

atEase

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



4TH OF JULY

Join us at RAF Feltwell for the biggest ever 4th of July celebration!

SESAME STREET/USO

The USO is bringing furry, fuzzy & friendly muppets to military families!

A FE PRESENTS

Come out to the Liberty Club and enjoy music from Mystic Roots!



Get your next career **SquaredAway**™

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

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

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- › A sincere desire to make meaningful differences in the lives of others

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

Emma L. Blaker
Financial Advisor, Principal and District Advisor

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



www.wehireleaders.com

JULY 2015

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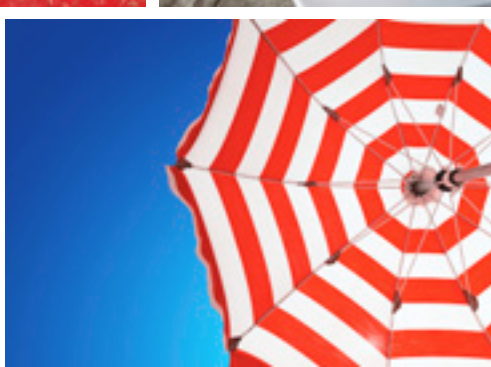
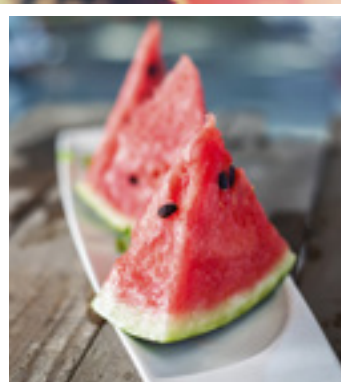
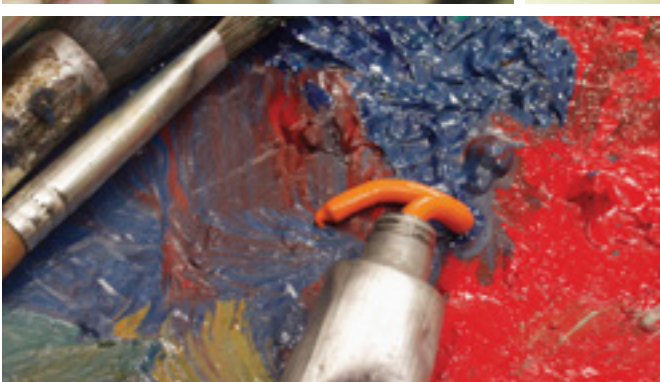
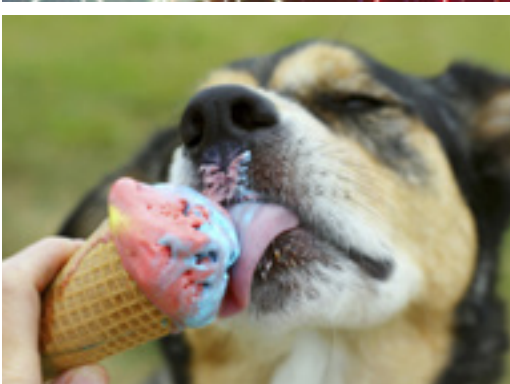
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The atEase magazine is prepared by the 48th Force Support Squadron Marketing & Publicity Department and is an unofficial publication of the RAF Lakenheath community. Contents are not necessarily the official views of, nor endorsed by, the US Government,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

Information in this magazine is current at the time of publication. All facility programs, event hours, prices, and dates are subject to change without notice. Contact each facility for the most up-to-date information.

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

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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 2,500 atEase magazines are printed each month and are available for free at roughly 20 strategic locations around base.

CONTACT

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



4TH OF JULY

SCHEDULE OF EVENTS

Friday, July 3

3-8pm £1 Carnival Rides

Rides discounted by carnival vendors in appreciation of the US military community. Shuttle buses will run from RAFL and RAFLM, 3:30-8pm. DoD ID Card holders ONLY.

Saturday, July 4

- 10 am Shuttle buses start running every 1/2 hour**
- Noon - 5 pm Car & Bike Show**
- Noon - 7 pm Family Activities in the Kids' Zone**
- Noon Rides, Games, Food Booths & Beer Tent Open to the Public**
- Noon Thundercats Cheerleading & Street Dance**
- 1 pm Geschwister Weisheit High Wire Show**
- 2 pm RAF Falcons Parachute Display Team**
- 2:30 pm Ju Jitsu Display**
- 2:30-11:30 pm Live Music Entertainment (Visit our website for more info)**
- 3 pm The Old Flying Machine Company & The Fighter Collection Aerial Demonstration**
- 4 pm Red Arrows Display**
- 5 pm Electric Youth**
- 5:15 pm Birds of Prey Demonstration**
- 6 pm Geschwister Weisheit High Wire Show**
- 10 pm Fireworks Display *Time subject to change**
- 11:59 pm Beer Sales Stop**
- Midnight End of Event... DRIVE SAFELY, "HAVE A PLAN!"**
- 10am - 1:30am Shuttle buses will run from the RAF Lakenheath BX, Liberty Village RAF Mildenhall Bob Hope CAC and RAF Feltwell Bldg. 73. S.E.C. pick-up at Noon, 2pm & 4pm. DoD ID card holders only. *Aerial displays are subject to change due to weather.**

ENTERTAINMENT

LIBERTY CLUB

226-1611 • Bldg 648

EVENTS

First Friday: Social Hour

Friday, July 3 • 5-7pm • FREE
Wind down after work and enjoy drink specials, lounge music and a great atmosphere. The Liberty Club is the place to be on First Friday!

