:30pm • FREE
Let's chase away the winter blues with a fun craft!
*Children under 10 must be supervised.

What I'm Thankful For: Essay Competition

Submissions due: Friday, February 20
Tell us what you're thankful for in 300 words or less. Submit entries with your name, age and contact number to the Ward Community Center by Friday, February 20. Open to ages 6-9 years & 10-15 years. 1st place prizes awarded for each age category.

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



EVENTS

All Nighter

Saturday, January 17 • 10am -
Sunday, January 18 • 4pm
32 hours of fix-it fun with FREE
pizza at 10pm. Time to get those
repairs done with no rush. Parts
store open throughout the night.
First come, first served.

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!

SVA/MOT

Call 01638 534 185 to make your
next appointment!

SPECIALS

January 1-15

- Turn 2 rotors or drums for the price of 1!
- 25% OFF Booster cable sets and Sealey battery chargers.

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

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!





OIL CHANGE

REPLENISH LUBRICATE MAINTAIN

Get a free 16-point vehicle health check with every oil change!

AUTO HOBBY TIRE & LUBE CENTER
226-2279/2278 | www.lakenheathfss.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: 4-8PM

www.GREENBOXSUSHI.co.uk



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

Own the road.



(And the car - at an interest rate you can handle like the curves.)

New Auto Loans
AS LOW AS

1.44
% APR*

60 MONTHS



**KEESLER FEDERAL
CREDIT UNION**

Important to YOU. Important to US.

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

*Annual percentage rate. Membership and credit eligibility required. Actual rates vary based on credit history and term. For new vehicle loans only. Example: Monthly payments are approximately \$17.28 per \$1,000 borrowed at 1.44% APR for a 60-month term. 60-month rate includes a .25% discount for auto payment from KFCU checking.

EDUCATION RELATIONSHIPS HEALTH
MARRIAGE DIFFICULTIES WORK
DRUGS FAMILY PROBLEMS
DEPRESSION **GAMBLING** ALCOHOL
FINANCIAL TROUBLE **STRESS**

IDS IS HERE TO HELP

The mission of the Integrated Delivery System (IDS) is to integrate base helping agencies into one team that provides the right help at the right time to active duty military members and their family, retirees and DOD civilians.

- Alcohol & Drug Abuse Prevention & Treatment (ADAPT)
- The Airman & Family Readiness Center
- Chaplain Service
- Drug Demand Reduction (DDR)
- Exceptional Family Member Program (EFMP)
- Equal Employment Opportunity (EEO)
- Family Advocacy
- Health Promotions
- Mental Health
- Mental Health Center
- Military & Family Life Consultants (MFLC)
- School Liaison Officer
- Sexual Assault Response Coordinator (SARC)
- Suicide Prevention

Call 01638 521196 or 226-1196 for more information.



COPIES PRINTSHOP

- Brochures & Programs
- Booklets & Binding
- Copies & Flyers
- Event Tickets
- Certificates

And much more!

For a price list, please visit
www.lakenheathfss.com.

All artwork must be complete and ready to print. To submit an order, please email hardcopiesprintshop@gmail.com with your completed artwork attached as a .jpg or .pdf and a brief description of the order.

RAF Lakenheath 48FSS/FSX Marketing & Publicity
Bldg 949, 2nd Floor • 226-1709 or 01638 521709



FORCE
SUPPORT SQUADRON

ARTS & CRAFTS CENTER

226-2194 • Bldg 906



CLASSES

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

SPECIALS • 20% OFF

January 2-9:
Pens, Pencils & Markers

January 10-19:
Scrapbook Paper & Embellishments

January 20-31: Fabric

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.

NAME TAPES

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

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 • Pine (all thicknesses)

25% OFF • Screws (all sizes)

\$10 OFF • Shop Use Card

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

CUSTOM CRATES

Only \$25 + Materials!

Got something large and/or precious to mail or ship? Now's the time to get a custom crate made at the Wood Crafts Center!



OUTDOOR RECREATION

226-2146 • Bldg 1109

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

We 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.

Storage Units

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



HOLY GRAIL QUEST, SCOTLAND

February 14-16 • Departs 6am • Ages: 6+

Exertion Level 2-3 • Adult \$350; Child (under 15) \$295

Single Airman \$245 • See your First Sergeant or Chief for more details

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.



OUTDOOR ADVENTURES

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.

The Big Chill

Saturday, February 28 • Departs 7am • Ages 18+

Exertion Level 3-4 • \$65 AD/Dep; \$225 All Others

Travel to the heart of London for an ice climbing experience followed by a visit to the ICEBAR! Includes transportation to/from London and listed admissions. Sign up by February 11.

