

atEase

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



HOOK UP 2 BOWLING

Want to brush up on your bowling game? Don't miss out on this great event!

MEMBERSHIP DRIVE

Get in on all the great benefits of being a club member. Sign up now!

FATHER'S DAY BRUNCH

Treat your dad to a great meal at the club, and show him just how much he means!

Hook Up 2 BowlingSM

USAF SERVICES

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NOW**



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Develop skills
Meet new people**

**Graduates receive
a bowling ball,
bag and towel**

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\$99 for kids
17 and under**



MAY 7- JUNE 25 • 6-7PM



Contact Liberty Lanes Bowling Center for more information or to register.



LIBERTY LANES BOWLING CENTER

Bldg 657 • 226-2108

www.lakenheathfss.com



JUNE 2014

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DEPARTMENTS

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48 MSG Commander: Col Marc Vanderveer
48 FSS Commander: Lt Col Ryan Richardson
48 FSS Deputy: Eddie Adelman

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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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48th Force Support Squadron-RAF Lakenheath



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www.lakenheathfss.com.

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SPONSORSHIP

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

SPONSORSHIP OPPORTUNITIES

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

ADVERTISING OPPORTUNITIES

Place your ad in our monthly publication. Over 3,000 atEase magazines are printed each month and are available for free at roughly 20 strategic locations around base.

CONTACT

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Red Lodge, Suffolk IP28 8XQ

DINING & ENTERTAINMENT

LIBERTY CLUB

226-1611 • Bldg 648

WEEKLY ENTERTAINMENT (ADULTS ONLY)

Wednesdays, 7:30pm: Quiz Night
Thursdays, 9pm: Bones, Chug & Harmony
Fridays, 9pm: Progressive Members Drawing
Fridays, 10:30pm: Urban Night
Saturdays, 9pm: Crazy Karaoke
Fridays & Saturdays, 12am:
Crazy Cash Giveaway! (Members only)

EVENTS

Country Night

Saturday, June 14 & 28 • 10pm-2am

Members FREE; Non-members \$5

If you feel like a bit of country excitement, head to the ballroom and enjoy music from DJ Farva.



CRAZY KARAOKE

Saturdays, 9pm



FATHER'S DAY BRUNCH

Sunday, June 15 • 10:30am-1:30pm

Members \$22; Non-members \$27; Children under 4 FREE

Treat Dad to a special meal this Father's Day! Enjoy a deluxe carving station, specialty salad bar, waffles & omelets made to order, a variety of entrées and sides, dessert display, and much more. Reservations recommended.





WING EATING CONTEST

Thursday, June 26 • 10pm
Members FREE; Non-members \$5
FREE entry for those participating in the competition. Participants must sign waiver and release form. Prizes for 1st, 2nd & 3rd place!
Adults only.

GREAT LITTLE PIZZA PLACE AT LIBERTY PLAZA

226-2181 • Bldg 670

Specials

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

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



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PINKERTON'S STEAKHOUSE

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



KNIGHT'S TABLE

226-3214 • Bldg 934

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

Specialty Meals

June 4 • Southern
 June 5 • Mongolian
 June 11 • Italian
 June 18 • Creole
 June 25 • Hispanic
 11am-1pm

Sandwich Bar

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

Specialty Bar

June 3 • Taco Bar
 June 10 • Pasta Day
 June 17 • Wing Day
 June 24 • Potato 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!

GRILL 48 AT LIBERTY LANES

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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SPORTS & FITNESS

LAKENHEATH OPEN

June 28-29 • Tee off 8am
\$75 Members • \$95 Non-members
36-hole stroke play over two days. Entrants will be flighted by handicap. Prizes will be awarded for the over-all winner & various accomplishments: longest drive, closest to the pin, etc. Breakfast, lunch, snacks and drinks will be provided for participants. Sponsored by Military Autosource.



Federal endorsement of sponsor not intended.

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!

FITNESS & SPORTS CENTER

226-3607 • Bldg 904

EVENTS

Boot Camp

June 2-July 10 • Monday-Thursday • 6:30-7:30pm

Summer Tennis Camps

June 16-20, July 7-11, July 21-25,

July 28-August 1, August 11-14

\$90 per week

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

Tortoise & Hare 5K Race

Saturday, June 21 • 10am

Are you a tortoise or a hare? Choose which category suits you best! Family categories permit the use of strollers, scooters, children's bikes and roller blades. Dogs are welcome, but must remain on a leash. Starts and finishes at the Fitness Center. Sign up on the day of race. FREE.

