

# atEase

JULY 2014 | 48TH FORCE SUPPORT SQUADRON | RAF LAKENHEATH, UK



## 4TH OF JULY

Join us at RAF Feltwell for the 4th of July celebrations!

## SUMMER READING

Stop by the Library all summer long for crafts, board games & more!

## YOUTH CAMPS

See page 14 for a full list of this year's youth summer camps!





# 4TH OF JULY EVENTS

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**LIB CLUB PRE-BASH • JULY 3**

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**INFORMATION  
TICKETS & TRAVEL**

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**GLAMPING • JULY 4 & 5**

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**WICKED LONDON • JULY 4**

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**WIRELESS • JULY 4 & 6**

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**STONEHENGE INNER-CIRCLE  
& ROYAL WINDSOR • JULY 4**

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**ALTON TOWERS • JULY 4**

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**RIPLEY'S BELIEVE IT OR NOT  
& PLANET HOLLYWOOD • JULY 4**

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**LEGOLAND • JULY 6**



# JULY 2014

## 4 DINING & ENTERTAINMENT

The Afterburn  
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# DEPARTMENTS

## COMMAND

48 FW Commander: Col Kyle Robinson  
48 MSG Commander: Col Marc Vandevener  
48 FSS Commander: Lt Col Ryan Richardson  
48 FSS Deputy: Eddie Adelman

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Special Events & Functions Coordinator/  
Commercial Sponsorship: Julie Cloy


## DESIGN & PRINT

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Visual Information Specialist: Kyla Streng

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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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**FREE Wi-fi**

*Please see the directory on page 33 for Wi-fi locations*

## 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](mailto:48fss.fsk@us.af.mil)



# Lynford Hall Hotel



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Thursday, 4 December 2014  
Friday, 12 December 2014  
Traditional US Christmas dinner,  
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Lynford Hall Hotel, Mundford IP26 5HW

For more details contact our events team...

Call: 01842 878351 E-mail: [rose@lynfordhallhotel.co.uk](mailto:rose@lynfordhallhotel.co.uk)

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# DINING & ENTERTAINMENT



## GREAT LITTLE PIZZA PLACE AT LIBERTY PLAZA

226-2181 • Bldg 670

**NEW!** We now offer FREE Wi-Fi!

### SPECIALS

#### Pizza Meal Deal

Monday-Friday • 11am-2pm

Get two jumbo slices of pizza with a drink!

Members: \$4.50, Nonmembers \$5.50.

#### **NEW!** Thursday Family Entertainment Feast

Just \$35 • 3-10pm • See pg. 16 for more information

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Delivery is available to on-base locations, including the Liberty Village and Lords Walk housing areas! Delivery fee applicable.



## PINKERTON'S STEAK HOUSE

### 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





## WEEKLY ENTERTAINMENT (ADULTS ONLY)

### Quiz Night:

Wednesdays, 7:30pm

### Bones, Chug & Harmony:

Thursdays, 9pm

### Progressive Members Drawing:

Fridays, 9pm

### Urban Night:

Fridays, 10:30pm

### Crazy Karaoke:

Saturdays, 9pm



## LIBERTY CLUB

226-1611 • Bldg 648

### CLUB MEMBERSHIP PAYS!

Become a Club Member this summer and get 3 months FREE dues, a \$25 gift card and be entered to win a 40" Flat Screen TV & 1 of 2 \$500 ITT gift certificates!

### Crazy Cash Giveaway! (Members Only)

Every Friday & Saturday • Midnight  
We have already given away more than \$14,000 in cash! Just be there and be a member and you could be our next big winner!

## EVENTS

### 4th of July Pre-Party Bash

Thursday, July 3 • 9pm-3am  
Members FREE; Non-members \$5  
FREE entry for those wearing red, white & blue! Get an early start to the celebrations with entertainment by DJ Atom Baum!  
Adults only.

### Summer Family Fun Night

Wednesday, July 9 • 5:30-7:30pm  
Adults: Members \$9.95;  
Non-members \$14.95  
Kids: Members FREE;  
Non-members \$4.95  
Join us and James D Party Time Entertainment for our kid's summer party! Great food, games, prizes and much more!

### Country Nights

Saturdays, July 12 & 26  
10pm-2am  
If you feel like a little bit of country excitement, head to the ballroom and enjoy music from DJ Farva.

### Wing Eating Contest

Thursday, July 31 • 10pm  
Members FREE; Non-members \$5  
FREE entry for those participating in the competition. Participants must sign a waiver and release form. Prizes awarded for 1st, 2nd & 3rd places! Adults only.

## MEMBER'S BREAKFAST

Tuesday, July 8 • 6:30-8am

FREE members only breakfast. Choose from fresh fruits, danishes, coffee, juices, waffles, eggs, bacon, sausage, biscuits and gravy, hash browns and toast. Club Membership Pays! One lucky club member will receive 2 FREE months of club dues just for attending!  
\*Membership table will be available for new members to sign up.







## KNIGHT'S TABLE

226-3214 • Bldg 934

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

### Specialty Meals

July 2 • Southern  
 July 3 • Mongolian  
 July 9 • Italian  
 July 16 • Creole  
 July 23 • Hispanic  
 July 30 • Southern  
 11am-1pm

### Sandwich Bar

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

### Specialty Bar

July 1 • Taco Day  
 July 8 • Pasta Day  
 July 15 • Wing Day  
 July 22 • Potato Bar  
 July 29 • Taco Day  
 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!

## THE AFTERBURN AT THE FITNESS CENTER

226-3607 • Bldg 904

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



## 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.



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# team

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area guide and information

[www.balmforth.co.uk](http://www.balmforth.co.uk) (up to date listings)

[www.balmforthusaf.co.uk](http://www.balmforthusaf.co.uk) (area guide and information)



Mildenhall High Street, IP28 7EQ

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# SPORTS & FITNESS

## BRECKLAND PINES GOLF COURSE

226-2223 • Bldg 1320

### 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.

### INDIVIDUAL LESSONS

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

### ANNUAL GREEN FEE (AGF) RENEWAL

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



### 4TH ANNUAL HOTBALL SCRAMBLE

Sunday, July 20 • 8am

\$30 Members; \$50 Non-members

Come out for the 4th Annual Hotball Scramble! This great, fast moving format keeps everyone in the game. Sign up early to avoid missing out!