In Search of Mr. Darcy: Jane Austen Tour

March 21-22 • Departs 7am • Ages: 6+

Exertion Level 2-3 • \$295/person • Discover where

Jane Austen lived, died and developed her novels: Chawton, Winchester, Steveton, and Bath. Also, visit film locations associated with her novels, Harry Potter, the Warhorse and Cranford. Finally, visit Bath for a tour of the Austen Centre after a lunch tea with Mr. Darcy. Transportation, listed admissions and 1 night B&B mixed/shared accommodations included. A pre-trip brief is required. Sign up by March 3.



INFORMATION, TICKETS & TRAVEL

226-2979 • Bldg 977 Rm G20 & BX

LONDON BUNDLE DEALS

Upgrade any of the below packages with a Madame Tussauds Ticket for £20 (save £2)

Transportation not included.

*Children's packages not available due to varying age limits of the attractions

Silver Package £36

(You save £5)

- Big Bus Sightseeing Tour
- London Eye

County Hall Package £46

(You save £6)

- London Eye
- London Dungeon
- SEA LIFE Aquarium

Gold Package £50

(You save £9)

- Big Bus Sightseeing Tour
- London Eye
- London Dungeon

Platinum Package £65

(You save £10)

- Big Bus Sightseeing Tour
- London Eye
- SEA LIFE Aquarium
- London Dungeon



SPRING BREAK IN THESSALONIKI, GREECE

April 6-10 • Adult £485, includes flights

*Prices based on two adults sharing. Child prices available, inquire within. Additional £128 single room supplement.

Includes: Easy Jet air fare, airport transfers once in Greece, four night stay in a 5-star hotel, continental breakfast, excursion to Halkidiki Beach, Pella Archaeological Site, Vergina Museum & Thessaloníki City tour all with an experienced tour manager.



NBA GLOBAL GAMES 2015

Thursday, January 15 • Departs at 3pm/After Game
The New York Knicks will return to London to face the Milwaukee Bucks at the O2 Arena as a part of the NBA Global Games 2015. Prices starting from £100, ticket with transportation included.



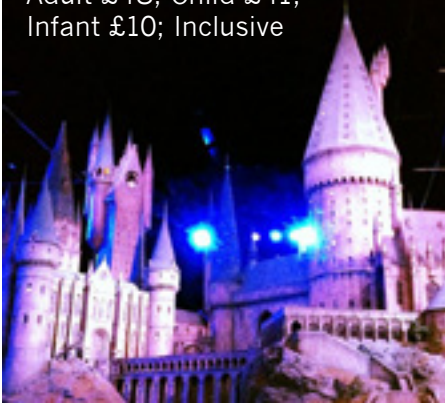
STONEHENGE INNER CIRCLE & WINDSOR CASTLE

Sunday, January 18
Departs 4am/2:30pm
£66; includes admission to Stonehenge Inner Circle & Windsor Castle.



HARRY POTTER STUDIO TOUR

Monday, January 19
(MLK Jr. Day)
Departs 9am/3pm
Adult £48, Child £41,
Infant £10; Inclusive



QPR VS MAN U

Saturday, January 17
Departs Noon/After Game
£84; Inclusive

WEST HAM VS MAN U

Saturday, February 7
Departs Noon/After Game
£94; Inclusive



THEATER TRIPS & TICKETS

Save time & money by booking your theater trips and tickets through ITT!

Cirque du Soleil – KOOZA

Sundays - January 18 & February 1 • £65, Inclusive
Departs 10am/After Show

MONDAY, JANUARY 19 (MLK JR. DAY)

NEW! Memphis

Departs 3pm/After Show
£60/pair or £45 each; Inclusive

Wicked

Departs 3pm/After Show
£60; Inclusive

ITT TRAVEL AGENT SERVICES

Here for your convenience
ITT can book:

- Ferry tickets
- Euro Tunnel tickets (Chunnel)
- Private Hires
- Disney Paris Tickets & other European attractions

Get your leisure travel prices in dollars, through ITT:

- Cruises
- Airline tickets
- Hotel stays



WARWICK CASTLE

Saturday, January 24
Departs 8am/5pm
Adult £30, Child £26,
Infant £10; Inclusive



4-DAY BREAK AT THE CARNIVAL OF VENICE

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

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

Includes: Easy Jet air fare, 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

SNOWDONIA HIKING WEEKEND

17 -19 January

Rec On: \$200, Non Rec On: \$375

REC★ON
FEED YOUR RUSH

Join the Outdoor Rec team staying at "Plas-y-Brenin" the National Mountain Centre in the heart of the Snowdonia National park. Spend the weekend hiking the mountains of Wales. We plan to scale Mt Snowdon the highest mountain in Wales and to visit "Aber Falls" the backdrop setting for many feature films. Cost includes transport, accommodation, X2 breakfast & qualified mountain guides.