SERVICES & INDIVIDUAL LESSONS

Personal Trainer • \$45/hr

Massage Therapy • from \$35/30 min

6-week Boot Camp • \$300

Tennis Lessons • \$25/30min, \$45/hr,

shared sessions available for discount

1-on-1 Martial Arts Lessons • \$45/hr



LIBERTY LANES BOWLING CENTER

226-2108 • Bldg 657



SPECIAL EVENTS

Cosmic Bowling with DJ Entertainment

Saturday, June 7 & 21 • 8:30pm-midnight
Bowl the night away while listening to chart-topping music. \$10/person, shoes included.

School's Out Special

Friday, June 13 & June 16-20
Celebrate the beginning of summer break! Get 2 games of bowling, shoe rental, 2 sliders, French fries and a soda for just \$5! Open all day to youth under 18.

Flag Day Special

Saturday, June 14
In honor of Flag Day, get \$1.50 games and \$1.50 shoe rental!

Father's Day Special

Sunday, June 15
Fathers can bowl for FREE when accompanied by their family!

King of the Hill

Sunday, June 15 • 11am
Sign-ups start at 10am with the tournament beginning at 11am. Six games with a stepladder final. \$30 entry fee.

Ice Cream Soda Day

Friday, June 20
Stop in and treat yourself to a refreshing ice cream soda for just \$2.75!

Birthday Bowling

Tuesday, June 24
If your birthday is in June come bowl for FREE during opening hours. DoD ID card required. Rental shoes included.

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.

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.

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

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



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48TH MEDICAL SUPPORT SQUADRON PRESENTS BLAZE OF CO-LORY

Family Fitness Fair

Saturday June 7



Location: RAFL softball fields behind the High School

Price Packages

\$15: Children 6 & under
\$20: Adult or Child 7 & older
Family Packages available upon request

Contact information:
blazeofcoloryrun2014@gmail.com

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YOUTH



CERAMICS PAINT-A-PLATE

Wednesday, June 18 • 1-3pm
Members \$20; Non-members \$25
Design and paint your own 12" bisque plate with underglazes and food-safe overglaze. Held at the Arts & Crafts Center. Sign up at the Youth Center by June 10. Open to ages 6-14.

YOUTH CENTER

226-3180/5452 • Bldg 250

EVENTS

End of School Pre-Teen Dance

Friday, June 6 • 7-10pm
Members \$7; Non-members \$10
Celebrate the end of school by dancing the night away to music by our guest DJ, and enjoying a variety of delicious snacks. Must sign up by June 2. Open to ages 9-13.

Give Parents a Break

Saturday, June 14 • 6-11pm
Parents can enjoy an evening to themselves while their children (age 5-12) play safely at the Youth Center. Please sign up by June 11. Must have a referral certificate and completed AF 1181.

YOUTH SPORTS

226-3180 • Bldg 250

Basketball Camp

June 23-27
Members \$20;
Non-members \$25
Ages 7-10: 11am-12:30pm
Ages 11-14: 2-3:30pm
Come out and learn the fundamentals of basketball, or improve your skills! Sign up at the Youth Center by June 13.

CDC EAST

226-3285 • Bldg 659

CDC WEST

226-5812 • Bldg 439

EVENTS

Parent's Night Out - CDC East

Saturday, June 14 • 6-11pm
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 June 11. Open to ages 6 weeks-5 years old.



KIDS' NIGHT OUT - YOUTH CENTER

Friday, June 20 • 6:30-10:30pm
Members \$15; Non-members \$20
Parents can enjoy a night out while their children play at the Youth Center! Fun games, art activities and dinner will be provided. Open to ages 6-12. Sign up by June 18.

TEEN PROGRAMS

226-3180/5452 • Bldg 250

London Sea Life Aquarium Pre-Teen Trip

Friday, June 27

Departs 8am/Returns 5:30pm

Members \$55; Non-members \$60

We'll take you to see one of Europe's largest collections of global marine life. Price includes transportation and admission. Please bring pounds for lunch.

Sign up by June 13.

Open to ages 9-13.