## FITNESS & SPORTS CENTER

226-3607 • Bldg 904

### EVENTS

#### Shape Up for Summer

July 1-31 • Seasonal Incentive Program

Complete workouts and get a stamp. Fill your card and be entered to win a prize! Stamp cards available at the Fitness Center front desk.

#### Summer Tennis Camps

\$90 per week

July 7-11, July 21-25, July 28-August 1, August 11-14

Ages 5-9: 10-11:30am

Ages 10-16 Beginners: Noon-1:30pm

Ages 10-16 Advanced: 2-3:30pm

Ages 17+: 5:30-7pm

#### Pre/Post-Natal Yoga

Fridays • Starts August 1 • 11:30am-12:30pm

\$45/6 week course

#### Wing Sports Day

Monday, August 25 • 8am-4:30pm

Compete in a variety of sporting events such as a 5K, softball, volleyball and more! See your Squadron representative to sign up for events.

### SERVICES & INDIVIDUAL LESSONS

Personal Trainer • \$45/hr

Massage Therapy • from \$35/30 min

Tennis Lessons • \$25/30min, \$45/hr

1-on-1 Martial Arts Lessons • \$45/hr





## LIBERTY LANES BOWLING CENTER

226-2108 • Bldg 657

### SPECIAL EVENTS

#### Independence Day Special

Saturday, July 5 • 11am-5pm

Wear red, white & blue and bowl for \$1.50/game!

#### Cosmic Bowling with DJ Entertainment

Saturday, July 5 & 19 • 8:30pm-Midnight

Bowl the night away while listening to chart-topping music. \$10/person, shoes included.

#### King of the Hill

Sunday, July 20 • 11am

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

#### National Hot Dog Day

Wednesday, July 23 • 11am-9:30pm

Stop in and enjoy 2 for 1 hot dogs!

#### Birthday Bowling

Tuesday, July 29

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



### CELEBRATE!

#### Birthday Party Packages

Saturdays

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

Sundays

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

Strike Eagle Package: \$10 per child 2 hours of party time complete with table decorations! Each child will receive 1 can of soda, a goodie bag, coupons for their next visit and shoe rental.

Perfect Game Package: \$15 per child 2 hours of party time with table decorations and optional cosmic bowling! Each child will receive 1 can of soda, 2 sliders, French fries, a goodie bag, coupons for their next visit and shoe rental.

### ONGOING EVENTS

#### 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!

#### 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.



## PROPERTY RENTALS

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\*First come, first served.



# YOUTH

## YOUTH CENTER

226-3180/5452 • Bldg 250

### EVENTS

#### Bird Feeder Pottery

Wednesday, July 9 • 1-3pm  
Members \$20; Non-members \$25  
Learn about pottery and painting techniques and then design and paint your own bird feeder at Arts & Crafts. Open to ages 6-14. Sign up by July 8.

#### Night Hoops

Friday, July 11 • 7-9pm  
Get with your friends and play some 3 on 3 basketball at the Youth Center's outdoor courts! Open to ages 9-13. FREE to play but sign up by July 8.

#### Give Parents a Break

Saturday, July 12 • Noon-5pm  
Parents can enjoy an evening to themselves while their children (age 5-12) play at the Youth Center. Sign up by July 9. Must have a referral certificate and completed AF 1181.

#### Go Ape! Obstacle Course

Wednesday, July 16 • 9am-5pm  
Members \$40; Non-members \$45  
Come and experience a true ropes course! Soar on the zip and crawl through the traps. Open to ages 11-18. Transportation provided. Spaces are limited so sign up by July 3.

#### Free Form Clay Craft

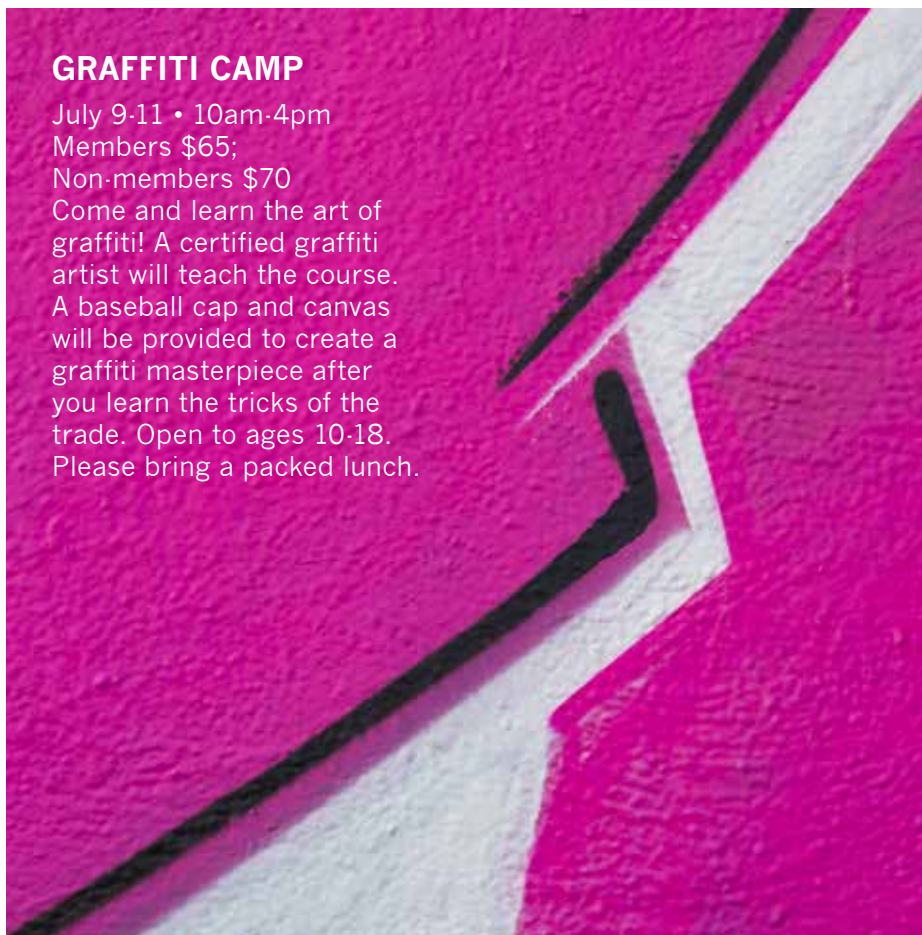
Wednesday, July 23 • 1-3pm  
Members \$20; Non-members \$25  
Design and decorate your very own masterpiece at Arts & Crafts! Open to ages 6-14. Sign up by July 21.