Find us on facebook... facebook.com/RAF.Mildenhall.Outdoor.Recreation

Call: 01638 54 4283



MUNCH BOWL

Every Monday Night

RAF Mildenhall Bowling Center
3 games + rental shoes & a meal
for only \$12

Make & Take Bell Craft



7 - 9 January

11:00 am to 6:00 pm

RAF Mildenhall Library

*Ring in the new year at the library's
"Make & Take" table in the
Children's Room.*

All the materials needed to make the craft
will be available to put together at the
library or bring home to make there.



Call: 01638 54 2352

9 Pin No Tap Tournament

Monday, 26 January

6:00 pm

Sign up by Friday, 23 January

4 game tournament bowling 9 Pin No Tap
Knocking down 9 pins equals a strike,
bowl 4 games and the highest
total score wins

Open to 18 years & older

Call: 01638 54 2348



**\$15 PER
PERSON**

RAF Mildenhall, 100th Force Support Squadron Directory

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

Arts & Crafts Complex

☎ 404 ☎ 238 2644

Auto Hobby Complex

☎ 240 ☎ 238 2480

Bob Hope Community Center

☎ 404 ☎ 238 2579

The Daily Grind Coffee Shop

located inside the BHCC

☎ 404 ☎ 238 7178

Bowling Center

☎ 160 ☎ 238 2348

Child Development Center

☎ 288 ☎ 238 2042

Civilian Personnel Customer Service

☎ 435 ☎ 238 2111

Education Center

☎ 440 ☎ 238 2350

Hardstand Fitness Center

☎ 849 ☎ 238 3735

Human Resources Office

☎ 448 ☎ 238 2111

Information, Tickets & Travel (located inside the BHCC)

☎ 404 ☎ 238 2630/1004

Low Cal Bistro

☎ 849 ☎ 3040

Library

☎ 425 ☎ 238 2352

Lodging (Gateway Inn)

☎ 459

☎ Reception: 238 6001

☎ Reservations: 238 3093/2965

Outdoor Recreation & Supply

☎ 162 ☎ 238 4283/7151

Youth Center (School Age Program)

☎ 220 ☎ 238 437 (KIDS)

THE GALAXY CLUB

American Roadhouse

☎ 437 ☎ 2680

New York Pizza & Deli

☎ 437 ☎ 2795

Cashier Cage

☎ 437 ☎ 2683

When calling from a civilian line: 01638-54-XXXX. When calling from DSN: 238-XXXX

For more events at RAF Mildenhall please visit... www.100fss.com



CLASSES & DIRECTORY

AIRMAN & FAMILY READINESS CENTER

5-Day Transitioning GPS Workshop

Jan 5-9 & Jan 12-16 • 8am-4pm

New Year, New Budget

Tues, Jan 6 • 3-4pm

Pre-Separation Counseling

Tues, Jan 6 & 20 • 8:30-11:30am

Pre-Deployment Briefing

Wed, Jan 7, 14, 21 & 28 • 10-11am

Resume 101

Wed, Jan 7 • 9-11am

Federal Employment Part 1: Navigating the Federal Application Process

Thurs, Jan 8 • 9-11am

Manage Your Move

Fri, Jan 9 • 10am-3pm

Sponsor Training

Mon, Jan 12 • 2-3:30pm

RUFit: 12 Modules in 12 Months

Tues, Jan 20 • 5-6:30pm

Federal Employment Part 2: Writing a Federal Resume

Thurs, Jan 22 • 9-11am

Credit Reports & Scores

Wed, Jan 28 • 10-11am

ARTS & CRAFTS

Intermediate Crochet

Mon, Jan 5 • 4 weeks
10am-Noon • \$40 + supplies

Mold Pouring

Jan 6, 7, 20 & 21 • 1 day
10am-Noon • \$25 Inclusive

Scrapbooking

Tues, Jan 6 • 1 day
10am-Noon • \$18 Inclusive

Basic Camera

Wed, Jan 7 • 3 weeks
5-6:30pm • \$30 Inclusive
Bring your own camera.

Beginners Crochet

Thurs, Jan 8 • 4 weeks
10am-Noon • \$40 + supplies

Paper Crafting

Sat, Jan 17 • 1 day
10am-Noon • \$18 Inclusive

Card Making

Thurs, Jan 29 • 1 day
10am-Noon • \$18 Inclusive

FITNESS & SPORTS CENTER

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

48 FX Functional Fitness • 16+

Tues & Thurs • 11am-Noon
Wed • 6-7pm
\$8/class • Contact front desk for pre-req information.

Body Blast

Mon & Wed • 5-5:45pm

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, 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 • \$4/class

Street Dance

Fri • 5-6pm • \$5/class

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

★ SATURDAY, JANUARY 24 ★

WINTER WONDERLAND

★ 11AM-6PM • SPORTS FIELDS ★

ACROSS FROM THE GAS STATION/SHOPPETTE

FREE Food & Activities

Ice Skating • Rides • Giveaways • More



SPONSORED BY:



Red Bull

*Federal endorsement of sponsors is not intended.