Member's Breakfast

Tuesday, July 14 • 6:30-8am
Members, join us for a FREE breakfast as a little "Thank You" for being a valued club member. Enter to win 2 months FREE club dues! Not a member? Stop by and join today!

CLUB MEMBERSHIP PAYS!

Crazy Cash Giveaway! (Members Only)

Every Friday & Saturday • Midnight
We have already given away more than \$29,000! Just be there & be a member and you could win big!

EAGLES' LANDING

226-2326 • Bldg 958

EVENTS

First Friday

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

Fini Friday

Friday, July 31
5-10pm • Eagles' Pub
Join us for karaoke, a progressive drawing, trivia, foosball, darts and crud!

FAMILY NIGHT

Wednesday, July 15 • 5-7pm

Member Adults \$9.95; Member's Children FREE

Non-member Adults \$14.95; Non-member's Children \$3.95

Enjoy a fun family night out with a buffet dinner and entertainment from James D. Club members in attendance will be entered to win four tickets to Disneyland Paris.





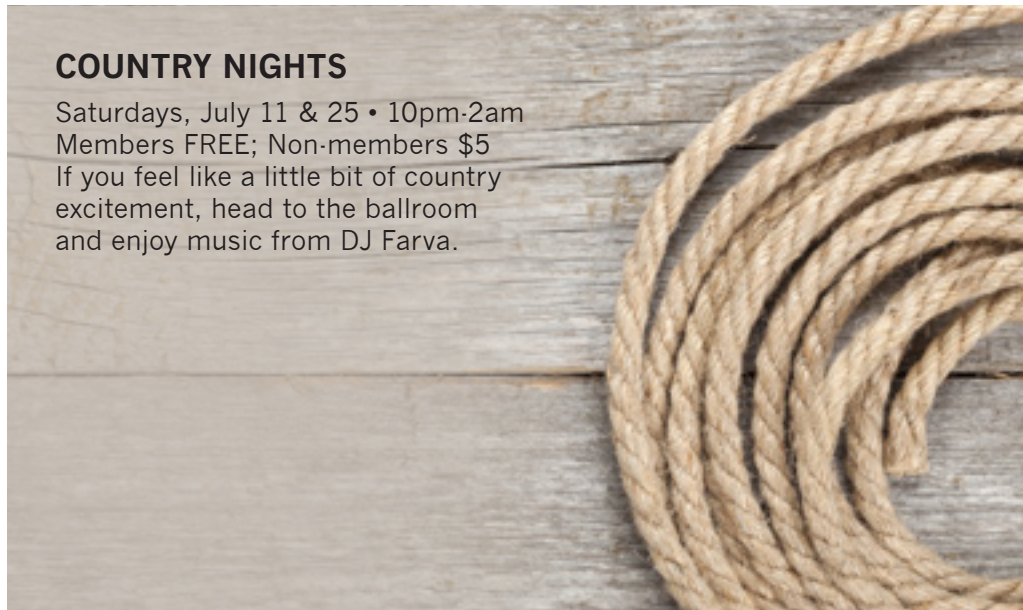
PRE 4TH OF JULY BASH

Thursday, July 2 • 9pm-3am
Members FREE; Non-members \$5
The biggest party in US history wouldn't be complete without a pre-birthday bash. DJ Adam Baum will be spinning all the latest tunes. Wear red, white & blue and get in FREE!



COUNTRY NIGHTS

Saturdays, July 11 & 25 • 10pm-2am
Members FREE; Non-members \$5
If you feel like a little bit of country excitement, head to the ballroom and enjoy music from DJ Farva.



LIBERTY CLUB AFTER DARK (18+ ONLY)

Texas Hold 'Em: Tuesdays, 7pm

Quiz Night: Wednesdays, 7:30pm

Variety Throwback Thursdays: Thursdays, 9pm

Wing Night: Thursdays, 9pm

Progressive Members Drawing: Fridays, 9pm

R&B and Hip Hop Night: Fridays, 9pm

Crazy Karaoke: Saturdays, 9pm

Billboard Top 100: Saturdays, 9pm





LIBERTY LANES' GRILL 48

226-2108 • Bldg 657

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

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

THE GRILL AT BRECKLAND PINES

226-3551 • Bldg 1320

SPECIALS

Taco Tuesdays • 11am-1:30pm

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

Filipino Fridays • 11am-1:30pm

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





RUGBIE'S: A MODERN BISTRO

226-1603 • Bldg 648

SPECIALS

Waffle Wednesdays

Wednesdays • 6:30-10:30am

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

Sunday Roast

Sundays • Noon-3pm

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

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

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

THE GREAT LITTLE PIZZA PLACE

226-2181 • Bldg 670

SPECIALS

Pizza of the Month

Come out and enjoy a piping hot, fresh out of the oven pizza! This month enjoy the "Spicy BBQ Beef" with spicy beef, onions and jalapeños topped with mozzarella cheese! Sm: \$9.95 Md: \$12.95 Lg: \$16.95

*Delivery is available to on-base locations, including the Liberty Village & Lords Walk housing areas! Delivery fee applicable. See page 37 for delivery hours.

Pizza Meal Deal

Monday-Friday • 11am-2pm

Get two jumbo slices of pizza with a drink!

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

Thursday Family Entertainment Feast or 1/2 Feast

See page 18 for more information.