#### Lion King Theater Trip

Wednesday, July 23  
11:30am-7pm  
Members \$100;  
Non-members \$120  
Enjoy a matinée showing of the acclaimed Broadway hit! Ticket and transportation included. Bring \$ for snacks and/or a packed lunch. Spaces are limited so sign up by July 8.

### GRAFFITI CAMP

July 9-11 • 10am-4pm  
Members \$65;  
Non-members \$70  
Come and learn the art of graffiti! A certified graffiti artist will teach the course. A baseball cap and canvas will be provided to create a graffiti masterpiece after you learn the tricks of the trade. Open to ages 10-18. Please bring a packed lunch.



### KIDS' NIGHT OUT

Friday, July 18 • 6:30-10:30pm  
Members \$15; Non-members \$20  
Come join us for some fun! Games, art activities and dinner provided. Sign up by July 16 – no late sign ups accepted.





## EVENT REMINDERS!

### Pre-Teen Paintball

Tuesday, July 1  
11:15am-3:30pm • Ages 9-12  
Come and join us for Combat paintball in Thetford Forest! Snacks will be available for purchase or bring a sack lunch.

### Pre-Teen Alton Towers Trip

Wednesday, July 2  
7am-10:30pm • Ages 9-13  
Go to one of Europe's largest theme parks for a day of thrills! Please bring £s for lunch and souvenirs.

### Teen Paintball

Tuesday, July 8  
11:15am-3:30pm • Ages 13-18  
Come and join us for Combat paintball in Thetford Forest! Snacks will be available for purchase or bring a sack lunch.

### Pre-Teen Chessington World of Adventures Trip

Friday, July 11  
7:30am-6pm • Ages 9-12  
Enjoy a Zufari Ride into Africa, a safari truck expedition into the African Animal Kingdom and see Madagascar Live! Please bring £s for lunch and souvenirs.

## CDC EAST

226-3285 • Bldg 659

## CDC WEST

226-5812 • Bldg 439

## EVENTS

### Parent's Night Out - CDC East

Friday, July 18 • 6:30-10:30pm  
For \$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 July 16. Open to ages 6 weeks-5 years.



# YOUTH SPORTS SUMMER CAMPS

## **DJ HIP HOP DANCE CAMP**

July 15-17 • 10am-4pm  
Members \$65; Non-members \$70  
Ages 10-18  
Come and learn the art of how to be a DJ and Hip Hop dancer! Bring a packed lunch!  
Sign up by June 30.

## **GYMNASTICS CAMP**

July 21-25  
Ages 4-8 (Beginner) • 9-10am  
Members \$40; Non-members \$45  
Ages 8-10 (Intermediate/at least 1 yr exp) • 10-11am  
Members \$40; Non-members \$45  
Ages 9-18 (Advanced/at least 2 yrs exp) • 11am-1pm  
Members \$80; Non-members \$85  
Get a little spring in your step with our gymnastics camp! Don't miss out!  
Sign up by July 1.

## **BOWLING CAMP**

July 21-25 • 10am-Noon  
Members \$150;  
Non-members \$160  
Learn the fundamentals, etiquette and the behind the scenes of bowling! Includes shoe rental, 2 games per day, instruction, lunch and your very own bowling ball at the end of the week!  
Sign up by July 3.

## **SOCCER CAMP**

July 21-25  
Members \$30; Non-members \$35  
Ages 5-14 • 10am-4pm  
Do you know the basic rules of soccer? Now is your chance to learn! Whether you are a beginner or already playing, this 5 day clinic is for you! On the last day we will use the skills you learn in a real game. Please bring light snacks and drinks.  
Sign up by July 11.

## **GOLF SKILLS CAMP**

July 28-29, 31 & August 1  
Members \$60; Non-members \$65  
Ages 7-12 • 10:30am-Noon  
Ages 13-18 • 12:30-2pm  
Enjoy a 4 day camp at the Breckland Pines Golf Course learning the basics of golf. Learn the proper stance, grip, posture and alignment, as well as etiquette and expectations on the golf course.  
Sign up by July 21.

## **KARATE CAMP**

July 28 - August 1  
Members \$35; Non-members \$40  
Ages 7-10 • 10am-Noon  
Ages 11-18 • 1-3pm  
Spring into action with our Karate camp taught by a certified instructor.  
Sign up by July 18.

## **FLAG FOOTBALL & INDOOR SOCCER REGISTRATION**

July 28 – August 22  
Register for flag football and/or indoor soccer at the Youth Center. You must bring a copy of a current sports physical in order to register your child for either sport. No registration will be accepted without a physical. Both seasons run September 6 – November 15.

## **FLAG FOOTBALL & INDOOR SOCCER COACHES NEEDED!**

Make a difference in the life of a child and volunteer to be a coach! Background checks and coaches training are required. The National Alliance for Youth Sports (NAYS) Coach's certification will be held at the Youth Center on August 26, FREE! Both seasons run September 6 – November 15. Please contact the Youth Sports director at 226-3180 for more information.