LIFE & LEISURE



ELECTRIC AVENUE

226-2067 • Bldg 670

COMING SOON: DVD/BLU RAY

EVENTS

Electric E3 • June 9-13 • 6-10PM

Gamers! Help us noobs at Electric Avenue earn some XP during this year's E3! Join us in the free for all to sign up & pre-order the best new games of the year and enjoy the beta of the first Electric E3! Every in-store purchase will enter you to win a game of your choice* on your preferred console. Also, enter the customer cosplay contest (appropriate attire only) at the end of the week for a chance to win a prize!

*Max amount of \$39.95. In stock merchandise only.



Lone Survivor
June 3



Robo Cop
June 3

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: Three-Day Rental

Sunday: Dollar Day

ONGOING OFFERS

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



Jack Ryan: Shadow Recruit
June 10



The LEGO Movie
June 17

Video Drop Box

You wanted it, so we got it! A video drop box is now available in the parking lot during closed hours. Remember, dropping your movies off after 10pm may result in late fees.

Sales & Rentals

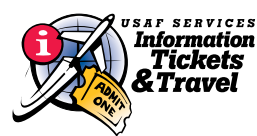
Rent or purchase your favorite movies, tv series or video games! We also have a wide selection of t-shirts, bags, candy, popcorn, and other goodies available for purchase. We even have mobile phones!



Joe
June 17



Winter's Tale
June 24



LIBRARY

226-3713 • Bldg 907

SPECIAL EVENTS

Teen Chess Club

Tuesday, June 10 • 5-6:30pm

Father's Day Craft

Thursday, June 12 • 4-5pm

Make a fun gift for Dad! FREE!

Open to all ages.

Summer Reading Activities

Tuesdays, June 24 - August 12

3-4pm • All ages welcome • FREE!

Enjoy crafts and non-electronic games every Tuesday throughout the summer.

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.

AIRMAN & FAMILY READINESS CENTER

226-3847 • Bldg 950

EVENTS

Bundles For Babies

Friday, June 9 • 9am-Noon

Expectant parents can learn about all things baby at this FREE workshop. Receive a bundle of baby items worth over \$75 at the end of the class! Call now to reserve your spot.

"PAWS TO READ" KICKOFF PARTY

Tuesday, June 17 • 4-6:30pm

Register for this year's Summer Reading Program themed "Paws to Read!" and enjoy face painting, story telling, a bouncy castle, balloon animals and more! Event will be held at the Sports Complex behind the Lakenheath High School. Open to all ages!



Federal endorsement of sponsors not intended.



PAGE COMMUNITY ACTIVITIES CENTER

226-1627 • Bldg 900

EVENTS

Flea Market at Page CAC

Saturday, June 14 • 9am-12pm
PCSing or just have stuff to sell?
Sign up by June 12. \$10* price
includes a 6' table, or \$7* to bring
your own table. Outside if weather
permits. *No refunds.

ONGOING EVENTS

Open Skate • \$5 admission

Monday-Friday • 11am-4pm
Fridays • 6-10pm
Saturdays • 12-7pm
Sundays • 12-5pm

Lunch Skate

Monday-Friday • 12-2pm
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 June? 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 • 12-3pm 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.

LADIES' NIGHT DESIGNER BAG BINGO

Friday, June 6

Doors Open at 4:30pm • Games Start 6pm • Eagles' Landing

This popular event is back to give all ladies the chance to win
one of many designer bags! Books (of 2) can be pre-purchased
May 12-June 5 at the Page CAC for \$25, or at the door for \$30.
*Adults only





WARD COMMUNITY ACTIVITIES CENTER

226-7023 • Bldg 94 at RAF Feltwell

SPECIAL EVENTS

Princess Party

Saturday, June 7 • 11am-1pm

Your castle awaits! Wear your favorite dress and be a princess for a day. Enjoy crafts, a gem manicure, cake, goody bag, and more. \$20 per child; open to ages 10 and under. Sign-up by June 5. An adult must stay with child throughout the event.

Father's Day Crafts

Thursday, June 12 • 5-6:30pm

Show Dad how much you care with a handmade gift! FREE and open to all ages. Under 10 must be accompanied by an adult.

RUGBY'S TOO CAFÉ & EATERY

See index on pg. 29 for hours of operation. Visit today and enjoy your favorite food and beverage, including perfectly-brewed Starbucks® coffee!