THE AFTERTURN JUICE BAR

07706 645 825 • Bldg 904

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

PINKERTON'S STEAK HOUSE

226-1611 • Bldg 648

LUNCH BUFFET

Monday-Friday • 11am-1:30pm

Members \$8.75,

Non-members \$10.75

Monday: All-American

Tuesday: Tex-Mex

Wednesday: Italian

Thursday: Southern

Friday: Bistro

DINNER

Tuesday-Thursday: 5-8pm

Friday-Saturday: 5-9pm

2-4-1 Prime Rib Night

Members Only Special

Tuesdays • \$21.95

KNIGHT'S TABLE

226-3214 • Bldg 934

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

Specialty Meals

July 1 • Italian

July 2 • Mongolian BBQ

July 8 • Asian

July 15 • Hispanic

July 22 • Southern

July 23 • Carvery

11am-1pm

Sandwich Bar

Monday-Friday

11am-1pm

Specialty Bar

July 7 • Taco Bar

July 14 • Pasta Bar

July 21 • Wing Bar

July 29 • Potato Bar

11am-1pm

SPORTS & FITNESS

LIBERTY LANES BOWLING CENTER

226-2108 • Bldg 657

EVENTS

Summer “Breeze” Bowling

July 1-31

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

Cosmic Bowling with DJ Ant

Fridays, July 10 & 24 | Saturday, July 18

8:30pm-Midnight • \$10/person

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

King of the Hill Tournament

Sunday, July 19 • 11am

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

Birthday Bowling

Tuesday, July 28 • 11am-10pm

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

ONGOING EVENTS

Lunch & Bowl

Tuesdays in July & August • 11am-2pm

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

Bowler Appreciation Day

Wednesdays in July & August • 11am-8pm

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

Quarter Mania

Thursdays in July & August • 11am-10pm

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

BIRTHDAY PARTIES!

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

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

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





FITNESS & SPORTS CENTER

226-3607 • Bldg 904

EVENTS

Boot Camp

July 7-30
Monday-Thursday • 6:30-7:30pm
\$220/4 weeks or \$60/week
Individual assessments (highly recommended) are only conducted on the first day of Boot Camp.
*The first week of Boot Camp will run Tuesday-Friday due to Monday, July 6 being a family day.

Summer Tennis Camps

July 20-24 • \$120/week
Ages 5-8: 10-11:30am
Ages 9-12: Noon-1:30pm
Ages 13-17 Beginners: 1:30-3pm
Ages 13-17 Advanced: 3:30-5pm
Ages 18+: 5:30-7pm

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

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

AFAA Certifications

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

SERVICES & INDIVIDUAL LESSONS

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

BRECKLAND PINES GOLF COURSE

226-2223 • Bldg 1320

EVENTS

British Open Pick-a-Pro

Sunday, July 19 • 8am Tee Time
AGF \$30; Non- AGF \$40
Enjoy a classic event pairing you with one of the world's greatest players! The winner will continue on with the new tradition here at Breckland Pines. Lunch provided after play. Limited spaces available so sign up today!

RED, WHITE & BLUE SALE

Look for red, white and blue tags on golf items and save!
White tags: 10% OFF
Blue tags: 25% OFF
Red tags: 50% OFF
*Specials apply to in stock items only

ONGOING OFFERS

Annual Green Fee (AGF) Renewal

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

Individual Lessons

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

Big 15 Golf

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

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.



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R4R - RECHARGE FOR RESILIENCY

AN AIR FORCE PROGRAM

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

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

Upcoming R4R Events:

Bletchley Park, July 12 • ITT | Foot Golf, July 19 • Outdoor Recreation
Blenheim Palace, July 26 • ITT | Cooking Class, August 22 • Page CAC

Contact your 1st Sgt if you are interested in any of these programs so they can verify eligibility and get you and your family signed up for FREE.

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

CHECK OUT THE FORCE SUPPORT WEBSITE!

FOR ALL THE LATEST INFORMATION ABOUT FSS EVENTS & ACTIVITIES!



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YOUTH



YOUTH CENTER

226-3180/5437 • Bldg 250

EVENTS

Night Hoops

Friday, July 10 • 7-10pm • FREE

Get with your friends and play some 3-on-3 ball... pre-teen, teen and sports programs will be running a Night Hoops on the outdoor courts at the Youth Center. Open to ages 9-13. Sign by Tuesday, July 7 as an individual player or team.

Give Parents a Break

Saturday, July 11 • 6-11pm

Parents can enjoy a day 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, July 8.

Kid's Night Out

Friday, July 24 • 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, July 15.

Wicked Theater Trip

Thursday, August 6 • 11:30am-7pm

Members \$90; Non-members \$100

Enjoy a matinée showing of the acclaimed Broadway hit! Ticket and transportation included. Bring £s for snacks and/or a packed lunch. Open to ages 9-18. Spaces are limited so sign up by Friday, July 24.

YOUTH SPORTS

226-3180/5452 • Bldg 250

EVENTS

Flag Football & Indoor Soccer Registration

July 27 – August 21

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

Flag Football & Indoor Soccer Coaches Needed!

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





CDC EAST

226-3285 • Bldg 659

EVENTS

Parent's Night Out

Friday, July 24 • 6:30-10:30pm
Parents can have a great night out while their children are entertained at the CDC! Must provide proof of current vaccinations. Please sign up by Wednesday, July 15. Open to ages 6 weeks to 5 years.

CDC WEST

226-5812 • Bldg 439

Give Parents a Break

Saturday, July 11 • 6-11pm
Parents can enjoy an evening out while your kids, ages 6 weeks to 5 years (not in school), play safely at the CDC. Must have a referral certificate and completed AF 1181. Sign up by Wednesday, July 8.



FAMILY CHILD CARE

226-2170 • Bldg 957

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

EVENTS

New Provider Orientation Class

July 13-17 • 9am-4pm
Registration is required by July 10. Please contact us to reserve your space and for more information on pre-class requirements.

YOUTH SUMMER CAMPS

Bowling Camp

July 20-24 • 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! Open to ages 9-18. Sign up by Thursday, July 2.

Andrew's Karate Camp

July 27-31

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.