CHECK OUT THE NEW FORCE SUPPORT WEBSITE!

[WWW.LAKENHEATHFSS.COM](http://WWW.LAKENHEATHFSS.COM)

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# LIFE & LEISURE



## ELECTRIC AVENUE

226-2067 • Bldg 670

### MUSIC SHOP

We've moved! The Music Shop is now located at Electric Avenue. We offer a large selection of musical instruments and accessories to suit all your needs ranging from beginner level to professional quality.

### NEW RELEASES

Bad Words • July 8  
The Raid 2 • July 8  
Under the Skin • July 15  
Blue Ruin • July 22  
Sabotage • July 22  
Noah • July 29

### DAILY SPECIALS

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

Monday: \$2 Rental  
Wednesday: 3-4-3  
Thursday: 2-4-1  
Friday & Saturday:  
Three-Day Rental  
Sunday: Dollar Day

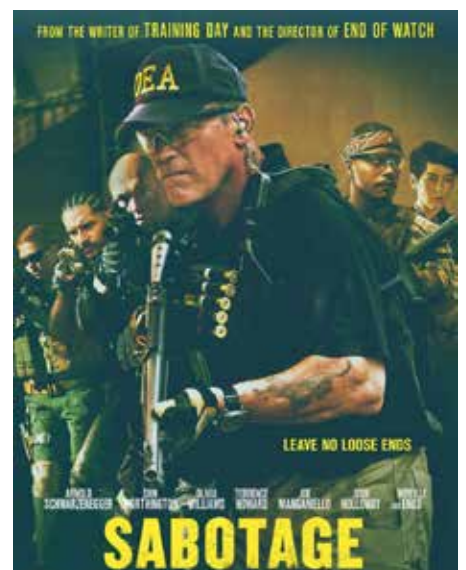
### ONGOING OFFERS

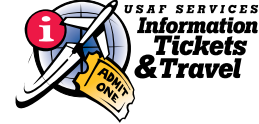
**NEW!** Thursday Family Entertainment Feast  
Just \$35 • 3-10PM

- 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

### 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!





## LIBERTY LIBRARY

226-3713 • Bldg 907



### EVENTS

#### Summer Reading Activities

Tuesdays • 3-4pm

FREE crafts and board games all summer long!

#### 4th of July Craft

Wednesday, July 2 • 4-5pm

Join us in making patriotic crafts for your 4th of July celebration!

### ONGOING OFFERS

#### Graphic Novel Collection

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

#### Computer/Notebook Checkout

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

#### Universal Class

This FREE program offers continuing education courses! See librarian for listings & availability.

#### Role Playing Game Books

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

### EDUCATION SERVICES

226-3851 • Bldg 948

### EVENTS

#### Back-to-School BBQ

Thursday, July 24 • 11am-2pm

Join us on the Education Center front lawn for FREE food and giveaways! Learn about the educational opportunities available to you on RAF Lakenheath.





## A LITTLE TASTE OF THE USA

Friday, July 4 • RAF Feltwell  
Stop by the main stage for watermelon eating contests, potato sack races, and a Cook It Up! pie baking contest. Sign up at the Page CAC by July 2.



## KID'S MOVIE MORNING

Friday, July 25 • 10am  
Come and watch the latest kids movie (Rated G) on our super sized inflatable screen! FREE popcorn and lemonade! Kids under 12 must be chaperoned.



## PAGE COMMUNITY ACTIVITIES CENTER

226-1627 • Bldg 900

### EVENTS

#### Ice Cream Sandwich Special

Friday, July 25  
Stop by on this hot day for an ice cream sandwich for just 50¢! Snacks and cold beverages also available. While stocks last.

### ONGOING EVENTS

#### Open Skate • \$5 admission

Monday-Friday • 11am-4pm  
Fridays • 6-9pm  
Saturdays • Noon-7pm  
Sundays • Noon-5pm

#### Lunch Skate

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

#### 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!

#### Birthday Skate

Is your birthday in July? Skate for FREE during our open skate sessions! Snacks and beverages are available for purchase.

#### Indoor Bouncy Castle Parties!

Saturdays & Sundays • 10am-1pm  
Appropriate for ages 7 and under.  
\$80 fee includes an indoor bouncy castle, private Amazone play area, 12 balloons and 12 drinks.  
\$50 deposit required at time of booking.

#### Skate Parties!

Saturdays • Noon-3pm or 4-7pm  
Choose from two party packages:

##### Package A \$175:

Includes 12 balloons, 12 drinks, pizza, admission and skate rental for 12 people.

##### Package B \$225:

Includes 24 balloons, 24 drinks, pizza, admission and skate rental for 24 people.

\*\$50 deposit required at time of booking.



## **WARD COMMUNITY ACTIVITIES CENTER**

226-7023 • Bldg 94  
at RAF Feltwell

### **EVENTS**

#### **Superhero Party**

Thursday, July 17 • 1-3pm

Up, up and away! Come dressed as your favorite Superhero! Watch a movie and have fun with crafts. Each "Hero" will get their face painted, a goody bag, cake and juice. Sign up by July 15.

#### **RUGBY'S TOO CAFÉ & EATERY**

See index on pg. 33 for hours of operation. Visit today and enjoy your favorite food and beverages, including perfectly-brewed Starbucks® coffee!



# The Family Dental Centre



**Dentata Charta**  
Dental Centre

Routine Family Dentistry // Specialist Teeth Whitening // Smile Make-over  
Dental Implants // Veneers // Denplan // Crowns  
Invisible Braces // In-house dental technician

Dr Johan Viljoen 07795 511516 or 01638 662295

info@dentatacharta.co.uk www.cosmetic-smile.net

Dentata Charta Dental Centre, 48 Bury Road, Newmarket, Suffolk CB8 7BT



**SIX MONTH SMILES®**  
Cosmetic Smile System

Straight teeth in an average time of six months. Includes complimentary whitening of the end of the treatment.