FATHER'S DAY
BRUNCH
AT THE LIBERTY CLUB



SUNDAY, JUNE 15
10:30AM & 12PM
Cash cage open for reservations Mon-Fri, 10:30am-5pm

Carving station, waffles, entrees, salad bar, fresh veg, omelettes & more!

Members: \$22
 Nonmembers: \$27
 Under 4: Free
 Reservations Encouraged







Lynford Hall Hotel



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<p>Blues Bros Tribute Night Friday, 29 August 2014 5 piece band & hot buffet £22.50 per head</p>	<p>Christmas Party Nights Thursday, 4 December 2014 Friday, 12 December 2014 Traditional US Christmas dinner, novelties & disco. £29.95 per head</p>
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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

www.lynfordhallhotel.co.uk

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--	--

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





BEFORE



AFTER FOUR WRAPS

What will your after look like?



Tonya Kuranda

Email: RAFL.ITWORKS@yahoo.co.uk
or Text: 07547 950078

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

Free catalogue & images on website!

Eriswell Hall Barns,
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.

baseLETS
LETTINGS & MANAGEMENT

www.baselets.co.uk

Call Us on **01842 862 700**

PROPERTY RENTALS

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

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

Free Complimentary Service & Support to All Tenants Carrying Orders

Free Transportation from Billeting to Viewings

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

Majority of Homes are Pet Friendly

48 CES Approved Tenancy Agreements with Military Break Clauses

Over 68 years of Combined USAF Experience

FULLY LICENSED AGENCY

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

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

baseLETS – LEADING THE WAY FOR YOU



Scan Me
with your
smart phone!



AUTO HOBBY COMPLEX | TIRE & LUBE CENTER

226-2454/2383 • Bldg 1108

226-2278/2279 • Bldg 1030



SPECIALS

June 1-15:

- 25% off Steering Wheel Covers
- Get 4 tires balanced for the price of 3 with tire rotation

SERVICES

Pop in for a complete price menu.

- Oil Changes
- Tire Shop
- SVA/MOT
- Parts Store with Special Ordering
- Automated Car Wash
- Pressure Car Wash
- Towing & Recovery
- POV Sales

OIL - YOUR CAR'S LIFE JUICE

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



EVENTS

Tire & Lube Center's 1 Year Anniversary Tire Sale

June 2-13

The TLC is celebrating its first year of operation! To show our thanks for your continued support, we are offering a buy 3 get 1 free tire sale!

All Nighter

Saturday, June 14 • 8am -

Sunday, June 15 • 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.

Cruze Nites

Friday, June 13 • 5:30-10pm

Tire & Lube Center

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

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!

ARTS & CRAFTS CENTER

226-2194 • Bldg 906

SPECIALS: 20% OFF

June 1-9: Fabric

June 10-19: Cake Decorating Supplies

June 20-31: Paint Brushes



KIDS' CRAFT DAY

Saturday, July 19

Session 1: 10-11:30am

Session 2: Noon-1:30pm

Session 3: 2-3:30pm

Sign-ups begin June 21. Limited space available! Open to ages 12 and younger.

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!

CERAMIC BIRTHDAY PARTIES

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

CLASSES

Discover a new hobby or sharpen your existing skills! See index on pg. 28 for class schedule.

WOOD CRAFTS CENTER

226-3367 • Bldg 1104

SPECIALS

June 1-30

- 10% off MDF (in stock)
- 20% off wood screws (in stock)
- \$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 posting to the states.



OUTDOOR RECREATION

226-2146 • Bldg 1109

IRISH FLING

June 13-15 • Departs 5am
\$395/person* • Ages 14+

Cross a rope bridge suspended 80 feet above the Northern Ireland Cliffs, fling yourself into chilly waters from the top of a waterfall, and visit Game of Thrones sights! You'll also get to see Giant's Causeway. Sign up by June 3. *Must be AD/Dep or Reservist to receive RecOn pricing.



ZOMBIE BATTLE – GREENWICH

Sunday, July 27 • Departs 3pm/Midnight
\$85/person • Ages 18+

Join the quest to stay alive in this abandoned underground WWII bunker filled with zombies. Learn your defense devices and plan to survive the missions during this four-hour test of adrenaline. Trip includes transportation, admissions, and equipment. Sign up by July 10.



ARCHERY CAMP

Saturday, August 2
Departs 10am/3pm
\$30 per person • Age 8+
Contact Outdoor Recreation
or see 52° North page 52 for
more information.