Norwich City FC Soccer Camp

July 27-31 • 10am-3pm

Members \$50; Non-members \$55

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 & drinks. Open to ages 6-14. Sign up by Wednesday, July 1.

April's Gymnastics Camp

July 20-24 & July 27-31

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! Spaces are limited so sign up by Wednesday, July 1.

Golf Skills Camp

July 28-31 • Members \$65; Non-members \$70

Ages 13-17 • 11am-12:30pm

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 Monday, July 20.

Amy's Gymnastics Camp

August 3-7 & August 10-14

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 \$60; Non-members \$65

Get a little spring in your step with our gymnastics camp! Don't miss out! Spaces are limited so sign up by Monday, July 27.

Multi-Sports Camp

August 10-14 • 10am-3pm

Members \$60; Non-members \$65

Come and join the fun! Youth will learn street dance, football, tennis, rugby, golf, rounders, hockey, softball, basketball, volleyball and futsal. The 5 day camp will conclude with an Olympic day on Friday. Open to ages 6-12. Spaces are limited so sign up by Wednesday, July 1.





BeatriceCarter

Contact Us

Telephone: 01638 712383

Email Address:
rentals@beatricecarter.co.uk

Website:
www.beatricecarter.co.uk

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

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

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LYNFORD HALL
HOTEL & WEDDING EVENTS

TRIBUTE NIGHT

3-Course Dinner, 70's Music and Dancing
with live performance from
ABBA EXPRESS



Saturday 22 August 2015

7pm to Midnight

Ticket Price £29.95 per person

Fancy dress optional

A truly authentic tribute to the world's greatest pop band! Abba Express have performed at numerous venues to include The NEC and Villa Park and are all seasoned performers

Tickets can be purchased by contacting Louise via email:
events@lynfordhallhotel.co.uk or telephone 01842 878351

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LIFE & LEISURE



ELECTRIC AVENUE

226-2067 • Bldg 670

ONGOING OFFERS

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

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

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

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

*Call ahead pizza orders welcome, delivery not available.

DAILY SPECIALS

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

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

NEW RELEASES

Woman in Gold: July 7

Ex Machina: July 14

The Second Best Exotic Marigold Hotel: July 14

Paul Blart Mall Cop 2: July 21

The Water Diviner: July 28

Home: July 28

*New releases vary by location

EVENTS

Open Mic Jam Night

Wednesday, July 15 • 7pm
Bring your friends and join us every third Wednesday of the month for a night of musical networking! Our Music Sports Vendor along with other experienced musicians will be on site. Backline equipment will be available but please feel free to bring your own equipment.

SERVICES

Music Shop

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

Sales & Rentals

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

Passport & Visa Photos

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

Disc Cleaning

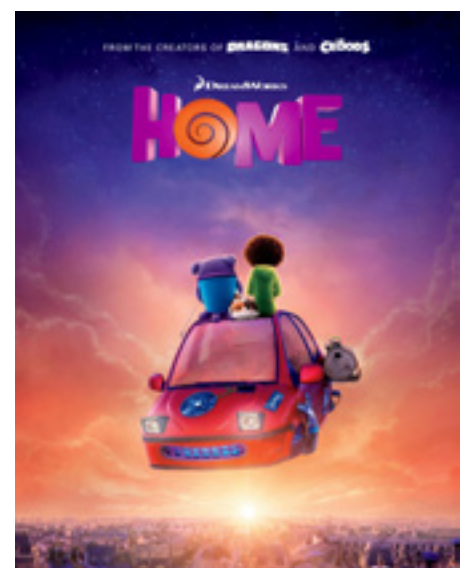
Is your favorite movie, game or CD scratched and skipping? Bring it in and we'll clean it up for you for only \$2!

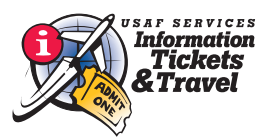
Special Orders

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

Video Drop Box

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





LIBERTY LIBRARY

226-3713 • Bldg 907



EVENTS

4th of July Craft

Thursday, July 2 • 4-5pm • FREE

Join us for a patriotic craft to help get in the mood for Independence Day.

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

Tuesday, July 7 • 4:30-5:30pm • FREE

Come in and read for a while to a wonderful four legged listener. It will lower your blood pressure! Join us on the first Tuesday of every month.

Summer Reading Program 2015

“Read to the Rhythm”

Every Tuesday in July • 3:30-4:30pm

It’s that time of the year again, the Summer Reading Program is back! Get in the groove by reading to the rhythm. Open to all ages. Stop by the Library to register today.

Musicians Needed

The Liberty Library is in search of talented musicians for an evening of entertainment for this year’s Summer Reading Program “Read to the Rhythm” in July or August. Please contact us for more information or to offer your services.

ONGOING OFFERS

Computer/Notebook Checkout

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

Graphic Novel Collection

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

Role Playing Game Books

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

Universal Class

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

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- **Set Dinner** from £11/person

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▶ Interest Paid = \$3,784

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*Annual percentage rate. Membership and credit eligibility required. Actual rates vary based on credit history and term. Examples: Monthly payments for an average SUV purchase price of \$22,995 are approximately \$335.56 at 1.64% APR for 72 months with a 0.25% rate discount for autopayment from KFCU checking account and \$371.94 at 5.15% APR for a 72 months.

AIRMAN & FAMILY READINESS CENTER

226-3847 • Bldg 950

CLASSES

Resume 101

Wednesday, July 1 • 9-11am

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

Federal Employment Part 1: Navigating the Federal Application Process

Thursday, July 9 • 9-11am

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

Manage Your Move

Fridays, July 10 & 24 • 10am-1pm

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

Sponsor Training

Monday, July 13 • 2-3:30pm

Learn the responsibilities of being a sponsor, things you can do to make the transition easier for incoming personnel & their families. Become familiar with resources to assist you in quickly locating information that inbound personnel may request.