Prices from £1900



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Take the first step in feeling good and looking great with brighter, whiter teeth. Teeth whitening is safe, effective and performed by your dentist.

Members Price £75



**Dental Implants**

Throw away your dentures and experience the closest thing to natural teeth. Call us today to arrange a consultation that could change your life.

Financing options available



**Denplan**  
As part of your dental care

Includes cover towards the cost of eligible dental treatment. Supplementary insurance also gives 24-hour Worldwide Dental Emergency

Monthly Plans from £8



**invisalign®**

Invisalign is the best way to transform your smile without interfering with your day-to-day life. They are customised, effective, removable, comfortable and clear.

Complimentary Whitening



**Cad Cam Dental Technology**

Computer Aided Design and Computer Aided Manufacturing in dentistry to produce different types of dental restorations, including crowns, veneers, inlays and onlays, fixed bridges, dental implant restorations and orthodontic appliances.

Cutting edge dental technology

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

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- 🐾 **Flights booked for PCSing Pets**

Telephone 01353 863297  
www.silverbirchkennels.co.uk

Oak Lane, Littleport, Ely, Cambridgeshire CB6 1RS

**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





Lots taken on  
Mondays &  
Tuesdays 10am  
to 5:30pm

# ERISWELL HALL BARNES LTD

Your leading local area PCS Specialist!

Just arriving? Furnish your whole house at prices you can afford. No more debt!

- Previews every Friday from 9am-6pm.
- 800 lots each week!
- Sale every Saturday, from: 10am until everything is sold!
- Brand new oak furniture
- Factory seconds
- Bankruptcy stock
- Antique furniture
- Second hand furniture
- Great selection of household goods & appliances

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Lakenheath,  
Suffolk, IP27 9AH  
info@eriswellhallbarns.co.uk  
www.eriswellhallbarns.co.uk  
T:01638 533335



Departing the UK? Get your excess items valued for free & we will sell them for you!

Need an appraisal? We offer the most competitive rates in the local area!



Located on Lakenheath Road next to base. Please call for further information.



## Massage & Energy Therapy

Offered at the RAFL Fitness Center

No time for a full hour? Try a 30 minute session for just \$35!  
Grab lunch and a great massage at the Fitness Center.

BOOK ONLINE: [amtamembers.com/mauzymassage](http://amtamembers.com/mauzymassage)  
Mobile: 07582941817



Tonya Kuranda • Dulce Garcia

Email: [RAFL.ITWORKS@yahoo.co.uk](mailto:RAFL.ITWORKS@yahoo.co.uk) or Text: 07547 950078

# 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](http://WoknRock.co.uk) • Call 01842 860 088

# WoknRock

• RESTAURANT & BAR •





## AUTO HOBBY COMPLEX

226-2454/2383 • Bldg 1108

## TIRE & LUBE CENTER

226-2278/2279 • Bldg 1030

### EVENTS

#### Cruze Nites

Friday, July 18 • 5:30-10pm

Tire & Lube Center

Come to this informal gathering for motor sports enthusiasts and enjoy good food, music, cars and bikes!

#### All Nighter

Saturday, July 19 • 8am -

Sunday, July 20 • 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.

### 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



### SPECIALS

July 1-15

10% OFF all Sealey tools

FREE brake check with tire rotation and balance

### 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!

### SVA/MOT

Call 01638 534185 to make your next appointment!



## ARTS & CRAFTS CENTER

226-2194 • Bldg 906



### SPECIALS: 20% OFF

July 1-9 • Jewelry Making Supplies  
July 10-19 • Ceramic Paints & Glazes  
July 20-31 • Sculpey Clay & Accessories

### 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!

### CLASSES

Discover a new hobby or sharpen your existing skills! See index on pg. 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! Drop by today!

### 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.



## WOOD CRAFTS CENTER

226-3367 • Bldg 1104

### SPECIALS

July 1-31  
10% OFF Chipboard  
(in stock supplies only)  
10% OFF Shop Use Card\*

\*Unlimited use during regular hours for a month.

### CRATING SERVICE

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



# OUTDOOR RECREATION

226-2146 • Bldg 1109

## EQUIPMENT RENTAL

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

## CAMPING GEAR

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

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



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.



### ARCHERY CAMP

Saturday, August 2 • Departs 10am • \$30/person • Ages 8+  
 Learn the basics in the sport of archery using a re-curve, compound or longbow. Already know how to shoot? Gain some personalized training tips! All instruction will be conducted by an archery National UK record holder. Price includes gear, professional instruction, and a light lunch. Sign up by July 18.



### CYCLE THE HOLKHAM CIRCUIT

Sunday, September 14  
 Departs 8am • \$20/person  
 Ages 10+ • Contact ODR or see *52° North* page 53 for more information.



### ZIP WORLD & THE UNDERWORLD - NORTH WALES

August 9-10 • Departs 5:30am • \$150/person • Age 18+  
 Fly at speeds of up to 100mph on a mile-long zip line. Then, test your skills on an underworld adventure abseiling and traversing through caves in the heart of Snowdonia. Trip includes transportation, overnight accommodations, Zip World & Underworld sessions, and three meals. Sign up by July 24.

### SERVICES

- Airport Shuttle Service
- Costume Shop
- DVD & VHS Conversions
- Equipment Rental
- Garden Plots
- Key Cutting
- Music Shop
- Pedaler Bike Shop
- Storage Units

### SPECIALS

**Equipment Rental**  
 Power tools only \$5 a day in July!

**Pedaler Bike Shop**  
 10% OFF all Bike Tools



## INFORMATION, TICKETS & TRAVEL

226-2979 • Bldg 977 Rm G20 & BX



### CHESSINGTON WORLD OF ADVENTURES

Saturday, July 12 • Departs 8am/6pm  
Adults/Children £37; Infant £10 Inclusive

### BRITISH OPEN GOLF CHAMPIONSHIP

July 18-20 • £325/person  
3 Day Tour • Royal Liverpool Hoylake  
Includes 2-night hotel accommodation, luxury  
coach travel, daily transfers to the Open &  
tickets to the final two days.