Music Shop
At Outdoor Recreation

SERVICES

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

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!

MUSIC SHOP

We offer a large selection of musical instruments and accessories to suit all your needs ranging from beginner level to professional quality.



PEDALER
BIKE SHOP
AT OUTDOOR RECREATION

- Bikes for all ages from Coyote, Viking, Python & ProBikes
- Parts & accessories
- Certified bike technicians

Equipment Rental

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



INFORMATION, TICKETS & TRAVEL

226-2979 • Bldg 977 Rm G20 & BX

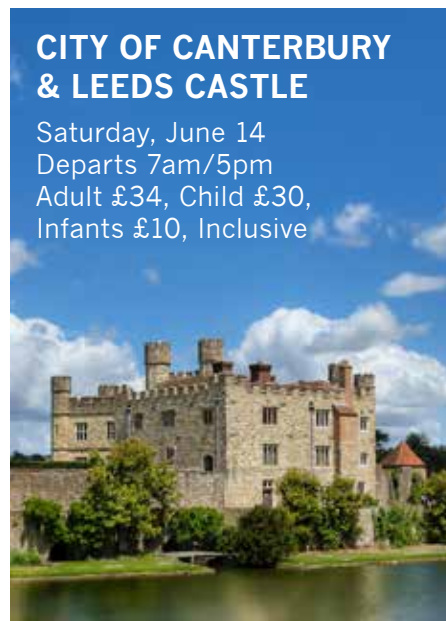
TROOPING THE COLOUR

Saturday, June 14
Departs 7am/6pm
Adult £20, Child £18,
Infants £10,
Transportation Only



CITY OF CANTERBURY & LEEDS CASTLE

Saturday, June 14
Departs 7am/5pm
Adult £34, Child £30,
Infants £10, Inclusive



FATHER'S DAY AT THE BRITISH MUSEUM VIKING EXHIBITION

Sunday, June 15 (Father's Day) • Departs 8am/5pm
Adult £29 (Dads get 50% off!), Child £16, Infant £10, Inclusive



WIMBLEDON CHAMPIONSHIPS

July 5-6 • £164/person
Contact ITT for more info.



BEAULIEU PALACE (WORLD OF TOP GEAR) & SALISBURY

Sunday, June 15 (Father's Day) • Departs 7am/7pm
Adult £38, Child £31, Infant £10, Inclusive



BRITISH OPEN GOLF TOUR

July 18-20 • £325/person
Contact ITT for more info.

ITT TRAVEL AGENCY LEISURE TRAVEL

Here for your convenience ITT can book:

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

Get your leisure travel prices
in dollars, through ITT:

- Cruises
- Airline tickets
- Hotel stays



BLUE REEF AQUARIUM, SMUGGLERS ADVENTURE & HASTINGS CASTLE

Wednesday, June 25 • Departs 8am/5pm
Adult £39, Child £36, Infant £10, Inclusive



SHERWOOD FOREST FUN PARK & NOTTINGHAM CASTLE

Friday, June 27 • Departs 8am/4pm
Adult £20, Child £18, Infant £10, Inclusive



REPORT CARD MONTH

Free Cineworld Ticket • Ages 5-14 Only
Bring your report card in to ITT showing that
you've received an A in Math or English and
we'll reward you! One ticket per child.

A+

BOULOGNE-SUR-MER EXTENDED DAY TRIP

Saturday, June 28
Adult £79, Child £30



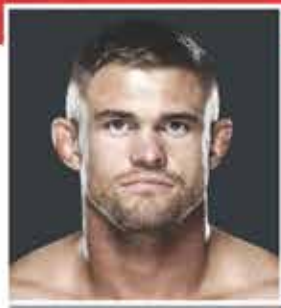
RAF MILDENHALL EVENTS

THE DEPARTMENT OF DEFENCE'S ARMED FORCES ENTERTAINMENT PRESENTS

MIXED MARTIAL ARTS SUMMER STARS TOUR



Jessamyn Duke



Daron Cruickshank



Shayna Baszler



Cody Bollinger

Wednesday, 25 June



Meet & Greet at the RAF Mildenhall BXtra: 11:30 am - 12:30 pm

Q & A / Clinic at the RAF Mildenhall Hardstand Fitness Center: 5:00 pm



Is your ride ready?