Basic Investing

Thursday, July 16 • 10-11am

This workshop is specifically designed for people who are brand new to investing. It will give you a solid overview of the most important topics – the basics. Most mistakes that investors make are due to a misunderstanding of these basic concepts. If you are not sure about the importance of a budget, risk-reward relationship, Thrift Savings plan vs IRA's and the pros and cons of each, then this workshop is for you.

Interviewing Insight

Tuesday, July 21 • 1-3pm

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

Federal Employment Part 2: Writing a Federal Resume

Thursday, July 23 • 9-11am

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



EVENTS

Deployed Family Event

Wednesday, July 15

5-7pm • Defender Park

Come out and enjoy a great dinner with other deployed family members and learn a little about what's going on and what services are available. There will be games and activities for the children. The base chapel will be an alternate location in case of inclement weather. Call A&FRC to confirm location & sign up.



PAGE COMMUNITY CENTER

226-1627 • Bldg 900

EVENTS

“Cook It Up” Recipe Contest

Now – July 11 • Judging Saturday, July 18 at Noon
Submit your favorite family recipes to the “Lakenheath Community Centers” Facebook page now – July 11. The top 5 recipes with the most “likes” will bring in their recipe for tasting & judging. Winner will receive a prize.

Gamers Club

Saturday, July 11 • 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.

CO ED Bingo

Friday, July 17
Doors open at Liberty Club Ballroom at 5pm
Games start at 6pm
Pre-purchase books July 1-16 at the Page CAC \$25/2 books or July 17 \$30/2 books. Prizes include ITT trips, Bose® headphones, a GoPro® camera & more!
**Minimum purchase of 2 books. No refunds.
**Food purchased at Liberty Club, Great Little Pizza Place, or the Liberty Lanes Bowling Center welcome. No other outside food may be brought into the facility.*

\$1 Morning Skate

Thursday, July 23 • 9-11am
Join us for a morning of music, games & skating for only \$1! Snacks and cold beverages will be available for purchase from the snack bar.

Ice Cream Sandwich Special

Friday, July 24
Stop by on a hot summer day and cool down with an ice cream sandwich for just 50¢! Snacks and cold beverages also available for purchase. **While supplies last.*

Summer Flea Market and Crafts Stalls

Saturday, July 25 • 10am-1pm
PCSing or just have stuff to sell? \$8 for a 6ft table, \$5 if you bring your own table. Sign up by Wednesday, July 22. **No refunds.*

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.

FATHER & DAUGHTER PRINCESS BALL

Saturday, July 11 • 4-7pm
Eagles' Landing • Ages 4+
\$40/Couple • \$20/Additional Child
Fathers and daughters, dress in your formal best and enjoy dinner, dancing, games, crafts & entertainment from James D Party Time! Formal attire required. Sign up by Monday, July 6. **No refunds.*





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 July?
Skate for FREE during open skate!

Skating Punch Card

Get six punches and your seventh session is FREE!

Open Skate

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

WARD COMMUNITY CENTER

226-7023 • Bldg 94 at RAF Feltwell

EVENTS

Craft Days

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

Ugly Bug Ball

Wednesday, July 15 • 1-3pm
Come dressed as your favorite Creepy crawlies!
Watch a movie and have fun with crafts. \$20 per bug includes a face painting, goody bag, cake and juice.
Sign up by Monday, July 13. Open to ages 10 and under, a parent or guardian must stay with their bug.

Family Bingo

Friday, July 24 • 5:30-8pm
Bingo fun for the whole family! Play for a chance to win some awesome prizes. The Grand Prize is a family ticket for a great day out! \$10 for 10 games.
**Children under the age of 10 must be accompanied by an adult.*

RUGBY'S TOO CAFÉ & EATERY

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

KIDS MORNING MOVIE

Friday, July 24 • 11am-1pm
Come and watch *Big Hero 6* (Rated PG) on our super-size inflatable screen. FREE popcorn & lemonade available. Kids under 12 must be chaperoned.





New Beginnings INTERNATIONAL



Pastor & First Lady Jacob

SUNDAYS

10:15am Sunday School
11:15am Worship Service &
Children's Church

TUESDAYS

6:30pm Intercessory Prayer
7:00pm Bible Study

FRIDAYS Every 2nd Friday of the Month
7:00pm Worship Service & Fellowship

AUXILLARY FELLOWSHIPS

Children's Activities

Every 1st Friday of the Month
7:00pm Men's Fellowship

Every 3rd Friday of the Month
7:00pm Women's Fellowship

Every 3rd Saturday of the Month
10:00am-4:00pm
Marriage Enrichment Seminar

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



Wangford, Brandon, Suffolk IP27 0SJ



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ALL AGES WELCOME

Reggae

MONDAY, JULY 13

LIBERTY CLUB • FREE

DOORS OPEN 5:15PM • SHOW STARTS 6PM

Date, Time and Location subject to change. See ArmedForcesEntertainment.com

ARMEDFORCESENTERTAINMENT.COM

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www.lakenhealthfss.com/PageCAC

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➤ **MOVING SHOW**
Featuring Katie, a military kid on Sesame Street who is moving to a new base.

PROGRAM HIGHLIGHTS:

- Free admission for military families and their children
- Mini-show and giveaways
- For tour information visit www.sesamestreet.org/TLC and USO.org

Monday, July 20 • 2 & 4:30pm
Fitness Center • FREE to All Ages
Doors open 30 minutes prior to show.