### THANKSGIVING MEDITERRANEAN CRUISES

#### November 22 - December 3

Departs from Civitavecchia, Italy  
Prices starting from \$890/person

Travel to:

Livorno, Italy • Monte Carlo, Monaco  
Toulon, France • Barcelona, Spain  
Valencia, Spain • Cagliari, Italy  
Carthage, Tunisia • Palermo, Italy  
Naples, Italy • Civitavecchia, Italy

#### November 26 - December 4

Departs from Malaga, Spain  
Prices starting from \$640/person

Travel to:

Barcelona, Spain • Casablanca, Morocco  
Funchal, Madeira • Santa Cruz (Tenerife), Spain  
Arrecife (Lanzarote), Spain  
Malaga (Granada), Spain

\*Prices based on two adults sharing an inside cabin room. Discounted upgraded rooms available.  
Includes taxes and fees. Excludes airfare and airport transfers. Payment plans available.





## HARRY POTTER STUDIO TOUR

Wednesday, July 23  
 Departs 9am/3pm  
 Adults £47; Children £40  
 Infant £10 Inclusive



## THORPE PARK

Saturday, July 26  
 Departs 8am/6pm  
 Adults £39; Children £35  
 Infant £10 Inclusive



## LION KING

Wednesdays, July 30 &  
 August 27 • Departs 9am/  
 After Show • £60 Inclusive

## DISCOUNTED + VAT FREE TICKETS

Save money and time by purchasing your attraction and theater tickets through ITT!

### Alton Towers

Adults £32, Child (ages 4-11) £25

### Big Bus Tour

Adults £23, Child (ages 5-15) £11

### Chessington World of Adventures & Zoo

Adult/Child £20

### Cineworld

Adults £6.50, Child (ages 14 &  
 under) £5, Medium Popcorn &  
 Soda Combo Voucher £5.50

### Legoland

Adults £28, Child (ages 3-12) £24

### London Aquarium

Adults £16, Child (ages 3-15) £11

### London Dungeon

Adults £18, Child (ages 15 & under)  
 £13, Over 60 £16

### London Eye

Adults £18, Child (ages 4-15) £10

### Madame Tussaud's & Scream

Adults £22, Child (ages 4-15) £18

### Tower of London

Adults £20, Child (ages 5-15) £9.50,  
 Over 60 £17. Family (up to 2 adults &  
 6 children) £50

### Thorpe Park

Adults £24, Child (over .9m -  
 age 11) £20

### Warwick Castle

Adults £12, Child (ages 4-11) £8

\* Tickets for European attractions  
 are also available. Please see our  
 travel agents.



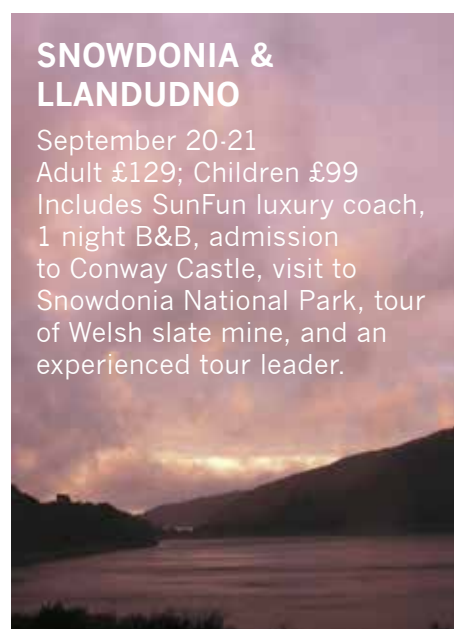
## BOULOGNE-SUR-MER EXTENDED DAY TRIP

Saturday, August 23  
 Adults £79;  
 Children £30



## SNOWDONIA & LLANDUDNO

September 20-21  
 Adult £129; Children £99  
 Includes SunFun luxury coach,  
 1 night B&B, admission  
 to Conway Castle, visit to  
 Snowdonia National Park, tour  
 of Welsh slate mine, and an  
 experienced tour leader.





# SAVE UP TO **35%** OFF ENTRY TO THE UK'S **TOP** THEME PARKS



**TO PURCHASE DISCOUNTED TICKETS, PLEASE CALL IN TO ITT ON BASE!**



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01223 359750



## HAPPY INDEPENDENCE DAY!

Present the completed voucher and grab 2 tickets for the price of 1 adult ticket on our public College Backs punt tour. Voucher cannot be used with other discounts or offers and photocopies will not be accepted. Voucher expires 31st July 2014.

NAME   
EMAIL

### Diss Auction Rooms



Leading Auction House - Est. 1857

- Over 2000 Lots every Week
- Fridays & many Saturdays
- Antique, Collectable & Specialist Auctions
- Modern Furniture, Furniture for restoration
- Buyer's Premium 15%
- Bidder's Bistro open during viewing & sale days
- Large on site car park



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twgaze.co.uk



**HARD**

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- And much more!

For a price list, please visit  
[www.lakenheathfss.com](http://www.lakenheathfss.com).