RAF MILDENHALL

CAR & BIKE SHOW 2014

SATURDAY, 16 AUGUST

Printed Number Plates



Car & Bike number plates are now available from the Mildenhall Arts & Crafts. Documentation details are needed before orders can be made. Call 238 2644 for more details.

New & Improved Color Printing

Stop by the Mildenhall Arts & Crafts to check out examples of the new printing processes available including T-shirts, wallets, mugs and more.



Stanage Edge ROCK CLIMBING DAY

Saturday, 28 June

Join the Outdoor Rec team climbing in Derbyshire on the world famous 'Grit Stone'. We can cater for all abilities, from the complete beginner to the more advanced climber. Price includes transport, all technical equipment and fully qualified instructor.

\$50

Call 238 - 4283




Brugge

Extended Day Trip

Saturday, 14 June

Adults: £79, Children: £30

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





Team Mildenhall Sports & Family Day

Friday, 13 June

Washington Square, 2:00 pm - 5:00 pm

Family Fun Events

- FREE BBQ • Food Booths • Human Foomball
- Giant Slide • Bouncy Castles
- Military Static Displays & Demonstrations
- Music and much, much more!

RAF Mildenhall, 100th Force Support Squadron Directory



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

Arts & Crafts Complex
☎ 404 ☎ 238 2644

Bowling Center
☎ 160 ☎ 238 2348

Hardstand Fitness Center
☎ 849 ☎ 238 3735

Library
☎ 425 ☎ 238 2352

Auto Hobby Complex
☎ 240 ☎ 238 2480

Child Development Center
☎ 288 ☎ 238 2042

North Side Fitness Center
☎ 463 ☎ 238 2349

Lodging (Gateway Inn)
☎ 459

Bob Hope Community Center
☎ 404 ☎ 238 2579

**Civilian Personnel
Customer Service**
☎ 435 ☎ 238 2111

Human Resources Office
☎ 448 ☎ 238 2111

☎ Reception: 238 6001
☎ Reservations: 238 3093/2965

The Daily Grind Coffee Shop
located inside the BHCC
☎ 404 ☎ 238 7178

Education Center
☎ 440 ☎ 238 2350

Information, Tickets & Travel
(located inside the BHCC)
☎ 404 ☎ 238 2630/1004

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



CLASSES & DIRECTORY

ARTS & CRAFTS

Wheel Thrown Pottery (4 weeks)

Mon, June 2 • 2:30-4:30pm
Tues, June 3 • 6:30-8:30pm
Wed, June 4 • 6:30-8:30pm
(Intermediate)
Thurs, June 5 • 6:30-8:30pm
Fri, June 6 • 9:30-11:30am
\$75 Inclusive

Mold Pouring (1 day)

Tues, June 3 & 17 • 10am-Noon
Wed, June 4 & 18 • 10am-Noon
\$20 Inclusive

Beginners Crochet (4 weeks)

Wed, June 4 • 11am-1pm
Thurs, June 5 • 5:30-7:30pm
\$88 + Supplies

LIBRARY

Mango Languages

Online program to learn languages. Visit www.usafelibraries.org, click on the information databases tab, click on access via USAFE library card, enter your library card 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.

INSTRUCTORS WANTED

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

CLASS INFORMATION

Want to know more? Please contact the facility that is hosting the class with any questions.

FITNESS & SPORTS CENTER

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

48 FX Functional Fitness • 16+

Tues & Thurs • 11am-12pm
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 • 7:15-8:15pm

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

Thurs • 6-7:30pm
Ages 7-17 • \$5/session
Thurs • 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

Wed • 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: 5-9pm
Sat: 12-7pm
Sun: 12-5pm

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

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 • 314-226-3367

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

RAF LAKENHEATH & MILDENHALL PRESENT

4TH OF JULY CELEBRATION

FESTIVITIES WILL BE HELD AT RAF FELTWELL

PREVIEW PARTY
THURSDAY
JULY 3
4-8PM

OPEN TO ID CARD HOLDERS ONLY

JULY 4
CELEBRATION
12PM-12AM

OPEN TO THE GENERAL PUBLIC

 **FORCE**
SUPPORT SQUADRON



RED ARROWS

FIREWORKS
DISPLAY 10PM

CAR & BIKE SHOW

FACE PAINTING

PRIZE DRAWINGS

CARNIVAL RIDES

LIVE DJ ENTERTAINMENT