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www.lakenhealthfss.com/PageCAC

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CG

Upload your video to MyAirForceLife.com July 1 - August 15

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Contact the Page CAC at 226-1627 or visit MyAirForceLife.com/Entertainer for more info

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The Rental Team



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226-2454/2383 • Bldg 1108

226-2278/2279 • Bldg 1030



SPECIALS: JULY 1-15

- Get a FREE brake check when you schedule a tire rotation and balance!
- 25% OFF All Motorcycle Accessories

MOTORCYCLE SERVICES

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

NEED YOUR WHEELS ALIGNED?

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

OIL - YOUR CAR'S LIFE BLOOD

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

SERVICES

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

EVENTS

4th of July Car & Bike Show

Saturday, July 4
10am-5pm • RAF Feltwell
We will be awarding prizes for: best car paint, best modified car, best interior, best original car, best 4x4, ugliest car, best original bike, best modified bike, best rat bike and best bike paint. Contact 4julyfeltwellcarshow@gmail.com for more information or to register your car or bike.

SVA/MOT

Call 01638 534 185 to make your next appointment!



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www.GREENBOXSUSHI.co.uk



ARTS & CRAFTS CENTER

226-2194 • Bldg 906

CLASSES

Discover a new hobby or sharpen your existing skills! Learn to crochet, throw pottery or how to use your camera. See page 36 for a listing of all the classes available this month.

Ceramic Poppy Class

Wednesdays, July 15, 22 & 29
5-7pm • \$12

Did you miss out on the Tower of London poppies? Now is your chance to make four replica poppies. Come back later to glaze them after they've been fired. Stop in to reserve your space today as limited spaces are available.

KIDS' CRAFT DAY

Saturday, July 11

Sign-ups begin June 15

Session 1 • 10-11:30am

Session 2 • Noon-1:30pm

Session 3 • 2-3:30pm

Bring your kids aged 12 and under for an afternoon of FREE crafts!

Limited spaces available.

SPECIALS: 20% OFF

July 1-9: Jewelry & Jewelry Making Supplies

July 10-19: Ceramic Paints & Glazes

July 20-31: Sculpey Clay & Accessories

*Specials apply to in-stock items only.

RETAIL

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

NAME TAPES

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



WOOD CRAFTS CENTER

226-3367 • Bldg 1104

SPECIALS

10% OFF • Chipboard

*Specials apply to in-stock items only.

MONTHLY SHOP USE CARD

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

CLASSES

Rustic Slanted Lid Box

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

Elegant Entryway Bench

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

CRATING SERVICE

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

OUTDOOR RECREATION

226-2146 • Bldg 1109

PEDALER BIKE SHOP

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

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

SERVICES

Airport Shuttle

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

Costume Sales

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

DVD & VHS Conversions

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

Equipment Rental

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

Key Cutting

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

Storage Units

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



R4R FOOT GOLF

Sunday, July 19 • All Ages

Come and learn how to play foot golf! Teams of 5 will compete for the best score & the winner's prize. Don't miss this great day out, rain or shine! Trip also includes admission to the on-site owl sanctuary.

Contact your 1st Sgt by Monday, July 13 to register for this FREE program!



R4R WILD WALES WEEKEND

July 24-26 • Ages 18+ • \$60/person

Join us for a camping experience that you won't forget! Includes: canoing, a waterfall hike, learning bushcraft skills, all camping equipment, two breakfasts, two lunches & one dinner.

Contact your 1st Sgt by Thursday, July 16 to register for this program!

CAMPING GEAR AT ODR EQUIPMENT RENTAL

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

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



OUTDOOR ADVENTURES

North Sea Fishing

Sunday, August 23

Saturday, October 24

Ages 10+ • \$130/person

Exertion Level 3-4

Soak up some sun while trying to catch some of the many varieties of fish in the North Sea. Includes: transportation, bait, fishing tackle, boat and guide. Fish cleaning available on request. Sign up by August 14 or October 15.

Horse Trekking in Wales

September 19-20 • Ages: 10+

Exertion Level 3-4 • \$350/person

Visit the famous town of Hay on Wye before climbing the mountain to your weekend retreat. Relax on this popular trip with two half-day horse experiences set in the amazing scenery of the Welsh Black Mountains. Homemade breakfast and dinner are provided. Includes: transportation, bunkhouse-style shared accommodations, two half-day experiences, helmet, weatherproof clothing/riding gear available upon request. Sign up by September 9.



INFORMATION, TICKETS & TRAVEL

226-2979 • Bldg 977 Rm G20 & BX

AMSTERDAM & DELFT

July 10-12 • Adult £249, Child (2-11) £209

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

Includes: Coach travel, ferry crossings, 2 nights
B&B accommodations, guided tour of Diamond
Center, and a visit to Delft Pottery



WARWICK CASTLE

Saturday, July 11

Adults £29, Child £24, Infant £10



BLETCHLEY PARK

Sunday, July 12

Adults £32, Child £26, Infant £10



CITY OF BATH

Saturday, July 18

Adults £37, Child £35, Infant £10

DUBLIN EXTENDED DAY TOUR

Saturday, July 18 • Adult £89

Includes: Coach transportation & ferry crossing



CADBURY WORLD & SEA LIFE CENTRE

Saturday, July 18

Adult £38, Child £36, Infant £10; Inclusive



HARRY POTTER STUDIO TOUR

Thursdays, July 23
& August 13
Adult £48, Child £41,
Infant £10; Inclusive



LIVERPOOL 2 DAY TOUR

July 25-26 • Adult £139, Child £99

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

Includes: Coach transportation, 1 night B&B accommodation,
Magical Mystery Tour & Mersey Ferry Cruise