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

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## 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:**  
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**For more information, call 226-2146**



# Whitenoise



Join East Anglia's largest  
VW|Music|Arts Festival  
1|2|3 August 2014  
Euston Park, nr. Thetford  
IP24 2QH



**RETRO & CUSTOM** VW 'FOR SALE' AREA **MASSIVE** **CARTOONIEZ** **HUGE CLUB**  
**BYCYCLE COMPETITION** **AUTOJUMBLE** (VEHICLE ART AND **CAMPING**  
100+ ECLECTIC TRADE STALLS 'SHOW & SHINE' TATTOOS) **UWDISPLAYS** **AREA**

**KASABIAN SOUL** **GOLDSTAR JUKE & the** **KILLAMONJAMBO**  
**TRIBUTE** IN THE FINE **CITY DJs** **SKALYPSO** **DJs** **ORCHESTRA** **MYLES SANKO** **AND MUCH MORE...**

**FREE** **NEW** **LoST** **in** **TrANsLATIOn** **CiRCuS** (Saturday) **NEW** **FANTASTICAL**  
**ROLLER RINK** **TATTOOIST** **LIVE** **GRAFFITI** **WALL** **FUNFAIR** **CONTRAPTIONS**  
**+SKATE HIRE** **BELL TENTS FOR HIRE** **DIVERSE** **STREET FOOD** **LICENSED BARS** **REAL**  
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**FAMILY/QUIET CAMPING** **SHOWERS** **AND TRAILER STYLE** **100s UNDER 3s** **FREE** **WELL-BEHAVED DOGS WELCOME**

**£5 DISCOUNT** per camping order for RAF Lakenheath Personnel. Online discount Code: **ATEASE**  
**£1 off** adult day tickets on presentation of this advert on the gate. Photocopies not accepted.  
**BUY CAMPING TICKETS + MORE INFO AT** [vwwhitenoise.com](http://vwwhitenoise.com)





# RAF MILDENHALL EVENTS

RAF MILDENHALL

## CAR & BIKE SHOW 2014

SATURDAY, 16 AUGUST

12:00 PM - 5:00 PM



### BOB HOPE COMMUNITY CENTER PARKING LOT

- Best Vintage Costume Competition • Prizes • Car Boot Sale • Bouncy Castles
- Games • Activities • Food Vendors • Trophies for Winners

Pick up an entry form at the Auto Hobby Complex or the Bob Hope Community Center

*Deadline for entries: 31 July. Entry and attendance is free.*

Call: 01638 542480



Find us on Facebook for updates, special offers, contests and tune-up tips. <http://www.facebook.com/RafMildenhallAutoHobbyComplex>

## LONDON FILM & COMIC CON



**Sunday, 13 July**

£65 per person. Includes ticket & transportation

Stan Lee's last official visit to the UK

Departs BHCC at 7:15 am. Departs Earl's Court at 5:15 pm

Call: 238 - 2630



## OLYMPIC WHITE WATER RAFTING

**Saturday, 12 July**

\$35 per person - 14 years & older only

Experience an unforgettable day of adrenalin pumping white water rafting on the class 4 & 5 water at the

Olympic Course.

Call: 238 - 4283



# Summer Bowling

Fill your 9 game bowling card for a chance to win big prizes!

**July:** Win 2 tickets to Alton Towers

**August:** Win 2 tickets to Thorpe Park

★★★★ **GRAND PRIZE** ★★★★★

Win \$1,000 towards a trip of your choice with Mildenhall Information Tickets & Travel.

Drawn on 31 August

Punches filled for normal bowling paid games only.

Customers will need to be present to win the grand prize which will take place on Sunday, 31 August at 8:00 pm.



**BRITISH MOTO  
GRAND PRIX  
SILVERSTONE**

20 14

**Sunday, 31 August**

Pick up from BHCC at 7:15 am. Departs Silverstone at 5:00 pm  
Adult: £95, 10 years & older: £65. £50 deposit secures your place.



Call RAF Mildenhall Information, Tickets & Travel: 238 - 2630



## 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

### North Side Fitness Center

☎ 463 ☎ 238 2349

### Human Resources Office

☎ 448 ☎ 238 2111

### Information, Tickets & Travel

(located inside the BHCC)

☎ 404 ☎ 238 2630/1004

### 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)

☎ 293 ☎ 238 5437 (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](http://www.100fss.com)





# CLASSES & DIRECTORY

## ARTS & CRAFTS

### Basic Camera Course

Wednesday, July 2 • 5-6:30pm  
3 week class. \$27.50 bring your own camera.

### Wheel Thrown Pottery (Beginner)

Monday, July 7  
(Family Day) • 1-3pm  
4 week class. \$75 Inclusive.

### Wheel Thrown Pottery (Beginner)

Tuesday, July 8 • 6:30-8:30pm  
4 week class. \$75 Inclusive.

### Mold Pouring

Tuesday, July 8 • 10am-Noon  
\$20 Inclusive.

### Mold Pouring

Wednesday, July 9 • 10am-Noon  
\$20 Inclusive.

### Wheel Thrown Pottery (Beginner)

Thursday, July 10 • 6:30-8:30pm  
4 week class. \$75 Inclusive.

### Wheel Thrown Pottery (Beginner)

Friday, July 11 • 9:30-11:30am  
4 week class. \$75 Inclusive.

### Wheel Thrown Pottery (Intermediate)

Friday, July 11 • 12:30-2:30pm  
4 week class. \$75 Inclusive.

### Mold Pouring

Tuesday, July 22 • 10am-Noon  
\$20 Inclusive.

### Mold Pouring

Wednesday, July 23 • 10am-Noon  
\$20 Inclusive.

## LIBRARY

### Mango Languages

Online program to learn languages. Visit [www.usafelibraries.org](http://www.usafelibraries.org), click on the information databases tab, click on access via USAFE library card, enter your library card number and 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.