BLACKPOOL EXTENDED DAY TOUR

Saturday, August 1
Adult £69; Child £30
Includes: Coach travel



ROYAL EDINBURGH MILITARY TATTOO

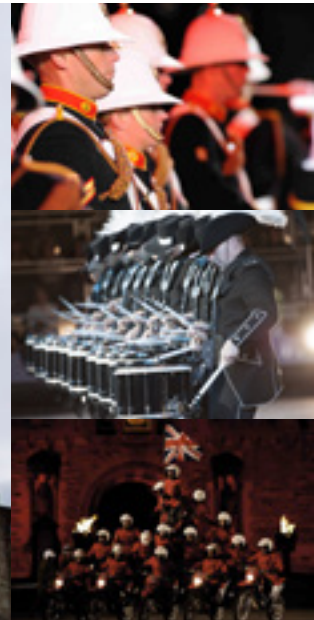
August 7-9 • Adult £289; Child £249 • Festival ONLY

August 7-9 • Adult £335; Child £295

Festival & Tattoo Includes: Entrance ticket
& transportation to the military tattoo performance
**Non-refundable due to limited availability*

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

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



BUCKINGHAM PALACE

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

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

*Not recommended for
children under 5



LION KING

Wednesday, August 12
£64, Inclusive



RAF MILDENHALL EVENTS




Canoe Float

Saturday, 11 July
Saturday, 8 August

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

\$25 per person
Transport & equipment included.

Call RAF Mildenhall for more information at 01638 544283

SUMMER LEGO CLUB

RAF Mildenhall Library
Friday, 17 July
Thursday, 6 August
11:00 am - 1:00 pm

Open to ages 5 years & older
Legos will be provided and building will take place in the Conference Room.

Younger siblings will not be allowed to stay in the same room due to choking hazard.

Call 01638 542352



Cash & Gadget

BINGO

Tuesday, 21 July
6:30 pm - 8:30 pm
RAF Mildenhall Galaxy Club Ballroom

Prizes include up to \$1000 cash, tablets, sound system, gaming headset and many more!

<p>Pre-purchased bingo books Ends Monday, 20 July</p> <p>1st 3 books: \$25 Additional Books \$5 each</p>	<p>Day of event bingo books</p> <p>1st 2 books: \$25 Additional books \$10 each</p>
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Buy your books early to avoid missing out \$5 entry fee for non-members

Daubers
Small: \$1, Large: \$2

Minimum purchase of 2 books per person. No refunds.
Only FSS food may be brought into the Galaxy Club

18 years & older only

Call 01638 542680 for more information



RAF MILDENHALL

100TH FORCE SUPPORT SQUADRON

DIRECTORY

Airman & Family Readiness Center

☎ 460 ☎ 3406

Arts & Crafts

☎ 404 ☎ 2644/4101

Auto Hobby Complex

☎ 240 ☎ 2480/1480

Bob Hope Community Center

☎ 404 ☎ 2579

Bowling Center

☎ 160 ☎ 2348

Child Development Center

☎ 288 ☎ 2042

Civilian Personnel

☎ 435 ☎ 2111

The Daily Grind Coffee Shop

(located inside the BHCC)

☎ 404 ☎ 7178

Education Center

☎ 427 ☎ 2350

Hardstand Fitness Center

☎ 849 ☎ 3735

Gateway Dining Facility

☎ 436 ☎ 2689

The Galaxy Club

American Roadhouse

☎ 437 ☎ 2680

New York Pizza & Deli

☎ 437 ☎ 2680

Cashier Cage

☎ 437 ☎ 2683

Tudor Bar at Middleton Hall

☎ 464 ☎ 4860

Human Resources Office

☎ 460 ☎ 2111

Information, Tickets & Travel

☎ 162 ☎ 2630/1004

Library

☎ 425 ☎ 2352

Lodging (Gateway Inn)

☎ 459 ☎ 6001

Outdoor Recreation

☎ 162 ☎ 4283/7151

Youth Center

☎ 293 ☎ KIDS (5437)

Teen Program

☎ 220 ☎ 3046

Calling from a civilian line: 01638 54 XXXX

Calling from DSN: 238 XXXX

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

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



SESAME STREET

Wednesday, 22 July

RAF Mildenhall Youth Center

Show 1: 12:00 pm

Show 2: 6:00 pm

Sesame Street and the USO are bringing the furry, fuzzy and friendly muppets back to RAF Mildenhall military families.

Free Event

Tickets will be available from Wednesday, 1 July at the Bob Hope Community Center.

For more information visit www.sesamestreet.org/TLC and www.uso.org

Call: 01638 542579



CLASSES & DIRECTORY

AIRMAN & FAMILY READINESS CENTER

Reintegration Briefing

Mon, Wed & Fri • 9:30-10:30am

5-Day Transitioning

GPS Workshop

July 13-17, 20-24 • 8am-4:30pm

Pre-Separation Counseling

Tues, July 7 & 21 • 8:30-11:30am

ARTS & CRAFTS

Crochet Beginners

Begins Thurs, July 2 • 6-8pm

4 weeks • \$40 + supplies

Begins Tues, July 7 • 10am-Noon

4 weeks • \$40 + supplies

Mold Pouring

Tues, July 7 & 21

Wed, July 8 & 22

10am-Noon • 1 day • \$25 Inclusive

Basic Camera

Begins Tues, July 7 • 5-6:30pm

3 weeks • \$30 Inclusive

Bring your own camera

Wheel Thrown Pottery (Beg)

Begins Mon, July 6

10am-Noon and 6-8pm

Begins Wed, July 8 • 6-8pm

Begins Fri, July 10 • 10am-Noon

4 weeks • \$75 Inclusive

Wheel Thrown Pottery (Int)

Begins Thurs, July 9 • 6-8pm

4 weeks • \$75 Inclusive

Sewing Class

Begins Wed, July 8 • 6-8pm

4 weeks • \$50 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 • 9:30-10:30am

Wed • 6-7pm

\$8/class • Contact front desk

for pre-req information.