## 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 • 5:30-6:30pm  
\$7.50/class  
Contact front desk for pre-req information

### Brazilian Jiu Jitsu • 16+

Tues & Thurs • 8-9:30pm  
Thurs • 6:30-7:45pm (beginners)  
First class FREE • \$12.50/class or monthly pass - see staff for details

### Fitness Kickboxing

Tues • 5-6pm

### Group Indoor Cycle

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

### Latin/Urban Aerobics

Mon & Wed • 7:15-8:15pm  
Thurs • 5-6pm

### Martial Arts • 16+

Tues • 6:30-7:45pm (beginners)  
Sun • 5-7pm  
First class FREE • \$12.50/class or monthly pass - see staff for details

### Martial Arts Kickboxing • 18+

Fri • 7-8:15pm

### Total Body Conditioning

Mon & Wed • 5-6pm

### Yoga/Pilates

Mon & Wed • 6-7pm

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

### Piano Lessons

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

### Tae Kwon Do

Tues • 6-7pm  
Ages 8+ • \$35/month

### Wall Climbing Class

Thurs • 6-7pm & 7-8pm  
Ages 7+ • \$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-8pm

**The Grill at Breckland Pines**

Bldg 1320 • x3551  
Open Daily: 7am-1:30pm

**CHILD DEVELOPMENT  
CENTERS (CDC)**

**CDC East**  
Bldg 659 • x3285  
Mon-Fri: 6:30am-6pm

**CDC West**

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

**CIVILIAN PERSONNEL  
CUSTOMER SERVICE**

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

**EAGLES' LANDING**

Bldg 958 • x2535/x2489

**Catering**

Mon-Fri: 9am-4pm

**Pub x2326**

Fri: 5-10pm

**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: 11am-4pm  
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: 8:30am-4pm  
Thurs: 9am-4pm  
Fri: 8am-3:30pm

**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: 10am-5pm  
BX Main Store Mall • x2979  
Mon-Fri: 10am-6pm  
Sat: 10am-2pm

**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: 11am-Midnight  
Sun: 11am-8pm

**Grill 48**

Mon: 7:30am-7:30pm  
Tues-Wed: 7:30am-9:30pm  
Thurs: 7:30am-10:30pm  
Fri-Sat: 7:30am-11:30pm  
Sun: 11am-7:30pm

**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, Fri, Sat: 10am-6pm  
Tues, Wed, Thurs: 10am-7pm  
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  
\*Trial hours

**YOUTH CENTER** 

Bldg 250 • x3180  
Mon-Fri: 7:30am-5:30pm  
Open Recreation  
Mon-Fri: 3-7pm

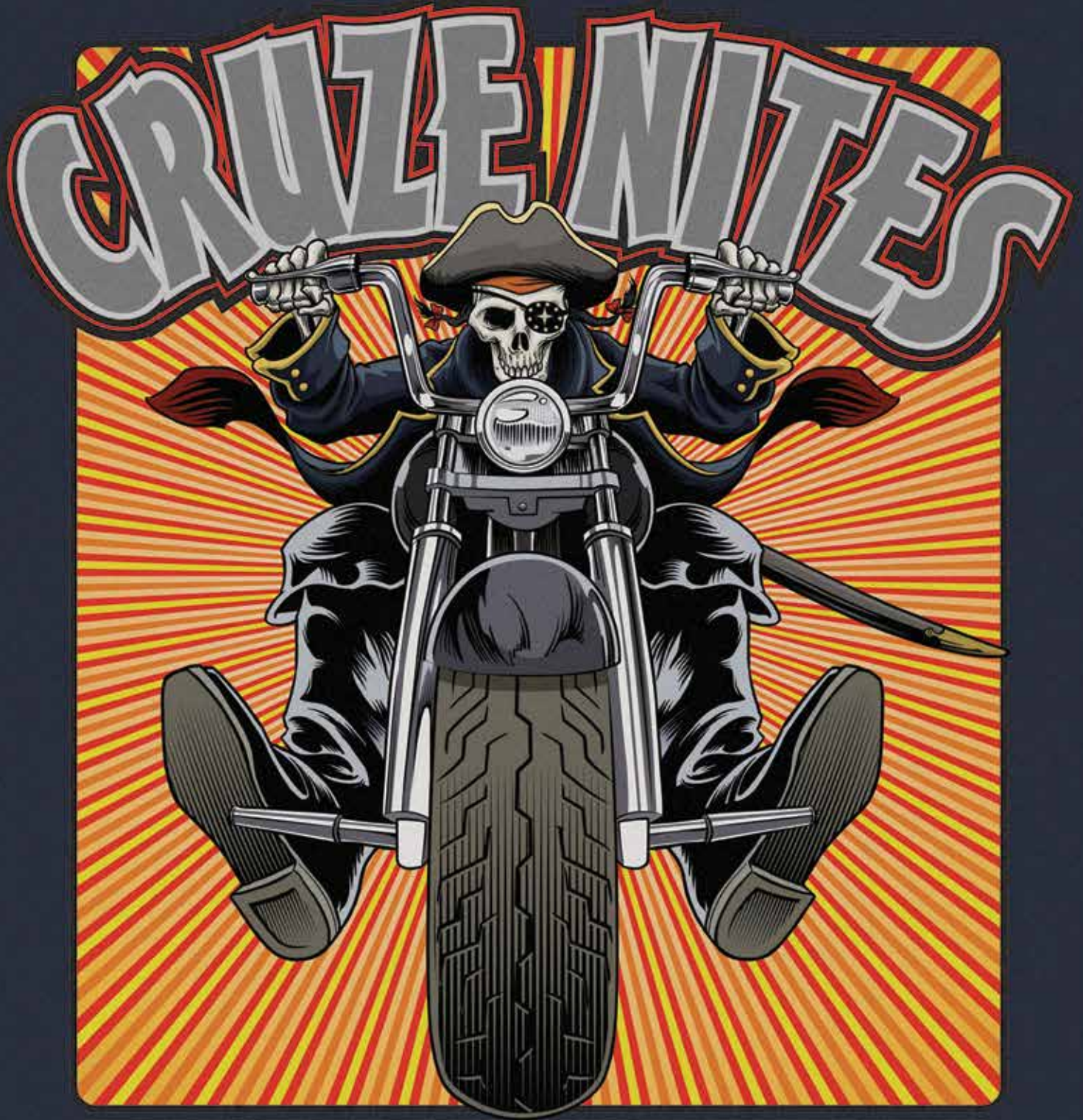
**School Age Program (SAP)**

Mon-Fri: 6:30am-6pm

**Teen Programs**

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





**JULY 18**

**5:30-10PM**

**FOOD - MUSIC - CARS - BIKES**


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