Combat-Self Defense

Fri • 3-4pm & 4-5pm (Adv)

\$9/Class or \$33/Month

Group Indoor Cycle

Mon, Wed, Fri • 5-5:45am

Tues & Thurs • 11-11:45am

Mon-Thurs • 5-5:45pm

H.I.I.T. (High Intensity

Interval Training)

Mon & Wed • 6-6:30am,

9:30-10am & 10:05-10:35am

Fri • 6-6:30am

Latin/Urban Aerobics

Mon & Wed • 7:15-8:15pm

Tues • 6:30-7:30pm

Power Stretch

Mon • Noon-1pm • \$4/class

LIBRARY

Transparent Language Online

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

Universal Class

Online continuing education service. Sign up at the Library.

PAGE CAC

Guitar Classes

Wed & Thurs • 3:15-6:15pm

\$70/month • 30min/week

Ju Jitsu

Thurs • \$35/month

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

Ju Jitsu

Mon • \$35/month

Ages 4-8 • 3:30-4:15pm

Ages 9-14 • 4:15-5pm

Pre-School Ballet

Tues • 4-4:45pm

Ages 3-5 • \$8.40/class

YOUTH CENTER

Ballet & Tap

Mon • Times vary • Ages 3+

Starts at \$25/month

Gymnastics

Days & times vary

Age 2+ • Starts at \$40/month

Karate

Thurs • 4:45-6:15pm & 6:15-7:45

Fri • 4:45-6:15pm

Ages 6+ • \$45/month

Open Wall Climb

Wed • 6-7:30pm

Ages 7-17 • \$5/session

Wed • 7:30-9pm

Ages 18+ • \$7/session

Piano Lessons

Mon-Fri • Times vary

Ages 8+ • 30mins/week

\$70/month

Tae Kwon Do

Tues • 6-7pm

Ages 8+ • \$35/month

Wall Climbing Class

Thurs • 6-7pm & 7-8pm

Ages 7-18 • \$20/month (4 classes)

INSTRUCTORS WANTED

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

CLASS INFORMATION

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

**AIRMAN & FAMILY
READINESS CENTER** 

Bldg 950 • x3847
Mon-Wed: 7:30am-4:30pm
Thurs: 7:30am-2:30pm
Fri: 7:30am-4:30pm

ARTS & CRAFTS 

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

AUTO HOBBY COMPLEX 

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

Auto Parts Store

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

Auto Tire & Lube Center

Bldg 1030 • x2279/2278
Mon-Fri: 7:30am-5:30pm

**BRECKLAND PINES
GOLF COURSE** 

Bldg 1320 • x2223
Golf Shop
Open Daily: 7am-8pm

The Grill at Breckland Pines

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

**CHILD DEVELOPMENT
CENTERS (CDC)**

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

CDC West

Bldg 439 • x5812
Mon-Fri: 6:30am-6pm

**CIVILIAN PERSONNEL
CUSTOMER SERVICE**

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

EAGLES' LANDING 

Bldg 958 • x2489
Catering
Mon-Fri: 9am-4pm

Pub x2326

Fri: 5-10pm

 : **FREE WI-FI**

**COMMUNITY ACTIVITIES
CENTERS (CAC)** 

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

Ward CAC (RAF Feltwell)

Bldg 94 • x7023
Mon-Fri: 11am-7pm

EDUCATION SERVICES 

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

ELECTRIC AVENUE 

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

FAMILY CHILD CARE

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

FITNESS & SPORTS CENTER 

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

Afterburn Juice Bar

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

GREAT LITTLE PIZZA PLACE 

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

HARD COPIES PRINT SHOP

Bldg 949, 2nd Floor • x1719

**INFORMATION, TICKETS
& TRAVEL (ITT)**

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

**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
Sun-Wed: 11am-8pm
Thurs: 11am-10pm
Fri-Sat: 11am-Midnight

Grill 48

Sun: Closed
Mon-Thurs: 7:30am-2pm
Fri: 7:30am-10pm
Sat: 4-10pm

Pro Shop: By Appointment Only

LIBERTY LODGE 

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

LIBERTY LIBRARY 

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

MANPOWER SECTION

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

MILITARY PERSONNEL SECTION

Bldg 977 • x5131
Career Development: x3939
Force Management: x5138

Walk-In

Mon-Wed: 7:30am-1:30pm
Thurs: 9:30am-1:30pm
Fri: 7:30am-1:30pm

Appointments Only

Mon: 1:30-4:30pm
Tues: 6:30-7:30am
Wed-Fri: 1:30-4:30pm

NAF HUMAN

RESOURCES OFFICE

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

OUTDOOR RECREATION 

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

VAT RELIEF PROGRAM OFFICE

Bldg 957, Rm 201 • x3166
Mon-Fri: 9am-4pm

WOOD CRAFT CENTER 

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

YOUTH CENTER 

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

Open Recreation

Mon-Fri: 1-7pm

School Age Program (SAP)

Mon-Fri: 6:30am-6pm

Teen Programs

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

Do you have teens?

Do they want to join a club to build a sense of community?

WE HAVE WHAT THEY WANT!

Send them to the Youth Center in
Liberty Village Bldg. 250 • 226-5437



Torch Club • Service & Community

Keystone Club • Leadership

Air Force Teen Council • Building Community

YES Program • Earning Money for College

Lock Ins & Much More!

Help make RAF Lakenheath a better installation by getting involved!

YOUTH CENTER

Bldg 250 • 226-3180/5437

www.lakenheathfss.com

